

Together Everyone Achieves More

Lesson 6: History and Heroes | Suggested Grades: 4-7

Lesson Plan

Objectives:

Students will...

- Learn about the athletic achievements of Rick Hansen
- Learn how to make a concept map
- Recognize the teamwork that was required for Rick Hansen to complete his World Tour
- Realize that dreams are often achieved with teamwork

Curricular Links:

- Language Arts
- Personal Planning

Materials:

- One copy of Rick Hansen facts (Appendix 12.1)
- One copy of Rick Hansen's biographical information (Appendix 12.2)
- Multiple copies of the "Man In Motion" World Tour (Appendix 12.3)
- Class set of the graphic organizer for information on teamwork (Appendix 12.4)
- Recipe cards and tape
- Blank white paper (11x17)
- Sticky notes

The Big Idea

Canadians recognize Rick Hansen as the "Man In Motion" who raised money for spinal cord injury research and awareness of the potential of people with disabilities. However, most people do not realize that in order to achieve his dreams, various people were involved from day one. This lesson will examine the "teamwork" that was necessary for Rick Hansen to realize his dreams.

Opening Motivator (10 min)

Read aloud the facts about Rick Hansen (Appendix 12.1). Starting from the first fact, read each fact aloud to the class. After reading each fact, briefly discuss what the students know about the individual and then check to see if they know who the athlete is. Continue reading each fact until you reach the last one or until the students figure out who the athlete is.

Classroom Activity (100 min)

1. Read aloud the one page summary of Rick's journey (Appendix 12.2). This will provide an overall context of Rick's life and his accomplishments. As a class, discuss the various aspects of Rick's life.
2. Lead the discussion to the idea that Rick did not accomplish his goal alone. Suggest other examples in which individual accomplishments were predicated on team effort. (ex. Terry Fox)
3. Divide the students into groups of four and give each group information on the "Man In Motion World Tour" (Appendix 12.3). This written description is divided into eight sections, (therefore each student will have two sections). Instruct students to read their two sections and, as they read the information, look for examples of teamwork.
4. After reading their sections, students then fill out the graphic organizer for information on teamwork (Appendix 12.4). Students should be reminded that people / groups helped Rick and that Rick helped other people along the way. For the last column, students should provide specific information about the teamwork.

Teaching Tip

Students can circle, highlight, underline these examples on comments of how this helped Rick achieve his dream. Teachers could collect the graphic organizers and do a quick evaluation of the students' comprehension.

5. Although the focus is on people who demonstrated teamwork, students will also need to select more key words to include in their concept map. Have students return the information and highlight / underline nouns that are important. (ex. In the section 'The Tour is Born' also highlight the word "equipment" as this was one of Don Alder's responsibilities). This would be a good time to discuss the fact that because of length of the Tour, some people were only able to volunteer their time for a portion of the Tour. Thus, some individuals left part way through the tour while others joined the team at later date. Nonetheless, all crew members were very committed to the common goal of raising money and awareness for spinal cord injury.
6. Students can work individually or in groups:
 - Students can rejoin their original group and make one large concept map for all 8 sections (this concept map will be very large and will be quite complex)
 - Students can work individually and make smaller concept maps that illustrate the teamwork for their two specific sections. Their task is to make a concept map that illustrates the many examples of teamwork in Rick's life, before and during his World Tour. For more information on concept maps, see Appendix 12.5.

Teaching Tip

Introduce this part of the lesson by modeling your own concept map. An effective way to do this is to write the concepts on recipe cards and tape them on a chalkboard. Clearly explain your thinking as you move the concepts into position and connect them with arrows and words.

7. Students need their teamwork graphic organizer and information sheets to use them for creating a concept map. Rather than using recipe cards and tape, students use sticky notes for the idea and move them around the 11X17 piece of paper until their concept map is well organized. Once the concept map is well organized, convert the sticky notes to concept boxes drawn by hand. If students are doing individual concept maps, be sure to title each one and display the group's eight concept maps together. A rubric for evaluating concept maps is provided in Appendix 12.6.

In the Lab (10 min)

Students can create their concept maps on the computer using "Inspiration" software or similar programs. Inspiration software allows for students to easily move their concept boxes on the computer screen and effectively organize their work.

Conclusion and Reflections (10 min)

Write a reflection in their journal that describes how many people's dreams are accomplished with teamwork and not individually. They may use examples from their own lives to help explain their ideas (ex. if students play team sports, encourage them to use examples from these experiences).

Extension Ideas

- A lot of math questions can be created using the statistical data from Rick's tour around the world. Have students collect this data and then generate their own questions about his tour. Check the website <http://www.rickhansen.com> for specific data about the tour.
- Write a letter to Canada Post that convinces them to issue a "Rick Hansen" stamp.
- Use a map of the world and draw the route for the "Man In Motion World Tour". Use the scale to estimate the total kilometers wheeled in each continent.
- Write slogans that are about teamwork and make a poster that illustrates the idea. Students can also search for 'Teamwork' slogans / motivational quotes on the internet and illustrate them on the posters.

