



Lesson Plan

Keep Running

Created: 12/2021 by the National FFA Organization

Description of Lesson: *In this retiring address, 2020-21 National FFA President Doster Harper discusses how we need to keep running and persevere to find success.*

Student Learning Objectives:

After completing these activities, students will ...

1. Define perseverance.
2. Describe the “unforgiving minute.”
3. Develop a poster that depicts the meaning of a quote.

Suggested Grade Level:

Grades 9 and 10 (This lesson is written so instructors can scale up or down based on class needs.)

Suggested Time: 45 minutes (*Time requirements may vary based upon student understanding and class schedule.)

Resources/References:

1. Video: “Doster Harper Retiring Address,” <https://vimeo.com/640835467>

Related Resources:

1. Retiring Addresses and Keynotes, [FFA.org/ffa-video-center/convention-keynotes-and-retiring-addresses/](https://ffa.org/ffa-video-center/convention-keynotes-and-retiring-addresses/)

Equipment and Supplies Needed:

1. A copy of the “Keep Running” worksheet for each student
2. Internet access to play the video in real time or embed it in a PowerPoint ahead of time

Vocabulary:

1. Perseverance
2. Success
3. Unforgiving

Cross-Curricular Connections:

English/Language Arts
Develop a poster that depicts the meaning of a quote from a speech.

Virtual Instruction Ideas:

Have students download and watch the video on a device of their choice and complete the worksheet.

Student Activity Sheets:

Direct access to student activity sheets without lesson plan or answer key for easy upload to a learning management system or printing for classwork.

<https://ffa.box.com/s/setfmltwd6bh85je8qf8jpxdlldho4uc> (Word)

<https://ffa.box.com/s/djg2jen5lbu8t9artw2ldqb88e1ndb46> (Non-Designed)

<https://ffa.box.com/s/mam2kkzedgenoyulfbdrvgzkj2m7gs0> (PDF)

<https://docs.google.com/document/d/1Q-abqOrcw5vk6k21OFxXlxUH5aUelcTAnUQjv1YfyGO/copy> (Google)

These Activities are Aligned to the Following Standards:

FFA Precept

- FFA.PL-A.Action: Assume responsibility and take the necessary steps to achieve the desired results, no matter what the goal or task at hand.
- FFA.PL-C.Vision: Visualize the future and how to get there.
- FFA.PL-E.Awareness: Understand personal vision, mission and goals.
- FFA.PG-J.Mental Growth: Embrace cognitive and intellectual development relative to reasoning, thinking and coping.
- FFA.CS-N.Decision Making: Analyze a situation and execute an appropriate course of action.

Common Core – Writing

- CCSS.ELA-Literacy.W.9-10.4: Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

AFNR Career Ready Practices

- CRP.02: Apply appropriate academic and technical skills. Career-ready individuals readily access and use the knowledge and skills acquired through experience and education to be more productive.
- CRP.04: Communicate clearly, effectively, and with reason. Career-ready individuals communicate thoughts, ideas and action plans with clarity, whether using written, verbal and/or visual methods.
- CRP.06: Demonstrate creativity and innovation. Career-ready individuals regularly think of ideas that solve problems in new and different ways, and they contribute those ideas in a useful and productive manner to improve their organization.
- CRP.08: Utilize critical thinking to make sense of problems and persevere in solving them. Career-ready individuals readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem.

Partnership for 21st Century Skills

- Critical Thinking and Problem Solving
- Flexibility and Adaptability
- Initiative and Self-Direction
- Leadership and Responsibility

Lesson Plan:

1. **Bell Ringer:** What does perseverance mean? Use the word in a sentence that you develop on your own.
2. **Introduction:** *Perseverance is important for being successful when it comes to facing challenges. Today, we are going to watch a retiring address from the 94th National FFA Convention & Expo. This retiring address was given by 2020-21 National FFA President Doster Harper. In his speech, he discusses the importance of approaching challenges with perseverance to move toward success.*

Before watching the video, look over the questions on the “Keep Running” worksheet, and be ready to listen for the answers as you view the video.
3. **Activity:** Each student needs a copy of the worksheet “Keep Running.”
 - a. **Part 1:** Students will watch the retiring address of 2020-21 National FFA President Doster Harper and complete the activities. The video URL is <https://vimeo.com/640835467>.
 - a. **Part 2:** Doster shared the quote “This life isn’t about how fast you run but how hard you run.” Have students create an inspirational poster that could hang in your classroom that includes and represents the quote and what they have learned from Doster’s retiring address. Students should include the quote, color and pictures.
4. **Follow-up:** Hang student posters around the school for other students to see and be encouraged.
5. **Exit Ticket:** Explain the unforgiving minute in a way an elementary school student would understand.

