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| **Subject:** | Social Studies |
| **Title:** | Sports and Quality of Life |
| **Grade Level:** | 3 |
| **Purpose:** | * To understand how sports can affect our quality of life.
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| **Curricular****Connections:** | * Students will examine the social, cultural and linguistic characteristics that affect quality of life in communities in other parts of the world by exploring and reflecting upon the following questions for inquiry:
* What determines quality of life?
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| **Materials:** | * **Our Quality of Life** chart
* Internet access
* **Sports and Quality of Life** chart
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| **Activity:** | 1. Ask class, What is quality of life? Explain that quality of life centres around the feelings of being safe, secure, comfortable, healthy and happy.
2. Divide class into groups of four or five. Have groups reflect on their quality of life by completing the, “**Our Quality of Life”** chart.
3. Have groups share their responses with the rest of the class.
4. Discuss that many things influence our quality of life. Inform students that one factor that can influence our quality of life is sports. Ask: How do sports impact our quality of life?
5. Divide students into pairs. Allow time for them to investigate online and to complete the **Sports and Quality of Life** chart.
6. Have pairs of students present their conclusions to the class.
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| **Extension:** | 1. Explore what else impacts quality of life and how.
2. Research how sports affect the quality of life in other communities. (E.g. Peru, Ukraine, Tunisia, and India.)
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| **Assessment:** | 1. Circulate as students are working, and ask guided questions where necessary to assist students with their thought processes on their own quality of life.
2. Are students able to list reasonable explanations about how sports impact different aspects of our quality of life?
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Names:

**Our Quality of Life**

|  |  |
| --- | --- |
| **You Feel** | **What in your life makes you feel this way** |
| safe | *
*
*
 |
| secure | *
*
*
*
 |
| comfortable | *
*
*
 |
| healthy | *
*
*
 |
| happy | *
*
*
 |

**Names:**

**How do Sports Affect our Quality of Life?**

Safe

Comfortable

Secure

**Sports**

Happy

Healthy