

History and Heroes

Lesson 1: History and Heroes | Suggested Grades: 4-7

Lesson Plan

Objectives:

Students will....

- Be familiarized with athletes profiled in the Hero in You lesson plans
- Reflect on the significance of sports and athletes in general
- Place athletes in their historical context

Curricular Links:

- Social Studies
- Physical Education
- Language Arts
- Personal Planning

Materials:

- Appendix 1.1
- Appendix 1.2
- 10 -15 plain small envelopes

The Big Idea

Students will learn about historical events, teams and athletes that helped shape sports in British Columbia from the 1800's through to present day. Students will also be briefly introduced to the athletes profiled in the Hero in You unit plan.

Warm-up: Sort and Predict Activity (15 min)

The purpose of this activity is to get students thinking and talking about the athletes and sports they are going to be learning about throughout the "Hero in You" unit plan.

1. Create a "sort and predict" worksheet using words found on Appendix 1.1 for each "sort and predict" group. Pre-cut words and phrases from this worksheet and place words and phrases into envelopes.
2. Divide students into pairs or groups of 3-4 students and hand out "sort and predict" envelopes.
3. Explain to students that they will have 10 minutes to sort the words into distinct categories of their choosing.
4. Once they have sorted the words into groups, instruct students to think of meaningful titles for each group.
5. When completed, have students share their ideas with the class.
6. There is no right or wrong answer; however, below are suggested titles for students that have difficulty getting started:
 - Athletes, B.C. Sports, B.C. Teams, or match athletes and team names to their respective sports

Classroom Activity: Historical Sporting Timeline (60 min)

1. Inform students that they are going to be researching to learn about the history of B.C. sports and its athletes. They will be using the online timeline either by accessing it directly or using a downloaded version.
2. Divide students into groups of 2-3 and assign each group one of the time periods, starting with First Nations and continuing through to the 1990's.
3. While researching their time period, students need to identify the following information:
 - Significant sporting events and races
 - Important historical events (i.e. non sport) that occurred at this time
 - Important athletes

- Instruct students to present their information on one page per group. These pages are to be compiled later in order to create one large class timeline. The timeline could be displayed in the classroom or on a hallway bulletin board. The researched information can then be presented orally by each group

Teaching Tips

The B.C. Sports Hall of Fame's historical timeline can be downloaded if the lab is not readily available for your students to use. You can choose to provide this downloaded information to each student; instead of or in addition to having them research in the lab.

In the Lab (40 min)

1. Direct students to the "Decade Galleries" link in the History and Heroes Student Area. Students will find images and information for each decade that they can utilize to make their timeline detailed and accurate.
2. Instruct students to utilize any pictures or information that they find interesting and that will enhance the content of their timeline.

Conclusion and Reflections: (10 min)

After the timeline has been completed, ask students to share their thoughts on the questions below.

Students could respond to the following questions orally as a class discussion or in writing in their "Hero in You" journal:

- What is sport? Why is it important? Why is sport important in your life?
- Do you think sports are an integral part of our community? Explain your answer.
- What makes certain athletes stand out and why?

Extension Ideas

- Students could paint life size images of themselves in old sporting "costumes" and uniforms. The students' art could then be placed around the classroom or the gymnasium for other classes to view.
- Students could start a scrapbook containing lesson assignments and activities that would then become the unit organizer or theme book if you chose to implement the complete "Hero in You" unit.

Appendices

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Appendix 1.2

Sort & Predict Activity Words

- | | |
|-----------------------------------|----------------------|
| 1. Lori Fung | A. Cricket |
| 2. Lorne "Ace" Atkinson | B. Rugby |
| 3. Doug Hepburn | C. Skiing |
| 4. Eugene Reimer | D. Baseball |
| 5. Harry Jerome | E. Running |
| 6. Rick Hansen | F. Rowing |
| 7. Terry Fox | G. Lacrosse |
| 8. Debbie Brill | H. Canoeing |
| 9. Nancy Greene | I. Weightlifting |
| 10. Lester Patrick | J. Cycling |
| 11. Frank Patrick | K. Wheelchair Racing |
| 12. The Salmonbellies | L. Gymnastics |
| 13. The Millionaires | M. Hockey |
| 14. The Vancouver Lacrosse | N. Track and Field |
| 15. The Vancouver Rugby | O. Horseracing |
| 16. Victoria Pioneer Cricket Club | |

Appendices

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Appendix 1.1

Sort and Predict Answers

To the extent athletes and team names are connected to their sports, the answers are provided below:

- | | |
|-----------------------------------|----------------------------|
| 1. Lori Fung | A. Cricket 16 |
| 2. Lorne "Ace" Atkinson | B. Rugby 15 |
| 3. Doug Hepburn | C. Skiing 9 |
| 4. Eugene Reimer | D. Baseball |
| 5. Harry Jerome | E. Running 7, 5 |
| 6. Rick Hansen | F. Rowing |
| 7. Terry Fox | G. Lacrosse 14 |
| 8. Debbie Brill | H. Canoeing |
| 9. Nancy Greene | I. Weightlifting 3 |
| 10. Lester Patrick | J. Cycling 2 |
| 11. Frank Patrick | K. Wheelchair Racing 6, 4 |
| 12. The Salmonbellies | L. Gymnastics 1 |
| 13. The Millionaires | M. Hockey 10, 11, 12 |
| 14. The Vancouver Lacrosse | N. Track and Field 5, 6, 8 |
| 15. The Vancouver Rugby | O. Horseracing |
| 16. Victoria Pioneer Cricket Club | |