

Renzulli Personal Success Plan

Physical Education Starters



My Interests tab: direct students to click:

- “See More”, then
- Select “Athletics” from the drop-down menu (if Athletics is already one of your students’ top interests, they can just click it from their interest menu).
- “Body and Mind”

On this dynamic resource, kids can click “Activity Calendar” to create a virtual calendar to plan their activities and fitness regimen. There’s games, activities and quizzes on the site all geared to help kids plan ahead and make good decisions for their health.



My Heroes and Helpers tab: direct students to click:

- “What is a Role Model?”, then
- “Directory of Heroes: My Hero’s Hero”, then
- The “Heroes” button at left, then
- “Sports”

This resource shows famous athletes and explains how they became famous. More importantly, have your students focus on how these individuals took their fame and used it help others. Explore the many philanthropic endeavors these athletes created and how they “give back.”



My Careers tab: direct students to click:

- “Find Careers”, then
- Complete profiles of some career options that interest them.

Direct the students to articulate what physical demands might come with each of their chosen career paths. (For instance, a nurse needs to be in great shape to stay on his/her feet all day.) Have them plan out what a typical weekly exercise regimen should look like for someone in that profession, to keep in shape and to accomplish their career goals at the highest level.

My Goals tab: direct students to click:

- “Academic and Personal Goals”, then
- “KidsHealth”, then
- “Staying Healthy”, then
- “Kid’s Nutrition & Fitness Center”

Direct the students to explore this site. Ask students about the importance of a healthy diet and how to stay active. Teach them how to take their heart rate, then calculate their target heart rate, and demonstrate what it takes to get your body healthy.