Web Links

- <http://www.rickhansen.com/> - Rick Hansen's website
- www.rickhansenkids.com/ - Kids site for Rick Hansen (adventure/learning program)
- <http://cmap.coginst.uwf.edu/info/> - Good explanation of concept mapping

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Appendix 12.1

Who Am I?

- In 1986, the township of Stalin, Ontario (near Sudbury), was renamed in the athlete's honour
- Winner of 19 International Marathons, including three world championships
- Won 11 Gold medals at various National and International Track and Field events (World Championships, Pan Am Games, Canada Games)
- Co-winner, with Wayne Gretzky, of the 1983 Canadian Male Athlete of the Year
- Represented Canada/British Columbia in basketball, tennis, volleyball and racquetball at national and international events
- Lives in Richmond, BC with his wife and 3 daughters
- He enjoys fishing, 'Pilates', tennis, kayaking and sit skiing
- Founder of the Canada wide "Wheels In Motion" event which raises money for spinal cord injury research and to support quality of life initiatives
- Wheeled his chair over 40,000 km around the globe to raise awareness of the potential of people with disabilities and funds for research, rehabilitation, sport and prevention of spinal cord injuries

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Appendix 12.2

Biographical Information

Rick Hansen epitomizes “determination”. In the summer of 1973, Rick was a free-spirited, athletic fifteen year old who had a life altering automobile crash that left him a paraplegic. Although he could no longer walk, Rick could dream and he became a world-class athlete, winning 19 international wheelchair marathons, including three world championships and competing for Canada in the 1984 Olympic Games.

In the spring of 1985, he embarked on a bigger dream and wheeled the circumference of the earth to raise awareness and funds for spinal cord injury. Two years, two months, two days and 40,000 km later, Rick and his team returned to Vancouver, B.C., having raised over \$26M.

Today, as President and CEO of the Rick Hansen Man In Motion Foundation, Rick remains committed to improving the quality of life of people with a spinal cord injury. To date, Rick’s work has made an impact of millions on quality of life programs and spinal cord injury initiatives.

Rick and his team recently launched the Foundation’s Rick Hansen Wheels In Motion event, in communities across Canada. Presented by Scotiabank, Wheels In Motion brings communities together annually in June to raise awareness and funds to improve the quality of life of people with spinal cord injury and to support research ultimately leading to a cure.

As an inspiring speaker, Rick is in demand by many organizations to share his remarkable story and to inspire others to make a difference. He spends time in schools, committed to being a positive role model to children, and has co-authored two books: Rick Hansen - Man In Motion and Going the Distance: Seven Steps to Personal Change. Among his many community commitments, Rick serves on a number of Boards and, still passionate about fishing and the environment, is currently Chair of the Fraser River Sturgeon Conservation Society and the Pacific Salmon Endowment Fund Society.

Rick is married to Amanda and lives in Richmond, BC, with their three daughters. Besides fishing, he enjoys Pilates, tennis, kayaking and sit skiing.

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Appendix 12.3

“Man In Motion World Tour” Information for Students

The Early Years

In his youth, Rick Hansen enjoyed many sports, including fishing. He and two friends (Don Alder and Randy Brink) went on a fishing trip and ended up hitchhiking back to Williams Lake because their truck broke down in the middle of the wilderness. They were given a lift by a couple driving a pick-up truck. Rick and Don rode in the back, the truck crashed, and they were thrown from the truck. Fortunately Don was okay, however Rick was paralyzed from the waist down.

After many months of rehabilitation, Rick returned to Williams Lake to find much love and support from his family and friends. But it was his high school coach, Bob Redford who had a significant influence on Rick athletic career. Bob asked Rick to help coach the volleyball team, and when Rick said he couldn't, Bob asked "Why not?". Bob also encouraged Rick to continue his athletic career. Rick was reluctant until his coach told him to look up the definition of athlete in the dictionary. There was nothing in the definition saying an athlete had to use his legs.

A New Athletic Career Begins

Another influence on Rick's athletic career was Stan Stronge. Stan broke his back when a tree fell on the car he was driving, leaving him a paraplegic. Stan, who started Vancouver's wheelchair basketball program in 1952, offered Rick the chance to go to Vancouver and play wheelchair basketball for the Vancouver Cablecars. Rick competed at the 1975 National Wheelchair Games in Montreal, and experienced the high level of athletic competition that drove him before his injury. Rick realized that he had a whole new sports world to conquer.

