



## Science speakers

## Athletics & Training

### ***Purpose of the program***

The purpose of this program is to help children connect their science curriculum to interests and careers and to stimulate their curiosity. We wish to awaken children to the wide variety of jobs that people do and help them understand the necessity of a good education to getting the jobs. By illustrating how basic science concepts are used in their work, speakers show how science is fundamental to daily life.

Athletic interests and careers intersect with the fifth grade science curriculum. Below are content points and a general outline to help you structure your talk.

### ***Reminders***

Plan your presentation to run about 20 minutes. Then give the children 5-10 minutes for questions.

Children love to see examples; it helps them remember and understand. Any items you can show them will impress and delight them.

Please arrive at the school office at least 10 minutes before you are scheduled to speak.

Call **Mary Goljenboom** at United Way of Lake County with questions: **847 775 1058**.

### ***What the children are learning***

**Fifth graders** (age 10) study levers and pulleys. The science content includes the following points:

- A lever is a simple machine that people use to gain an advantage, such as making work easier.
- Effort is the force needed to move a load or overcome a resistance.
- Load is a mass lifted or a resistance overcome by a lever.

### ***What you could say***

Define your job or interest. For example, *An athletic trainer works with athletes to get them into peak condition by giving them exercises to improve their muscles.*

Explain to the children how the science they are learning is used in your job or interest. For example, *Many athletes use their arms or legs as levers. A baseball pitcher uses his arm as a lever for throwing the baseball. A soccer player's leg is a lever when he kicks the ball. I help athletes keep those levers and all of their muscles strong and, when there is an injury, I help the athlete to recover. Other machines are useful in this work, too. Or . . . I'm a swimmer. When I'm in the water my arms are levers moving me along.*

Please tell the children about the duties and responsibilities of this interest or job. Please also tell them some of the things that you enjoy about it. As you explain and/or demonstrate, please remind the children of some of the science points above. You do **not** need to refer to all of them.

Please tell the children what kind of education is needed to do the job or turn this interest into a career. Please also tell them how you got interested in this activity or career.