The Suit Still Fits

Lesson 3: History and Heroes | Suggested Grades: 4-7 Lesson Plan

Objectives:
Students will....

- Learn about Lorne "Ace" Atkinson and his cycling career.
- Complete a school wide poll to determine the
- current level of physical activity.
- Plan a school wide event to get all classes more active.
- Reflect on their passion in life.

Curricular Links:

- Mathematics
- Physical Education
- Personal Planning

Materials:

- pencil crayons
- graph paper for data organization
- Appendix 3.1, 3.2 and 3.3
- BC Sports Hall of Fame and Museum web site

The Big Idea

Through Lorne "Ace" Atkinson's life story, students will learn how his "passion" for cycling lead to a lifetime of physical activity and community service. They will be inspired to pursue an active lifestyle and begin the process of finding their own passion in life.

Opening Motivator - Analyzing Pictures of Cyclists (10 min)

Show students the pictures of great cyclists from British Columbia (Appendix 3.1) and ask them the following questions:

- What do you notice about these people?
- Where do you think these pictures were taken?
- Which one do think is Lorne "Ace" Atkinson? (Lorne is the first bicyclist in the photos)
- How old do you think "Ace" lived to be?
- Do you think he was a professional athlete?
- Do you think he ever stopped cycling, or did he cycle for his entire life?

By reflecting on the above questions, students should come to realize that Ace is a former professional cyclist who pursued his sporting passion both competitively and during his leisure time. He was active throughout his en- tire life and is still cycling today.

Teaching Tip

If you would like a more detailed account of Ace's life accomplishments for your own information, refer to Appendix 3.2.

In the Lab (40 min)

When students arrive at the lab, instruct them to click on the History and Heroes Link to learn about "Ace's" life passion, cycling, and inspiring his community to get active through this athletic leisure activity.

Classroom Activity - School Poll & Physical Activity Challenge (60 min)

After students return from the lab, start a classroom discussion about Ace using these questions:

- What similarities exist in the pictures you have viewed?
- What in particular did you notice about Ace?

- Do you think he has a passion and if so, what is it?
- Do you think he leads a healthy lifestyle? If so, how?
- Would you like to be this active and healthy in your seventies and eighties?
- Are you currently as active and healthy as Ace?
- How about your friends, teachers, and family?

2. Share the following information with your students:

Ace had a passion for cycling – he lived it and breathed it. Whether it was competing in a race, training as an athlete, organizing a community cycling event, or going for his weekly 75 km Sunday ride, Ace loved cycling. His love for the sport had an extremely positive impact on his life, bringing him much joy and satisfaction. His commitment to cycling carried him on a tremendous life journey of healthy living and community service, which included organizing professional races and community cycling events, as well as contributing endless hours of volunteer coaching to future athletes. His efforts to make a positive difference in the lives of others lead him to be awarded Canada's Governor General's Award and the Queen's Medal (2002). Throughout his life, Ace's main focus was to get people active through cycling.

3. Ask your students the following questions:

- Who can ride a bicycle?
- Who enjoys going for a bike ride?
- Why is cycling such an excellent form of physical activity?
- What makes this sport accessible to everyone?
- What other physical activities are easily accessible to everyone?
- What physical activities do you like to do in your free time?

4. Inform students that they are going to complete a physical activity poll of the school. The purpose of this data collection is to discover whether the school community is active on a daily basis and what part, cycling may play in that physical activity.

5. Divide your class into three groups. Within those groups, students will pair up to visit other classes. They will gather data, using tallies, to discover the following:
- What physical activities do you engage in?
- How many times per week do you participate in each physical activity?
- How many minutes each time do you spend pursuing this activity?

6. When students return to the class with their data, review as needed the different ways that information can be organized. You might consider briefly reviewing the following mathematical graphing techniques: Pictograph, Bar graph, and/or Pie graph.

7. Have each group compile a graph and present the information to the class. For ideas on math extension ideas refer to Appendix 3.3

Conclusion and Reflections (10 min)

Ask students to think about what their passion in life might be. Ask them what they are currently doing to pursue that passion and how this might incorporate into a future career, lifestyle, and community volunteer

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Web Links

Cycling BC
www.cyclingbc.net/
Cycling BC is a not-for-profit association registered under the BC Society Act, and is the sole provincial sport governing body for mountain bike racing, road racing and track racing.

Book: From A to Z by Bike
www.amcmedia.net
Teaches children to ride bicycles safely and defensively, to wear helmets and to apply good judgement to potentially dangerous traffic situations.

Sprockids
https://www.sprockids.org/
SPROCKIDS is a complete youth mountain biking program that provides a variety of resources to help schools, clubs, bike shops, community groups and volunteers start successful kids' mountain biking clubs.

Appendices

Lesson 3: History and Heroes | Suggested Grades: 4-7 Appendix 3.1

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Appendices

Lorne "Ace" Atkinson Fact Sheet

- 1939 British Columbia Junior Champion
- 1941 British Columbia Senior Champion
- 1945 Canadian Champion
- 1946 British Columbia Senior Champion
- 1947 British Columbia Senior Champion
- 1948 Member of Canadian Olympic Cycling team
  - 1,000 metre time trial
  - 1,000 metre team pursuit
  - 200 kilometre road race
- 1950 British Empire Games – Best overall Canadian Performance
- Fifth in the 10 mile Track Championship
- 1954 British Empire Games – Best overall Canadian Performance
- Fourth in the 10 mile track competition
- 1962 President of Vancouver Bicycle Club
- 1967 Pam Am Games Canadian cycle track team coach
- 1982 B.C. Cycle Track Team coach at Canadian Championships
- 2000 Recipient of the Governor General's Award
- 2002 Recipient of the Queen's Cross

Appendices

Math Problem Extension Ideas

- Calculate ratios or percentages of students in the poll population pursuing any given activity (e.g. 100 students out of 300 students in the school play hockey or 30%).
- 2. For any given activity mentioned in the poll, calculate the average amount of time (for one occurrence) it is pursued by the students (e.g. Students 1, 2, and 3 play hockey for 30, 60, and 90 minutes respectively each time they play. The average amount of time students pursue this activity at any one time is one hour).
- Have students compare how each child's total activity for the week compares to the recommended standard (30 minutes per day or 3.5 hours per week).