



Finish!

Introduction:

The **j.k. livin** Foundation was started by Matthew McConaughey and Camila Alves to help teenage kids lead active lives and make healthy choices so they can become great men and women. The foundation works with our nation's schools to reach the maximum number of children with the most need.

Monthly Goals:

During the month of **November**, students will learn the importance of finishing what they start and how best to complete their goals. The following quote from Matthew McConaughey provides our jumping-off point.

Monthly Quote:

FINISH

Ninety-five percent of people don't finish what they started. However small the task, only when you finish it, can you be proud. No matter what the outcome...

FINISH.

Week 1: Lesson Plan

1) Get started by telling students that setting goals is a key part of living a productive and fulfilling life. Accomplishing short-term and long-term objectives can be difficult without setting firm goals and working toward them in an organized way.

2) Discuss how people frequently do not finish what they start. Ask for volunteers to share a story about a project or task that they started but did not finish. Encourage every student to share a story. Point out that failing to finish is common, so it's OK to talk about it. Topics might include exercising, nutrition, studying, playing a musical instrument, finishing homework, or doing household chores.

3) Ask students to brainstorm a list of three tasks or projects that they would like to accomplish in the near future. The goals can include things done for fun, such as hobbies or sports, or for necessity, such as schoolwork or fitness. Once students have a list of three possibilities, have them choose the best option. Remind them that the goal should be realistic and achievable.

4) Have students create a "game plan" for achieving their goal. Each plan should include the following:

- Description of the task or project
- Motivation for achieving the goal
- Due date for completion
- List of help or support available to achieve the goal
- List of daily steps necessary to achieve the goal

Once students have their plans on paper, they can get started! Throughout the month, touch base with each student to make sure that he or she is focused on achieving a goal and taking steps to reach it.

5) Emphasize key concepts of setting goals: rationality, perseverance, fearlessness, and support. Rationality is useful in laying out your steps and being organized. Perseverance is key to staying focused and motivated. Fearlessness is crucial to tackling your challenges with the knowledge that you can achieve your goal. Support gives you a helping hand to get you where you want to go.

Week 2: Guest Speaker

As part of the **j.k. livin** program, you'll feature a different guest speaker each month. Prepare students for the speaker by following these steps:

- **Before** the event, give students information about the guest speaker and ask them to write two to three questions that they would like to ask him or her.
- **During** the event, distribute the **November Student Worksheet**. Have students ask their questions and make note of the answers on the worksheet.
- **After** the event, have students summarize what they learned from the guest speaker, using the worksheet as a guide.

Week 3: Nutrition Tip

Remind students that a productive day starts with a good breakfast. Here is a simple recipe for your students to try:

Pita-n-Cheese Pocket

Ingredients:

- 5 pita breads, halved
- 5 eggs
- ¼ cup milk
- ⅓ teaspoon salt
- ¼ teaspoon pepper
- 5 slices cheese, halved

Directions: Bake the pita halves on a baking sheet at 300° F for 5 minutes. In a bowl, beat eggs, milk, salt, and pepper. Pour onto a lightly greased pan. Cook over medium heat until the eggs are completely set. Place a ½ slice of cheese and ⅓ cup of eggs into each pita half.

Week 4: Reflection & Conclusion

1) Ask students who have completed their goals to share their stories. For those who have not yet finished, encourage the group to offer assistance.

2) Point out to students that setting and reaching goals is not just good for individuals but also great for groups, and that the key is to *finish!*



Name _____ Date _____

november

worksheets

Name of Speaker: _____

Occupation: _____

Topic of Discussion: _____



What I Learned

Write down at least five facts or pieces of information that you learned from today's speaker.

Following Advice

Write down a lesson or piece of advice given by the speaker that you want to try to follow in your life. Then write about why you want to follow that advice.

Connection to Quote (Finish)

In what ways does the guest speaker relate to this month's quote? Write a paragraph about how the two connect.



j.k. livin Student Workout and Exercise Activities

Developed by Maurice Harris, Alissa Magrum, Missy Shepherd, and Teri Warner

Workout #1

Warm-up Drill

Calisthenics:

Each student should complete the following:

- 50 abdominal crunches
- Jog the track for two minutes
- One long pass (or two short passes) of Frankenstein walk. Instruct students to put their arms out straight in front of them at shoulder height, like they are sleepwalking. They should walk forward and, with each step, touch their knee to their arm near the elbow, and then kick their foot out to touch their hand. During the drill, make sure students bring their knee and foot up and DO NOT bring their arm down or bend over at the waist.
- One long pass (or two short passes) of carioca. Face sideways and carioca down and back. Make sure the knee of the crossover leg is above the waist and used in a snapping motion.
- One long pass (or two short passes) of jumping up with both feet together. Have students do 20 jumps as high as they can.

Main Workout

Using Workout Cards:

Equipment needed: exercise machines, index cards, pens/pencils

Each student will complete five exercises, using five different muscle groups (legs, chest, back, shoulders, arms, core). They will record their results on index cards to track how they are doing.

- Girls should do approximately 15–20 reps per machine; boys 10–15 reps. Individuals may adjust the number of reps they complete.
- New students should perform 1–2 sets, and students who are more advanced may do 3–4 sets of each exercise.
- Students should record the weight and reps performed on their individual workout index cards.

Each student must FINISH his or her workout at his or her own pace.

***Note:** If you don't have access to exercise machines, use free weights for similar results.



Workout #2

Warm-up Drill

Jump Rope Activity:

Equipment Needed: jump ropes

- Each student jumps rope for one minute, counting how many jumps they complete.
- Students repeat the task for one minute. This time they try to increase the number of jumps completed.
- Students jump rope 100 times without stopping. If they miss, they should continue from where they stopped counting.

Main Workout

10 Small Tasks to FINISH!

Equipment needed: jump ropes, stairs or bleachers, open area, wall

1. Divide students into 10 groups.
2. Assign each group to a station.
3. Groups will do the activity at each station for a minute and a half and then rotate to the next station until they have been to all stations.

Station #1: Push-ups

Station #2: Crunches

Station #3: Burpees

Station #4: Jumping jacks

Station #5: Jump rope

Station #6: Wall squats

Station #7: 50-yard sprints

Station #8: Stair run

Station #9: Squat jumps

Station #10: Walking lunges (50 yards)

Workout #3

Warm-up Drill

Relay Race Activity:

Equipment needed: 4 cones and 15 batons, running track

This exercise involves running relay races around a track in teams of four students.

- Place one cone every 100 yards around the track.
- Students divide themselves into teams of four and decide who will run first, second, third, and last.
- First student runs and hands off the baton to teammate waiting at the first cone. The second student then runs and passes the baton to the third student on the track, etc., until all four teammates have completed and finished 400 yards around the track.
- As a team, each group of four students does a cooldown lap together.

Main Workout

Adventure Hike:

Equipment Needed: trail with somewhat challenging terrain*, water, sturdy shoes/sneakers

Choose a trail. The trail should be a distance and terrain that is challenging. Each student should complete the entire hike even if they must go slowly and rest along the way. The goal is to FINISH the entire hike.

***Note:** The trail should be chosen based on the fitness level of your group.