Name: _____

Keep Running

Aligned to the following standards:

FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N; CCSS.ELA.W.9-10.4; CRP.02; CRP.04; CRP.06; CRP.08

Part 1

Directions:

Complete the following activities while watching the retiring address of 2020-21 National FFA President Doster Harper. The video is available at <https://vimeo.com/640835467>.

"If you can fill the unforgiving minute with sixty seconds' worth of distance run then yours is the earth and everything that's in it." — Rudyard Kipling

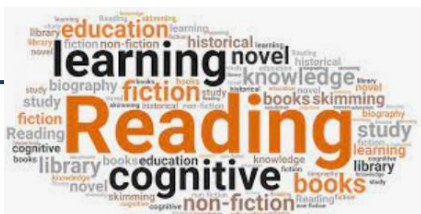
What is an "unforgiving minute"?



How does the "unforgiving minute" impact you each day?

What does the word "perseverance" mean?

What is the relationship between the "unforgiving minute" and perseverance? Create a word cloud to show the relationship.



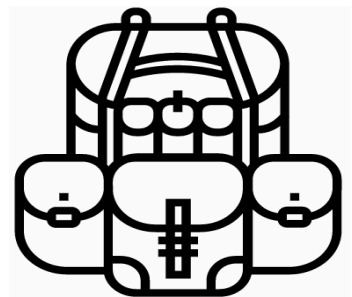
Who helps you persevere through challenges?

1. _____
 - a. What does this person do?
2. _____
 - a. What does this person do?

What do these two people have in common that you could use to help others to persevere?

How much weight did Doster have to carry on his walk?

- a. 25 lbs.
- b. 30 lbs.
- c. 35 lbs.
- d. 40 lbs.
- e. 45 lbs.



How far was Doster required to walk?

- a. 11 miles
- b. 18 miles
- c. 21 miles
- d. 27 miles

What did Doster learn while on his walk?

Name: _____

What are you going to do to make an “unforgiving minute” worth it for someone else?



Perseverance = S_____

Part 2

Directions:

Doster shared the quote below. Create an inspirational poster that you could hang in your classroom that includes and represents the quote and what you have learned from Doster’s retiring address. Be sure to include the quote, color and pictures.

“This life isn’t about how fast you run but how hard you run.” — Doster Harper



Name: _____

KEY: Keep Running

Aligned to the following standards:

FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N; CCSS.ELA.W.9-10.4; CRP.02; CRP.04; CRP.06; CRP.08

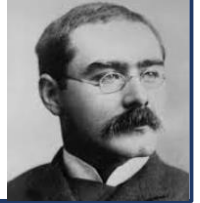
Directions:

Complete the following activities while watching the retiring address of 2020-21 National FFA President Doster Harper. The video is available at <https://vimeo.com/640835467>.

"If you can fill the unforgiving minute with sixty seconds' worth of distance run then yours is the earth and everything that's in it." — Rudyard Kipling

What is an "unforgiving minute"?

Time moves forward whether you utilize the time or not, even when things are challenging.



How does the "unforgiving minute" impact you each day?

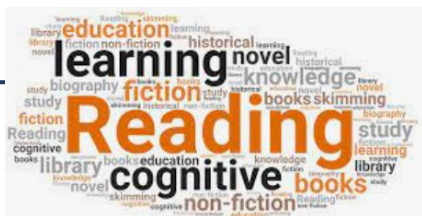
Answers will vary.

What does the word "perseverance" mean?

Continuing to do something regardless of the difficulty to achieve success

What is the relationship between the "unforgiving minute" and perseverance? Create a word cloud to show the relationship.

Answers will vary.



Who helps you persevere through challenges?

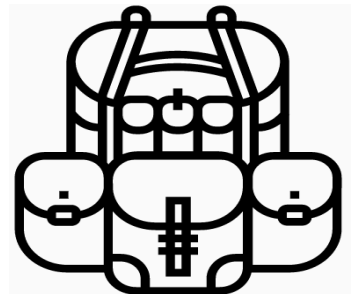
Answers will vary.

1. _____
 - a. What does this person do?
2. _____
 - a. What does this person do?

What do these two people have in common that you could use to help others to persevere? Answers will vary.

How much weight did Doster have to carry on his walk?

- a. 25 lbs.
- b. 30 lbs.
- c. 35 lbs.
- d. 40 lbs.
- e. 45 lbs.



How far was Doster required to walk?

- a. 11 miles
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What did Doster learn while on his walk?

Name: _____

What are you going to do to make an “unforgiving minute” worth it for someone else? **Answers will vary.**



Perseverance = Success

Part 2

Directions:

Doster shared the quote below. Create an inspirational poster that you could hang in your classroom that includes and represents the quote and what you have learned from Doster’s retiring address. Be sure to include the quote, color and pictures.

“This life isn’t about how fast you run but how hard you run.” — Doster Harper

Answers will vary.

