

Name: _____

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

Keep Running

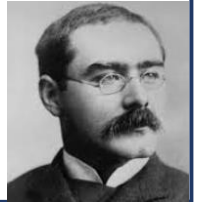
Part 1

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?

Who helps you persevere through challenges?

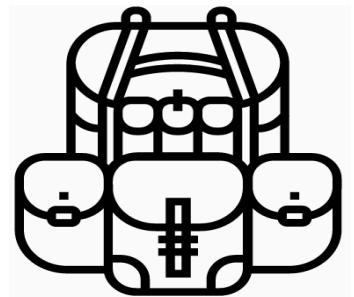
1. _____
a. What does this person do?
2. _____
a. What does this person do?

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

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?

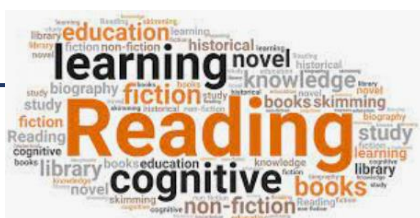
- 25 lbs.
- 30 lbs.
- 35 lbs.
- 40 lbs.
- 45 lbs.



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

