

# STUDENT GUIDE

## ANCHOR LESSON 1



### Part 1: Sharing Our Past Experiences

Write or draw the different ways you engage in sports or physical exercise.

Think of your body during and after exercise. Using the box below, use words and/or pictures to describe what it feels like while you exercise and after you exercise (while you are resting and recovering).

During Exercise	After Exercise





## Part 2: Observing the Anchor Phenomenon

Select two videos from the list your teacher provided. In the space below, record your observations as you watch. Consider these questions:

- Who is in the videos?
- What are they doing?
- What are the main ideas the videos are trying to communicate?

What videos did your partner watch? What were the similarities in the videos you watched?

What happened in the “Gain a Performance Edge” video? What claims did the scientist make?



## Part 3: Communicating Initial Ideas

Record your current response to our Driving Question, ***How can milk help athletes recover from physical exercise?*** In your response, be sure to describe:

- What changes occur in the body during exercise?
- How does milk help with exercise recovery, including what happens inside the body to do so?

You will prepare an initial presentation to show your current answer to our Driving Question, ***How can milk help athletes recover from physical exercise?*** You may use your response above or revise it based on what you heard from your peers.

**Presentation Guidelines:**

- Presentation includes multiple methods of communication (i.e., video plus graphics/diagrams, written report plus graphics/diagrams, or video with narration of a slideshow).
- Length requirements:
  - Videos cannot exceed one minute.
  - Written reports cannot exceed two paragraphs.
- Presentation is designed specifically for a chosen audience.
- For now, share only your current ideas. There is no need to do research on the topic. We want the presentation to show what you currently think.

Choose the presentation format you will use and the audience you will design the presentation for:

What presentation format will you choose? Check one or create your own.	<ul style="list-style-type: none"> <li>● Social media post with narration and images</li> <li>● PowerPoint/Slide deck presentation with embedded videos and/or images</li> <li>● Written report with videos and/or images</li> <li>● Video presentation with narration and/or graphics and images.</li> <li>● Other: _____</li> </ul>
Who is your targeted audience? Check one or create your own.	<ul style="list-style-type: none"> <li>● Friends my age who exercise.</li> <li>● Student-athletes at school.</li> <li>● Adults who exercise.</li> <li>● Younger children who play and exercise.</li> <li>● Other: _____</li> </ul>

In the space below, prepare your presentation script or written report. Then, deliver and record your presentation.



#### Part 4: Sharing Initial Presentation Drafts

Identify similarities and differences between your presentation and your peers' presentations.

Similarities in our Presentations	Differences in our Presentations



#### Part 5: Asking Questions

In the space below, record what questions you have that might help you understand more about how dairy can help athletes recover from physical exercise.