In the fall of 1976, Rick attended the University of British Columbia, and continued to play for the Vancouver Cablecars. The team was always on the lookout for new recruits, and heard that a junior varsity basketball player had lost his leg to cancer. His name was Terry Fox. Rick and Terry ended up training together throughout the summer, and developed a special friendship. Rick recalls that, "Terry lived every day to the fullest because he knew, just like that, it can be snapped away".

The training for basketball led to competitive racing and Rick would go on to win 19 international marathons and countless other track races. It was through training for these competitions that Rick developed the amazing strength and stamina to become one of the world's best wheelchair marathoners. The training sessions also provided some disasters and miracles at once. Rick crashed during a training session prior to the Boston Marathon and unfortunately was too injured to race. However, during his rehabilitation, Rick met his future wife, physiotherapist Amanda Reid.

During his racing career, the idea of wheeling around the world was in the back of Rick's head. After consulting long time friends, Don Alder and Tim Frick (who coached volleyball with Rick), the wheels were set in motion.

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The Tour is Born

Initially, Don, Tim, and Rick's cousin, Lee, would be the crew who traveled with Rick on the road. Don would handle the equipment (i.e. 94 pairs of leather gloves, 126 flat tires) and wheelchair maintenance (i.e. changing the position of the seat), Tim would handle logistics (i.e. planning the route), and Lee would take care of the cooking. They also put together a board of directors who would handle fund raising and take care of the Legacy Fund, which would hold all of the money Rick raised during the Tour. A volunteer office staff was put together to take care of the paperwork (ex. booking flights, obtaining visas etc...) in Vancouver. Various corporate partners offered to provide free food, gasoline, ground and air transportation and clothing. Government support was limited at first, however upon return to Canada, the federal government donated \$1 million to the project.

The Tour Begins

By the time Rick left Oakridge Shopping Mall in Vancouver and started the "Man In Motion World Tour" around the world, the road crew had grown. Nancy Thompson joined as the advance person who traveled ahead of the crew to set up the accommodations, route through cities, special events and rallies.

The Tour started down the west coast of the United States. While wheeling through towns and cities along the coast, Rick met many well wishers and received many gifts. While the reception was not overwhelming, there was enough encouragement from people to keep their spirits up. Many people using wheelchairs accompanied the tour along the route to tell Rick that he inspired them to never give up.

As they neared Olympia, Washington, the wear and tear of wheeling 110 kilometres a day started to take its toll, and Rick placed a call to his physiotherapist, Amanda Reid. Without hesitation, Amanda offered to join the Tour. Not only would Amanda provide the valuable therapy to ease Rick's unbearable shoulder and wrist pain, her arrival would also lift Rick's spirit like nothing else. By the time the crew reached Portland, Oregon, Amanda joined them and had a positive impact on Rick's physical health, his mental well-being and supported him in achieving his dream. Although the Tour was still in the early stages, Amanda's arrival would be one of the key turning points of the entire 40,000 km journey.

The Southern U.S.

As they progressed down the west coast, music producer David Foster (from Victoria) was asked to also write a song for Rick's Tour. Watching footage of Rick wheeling through the U.S. inspired David Foster and British songwriter John Parr to write the anthem for the "Man In Motion World Tour". Upon reaching Los Angeles, the crew met with David Foster and the song was unveiled. 'St. Elmo's Fire' (Man in Motion) quickly became a hit and provided inspiration throughout the rest of their journey.

From California to Florida, there were special events and many people who encouraged Rick with a "Way to go!". One moment in El Paso, Texas stands out in Rick's mind. They arrived to a modest reception, after which a young boy named Jose wheeled with Rick for the first kilometre out of town. Jose's wheelchair was in

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rough shape, and when Rick gave him a spare that they no longer needed, the young boy was overjoyed. His mother was crying and the look on Jose's face spoke volumes.

Europe and Asia

After leaving the United States, the tour progressed through Europe. Between England and Greece, many organizations for people with disabilities provided accommodations, hospitality and helped organize receptions in the many cities. The Tour was gaining momentum through Europe, which meant that the more help was needed. Without hesitation, other friends and family volunteered their time to help Rick as he continued his Tour around the world. The team continued to evolve, but two things remained constant: the goal of the Tour and the team's commitment to achieve the goal.

The Tour then went north to China. It was a very pleasant surprise to find that China had gone all out to make this leg of the Tour as easy as possible. Their vehicles, complete with chauffeurs, travel clearances, hosted tours, advance notice of stops etc... were meticulously organized on the team's behalf. This effort was spearheaded by Deng Pufang, the son of a high-ranking government official who himself was paraplegic. One defining moment of the Tour was Rick's ascent of the steep slopes of the Great Wall of China. Rick's sheer determination to climb the wall is symbolic in that there were no walls in life too big to climb. The wall itself was symbolic in that it showed what a group of people can do when they believe in something and work together as a team. The crew was sad to leave China as the public support and warmth shown by the Chinese people was incredible.

