

# **WELCOME TO CHAMPIONEERS!**



## **Lesson #11**

**By Deanna Rhinehart**

© 2016



## Lesson Eleven

### Lesson Eleven

#### Truth or Consequences

- **Key:** How to Stop a Lie
- **Concept:** 1<sup>st</sup> Law of Motion

#### Class Agenda

1. Greetings
2. Review
3. **Sing & Swing:** Review All
4. **Video:** Lesson #11 How to Stop a Lie
5. **Activity:** Centripetal Force
6. **Sing & Swing:** Review All
7. **Video:** Episode #11 Truth or Consequences
8. **Review**
9. **Challenge:** Pass-it-On

#### Materials

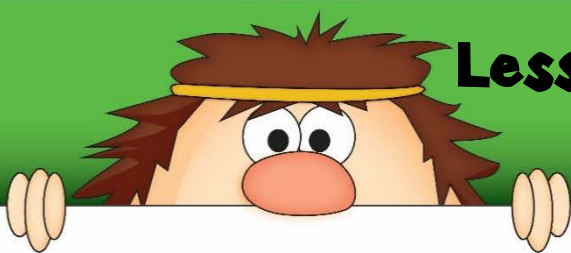
- Balloon
- A Penny

#### Objectives

- **Video:** Truth or Consequences
- **Song:** Review Most Recent
- **Lesson:** How to Stop a Lie
- **Activity:** Centripetal Force
- **Challenge:** Pass-it-On

#### In a Nutshell

Review recent songs. Discuss how telling a lie acts like centripetal force. Once you start a lie, it just wants to keep going and pulling everything else into it. The way you stop a lie is to tell the truth. Review music again. This week's challenge is to do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.



# Lesson Eleven - Quick View

	<b>ACTIVITY</b>	<b>TIME</b>	<b>OBJECTIVE</b>	<b>ACTION</b>
<b>1</b>	Greetings	1 min	Set the tone for your class	Modified <i>Champions!</i> Roll Call.
<b>2</b>	Review	12 min	Review all songs	Slowly address any tricky spots from last week without the music. Repeat as needed then sing and dance without music. Add music.
<b>3</b>	Sing & Swing		Review all songs	Review most recent songs.
<b>4</b>	Video Lesson #11	3 min	How to Stop a Lie	Discuss how a lie in motion tends to stay in motion.
<b>5</b>	Opt. Activity	Opt.	Roundabout Centripetal Force	Demonstrate how centripetal force keeps a penny in motion inside a balloon. Discuss how a lie, unless corrected, tends to keep on going.
<b>6</b>	Sing & Swing	5 min	Review problem songs	Very slow. Fix any mistakes. Then faster until at tempo. Add music.
<b>8</b>	Video: Episode #11	4 min	Truth or Consequences	Sit in Champions! Adventure Theater Circle.
<b>8</b>	Review	4 min	Review	Go through all the songs you've learned. Review lesson.
<b>9</b>	Leadership Challenge	1 min	Pass-it-On Challenge	Do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.

# Lesson Details

## 1. Greetings

Student Leaders

## 2. Review

**DANCE CLICK-CLASS**

## 3. Sing & Swing

**Review Most Recent Songs**

Take this week to work out some of the problem spots on your most recent songs. The easiest way to work out the kinks is to slow it down and practice without the music. Concentrate on which foot or motion to use with each word. Repeat slowly and build speed. Do not add music until most of the students can keep up without the music. Let their mouths teach their feet.

**LESSON CLICK-CLASS**

## 4. Object Lesson Intro

**How to Stop a Lie**

Once you start a lie, it just wants to keep going and going and going. One lie usually leads to another lie, pulling everything into it. Sometimes lies get so big that the person telling the lie can even forget what the real truth is.

The best way to stop a lie is to not tell one to begin with. The second best way to stop a lie is to tell the truth.

When truth is spoken, the lie loses its power. This is true for lies you tell others, as well as lies you believe yourself.

## Video: Object Lesson #11 Roundabout



## 5. Optional Activity Centripetal Force

Newton's first law of motion states an object in motion tends to stay in motion. The same is true about a lie. Once a lie is set in motion it also tends to stay in motion. To demonstrate this,

we're going to do an experiment with centripetal force.

- Place a penny in a balloon.
- Blow up the balloon and tie the end.
- Turn the balloon upside down and hold by the tied end.
- Spin the balloon until the penny is swirling around the inside center of the balloon.

The penny spins around the balloon because of the centripetal force that pulls on it toward the center of the balloon. Just as a penny continues to circle around the inside of the balloon, so lies tend to keep going and going, encompassing everything, until even the truth can be forgotten and replaced with a lie.

## DANCE CLICK-CLASS

### 6. Sing & Swing Trouble Spots



## ADVENTURE THEATER

### 7. Video: Episode #11

#### Truth or Consequences

Al-x saves the old man and tells everyone what really happened. To his surprise, everyone cheered him on even more. The only question everyone had now was who won the fishing derby. Did Al-x or the old man?

### 8. Review

## LEADERSHIP CHALLENGE

### 9. Leadership Challenge Pass-it-On Challenge

Do an anonymous kind act, then leave a note with a challenge for that person to do the same thing for someone else.

*Note from Deanna: From here on out you will be polishing up your performance. Next week is your last Champions! Adventure Theater! We've provided the same basic lesson plan format for the rest of your lessons, but you'll want to customize your rehearsal time to fit the individual needs of each class.*