Back in North America

After leaving Asia, Rick and his crew returned to Miami for the stretch up the east coast of the United States. During this leg of the trip, Rick met the famous Canadian actor, Michael J. Fox (in New York) and legendary Canadian hockey great Bobby Orr (in Boston). Their encouragement and inspirational words provided another lift to the team. As the "Man In Motion World Tour" neared Canada, it was evident they were going to require more help. More volunteers offered their time to help organize receptions and special events in advance of Rick's arrival. Others volunteered their time to organize advance sales of "Man In Motion World Tour" merchandise or to maintain the vehicles during the winter months. The support from these quality individuals made the Tour a huge success in Canada.

It was not until they reached Canada that the Tour kicked into high gear. From Cape Spear, Newfoundland onward, the "Man In Motion World Tour" would finally realize the support and awareness of the Canadian public. Leslie Tomblin, a little girl from Cape Spear, suggested that a donation bin should follow the motor home to collect donations after Rick wheeled by. During the first day in Newfoundland, little Leslie collected a significant portion of the donations, which totaled over \$4700 (the first leg of the trip from Vancouver to Miami raised about \$6000). What an inspiration, having this little girl on her bicycle do all she could to help Rick. In other towns, new, permanent wheelchair ramps were built at City Halls and ramped corner sidewalks were also put in. By the time he left Newfoundland, the Tour had raised \$100,000 and greater awareness.

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The Last Stretch

Throughout Canada, the public response was incredible. Money was pouring in, people became more focused on what people who use wheelchairs could do (as opposed to what they could not do), and changes were being made to make public places accessible for wheelchairs. In some places, mayors spent a day using a wheelchair to learn firsthand the challenges of getting around their communities, and investigative reporters were scouring their cities for places that needed to become more accessible. The dream was taking shape.

By the time Rick reached British Columbia, the Tour was flying high. A large crowd of family, friends and supporters met the crew at the B.C. / Alberta border. The incredible support and encouragement of the people of B.C. provided added inspiration for the trip through his home province. The reception in his hometown of Williams Lake was extra special as they also honoured Don Alder, their other hometown hero. Upon entering Vancouver, the streets were lined with thousands of people, cheering and supporting Rick through the last few kilometers. Their travels through B.C. alone raised an amazing \$5.45 million, and by the end of the tour, a total of \$26 million dollars was raised, with every cent going towards research, rehabilitation, sport and prevention of spinal cord injuries. In addition to the money, the Tour also raised significant awareness of the potential of people with disabilities.

The crew did accomplish what seemed like an impossible feat, but Rick always believed that if you surround yourself with a great team and you have the courage and determination to pursue your dreams, anything is possible.

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Appendix 12.4

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Graphic Organizer for Information on Teamwork

Name of Individual (or Group)		Name of Individual (or Group)		Name of Individual (or Group)
Don Adler	helped	Rick Hansen	by	Organizing and maintaining equipment on tour

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Appendix 12.5

Making Concept Maps

A concept map is a special form of a web that illustrates the relationship between various concepts (ideas, people, places, items etc...). The concepts are written as single words and enclosed by a rectangle (or other shape) to form concept boxes. Related concepts are connected with arrows, and words (usually verbs or short phrases) are written on the arrows to describe the relationship between the two connected concepts. When arranging the concept map, place related concepts close to each other, and use straight lines to link them. It is preferable that the connecting lines do not cross. Important concepts will have many links, and should first be placed near the center when starting.

Students can demonstrate higher-level thinking by using similar colours or shapes to group the concepts. For example, all individual people could be in red ovals and private corporations can be in blue triangles. Students can also modify the connecting lines to indicate a specific type of relationship between two people / groups (ex. thick lines for stronger relationships, arrows in both direction).

For more information on concept maps, refer to the website <http://cmap.coginst.uwf.edu/info/>

The 'Concept Mapping Homepage' has a good example:
http://users.edte.utwente.nl/lanzing/cm_home.htm

The process for creating a concept map can be found at:
<http://www.udel.edu/chem/white/teaching/ConceptMap.html>

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Appendix 12.6

	Level 1	Level 2	Level 3	Level 4
Concepts	Few important names and concepts	Some names and important concepts	Most important names and concepts	All important concepts
Organization	No sense of organization	Basic level of organization	Logically organized at more than one level (ex. use of colours)	Complex organization at various levels
Links	Few concepts or names are connected with lines	Some names or concepts are connected with lines	Most names or concepts are connected with lines (some with arrows)	All names or concepts are connected with lines and arrows
Linking Words	Linking words are simple and repetitive	Variety of linking words	Linking words are accurate and varied	Linking words are expressive and purposeful
Neatness	Not very neat and there are some spelling errors	Not a polished copy and a few spelling errors	Good copy quality with no spelling errors	Extra effort in presentation with no spelling errors