

History and Heroes

Lesson 7: Terry Fox | Suggested Grades: 4-7

Lesson Plan

Objectives:

Students will....

- identify events, facts, and powerful quotes that describe Terry's accomplishments
- create a timeline to organize the events and important facts that relate to Terry Fox
- make an informed decision to identify the most salient factor that contributed to Terry Fox's 'enduring legacy'
- listen to other students' opinions and consider their viewpoints concerning Terry Fox's 'enduring legacy'

Curricula Links:

- Physical Education, Language Arts, and Personal Planning

Materials:

- Photocopies of Appendix 14.1, 14.2, 14.3 and 14.4
- Blank white paper
- Rulers (or metre sticks)
- Lined Paper

The Big Idea

Terry Fox began his 'Marathon of Hope' in 1979, with the intention of raising 24 million dollars for Cancer research, one dollar for every Canadian. Little did he realize that he was creating an "enduring legacy" that would continue long after his passing - surpassing his expectations and touching the heart of a nation

Opening Motivator (15 min)

Before the introduction of the Terry Fox lesson, teachers will need to select a location (ex. a lake) that is between 2-5 km from your school and determine the approximate distance. Calculate how many times this distance divides into 42 km, the distance of a marathon (ex. if your selected location is 3km from your school, $42 \div 3 = 14$). This information will be used to give the students a concrete idea of how far Terry Fox ran each day. With your class, begin the lesson by asking them to predict how far it is to the selected location. Once they have correctly guessed the distance, ask them if they could run there without stopping? Could they run there twice without stopping? Three times? Five times? Fourteen times? Inform the students that if they ran to this selected location multiple times (in this example, 14 times), this is how far Terry Fox ran in one day (equivalent to one marathon). Then the next day, he ran another marathon; he did 143 marathons in a row!

Impress upon the students that the average marathoner will run 1, 2 or maybe 3 marathons in one year. Most marathoners will run one marathon, and then take anywhere from 2-4 weeks to recover, without any running.

Terry ran 143 consecutive marathons without taking time off. And let's not forget, he did this with an artificial leg. Provide other facts about the amazing achievements of Terry Fox:

- He started running at approximately 4:30 each morning
- He would mark the exact point on the road with a stone at the end of each day, and return to this mark the next morning to start again to make certain he covered each and every metre
- In total, he ran 5376 km, from Newfoundland to Northern Ontario
- He ran through every type of weather imaginable (rain, snow, sleet, strong head winds etc...)
- He even ran when he was sick with the flu

Classroom Activity (90 min)

Hand out the information about Terry Fox (Appendix 14.1, 14.2 and 14.3) to each student. In front of the class, the teacher will model the process of selecting the most important facts in the information about Terry Fox. This will help students understand the process and duplicate it themselves. You can use the first section of Appendix 14.1 as your example.

Teaching Tip

Teachers can use the think-aloud strategy to model this process. You need to put one paragraph of information on an overhead (or chart paper) and underline the key ideas/facts. As you go through the process of underlining key facts, speak aloud to explain your thinking and/or decision making. Thinking aloud provides the students with examples of the thinking and decision making they will need to use.

2) Depending on the abilities of your students, they may be ready to work independently. However, your students may need to see the process of selecting the most important information one more time. This can be done in one of two ways:

- collaboratively between the teacher (who is underlining the next section of information on the overhead) and the whole class
- collaboratively in pairs or small groups of students while the teacher circulates to check their work

Regardless of which methodology is used, each student should underline information that highlighted Terry's life

Teaching Tip

1) While students are individually reading the information, have them underline or highlight the information that connects with the facts in the anticipation guide. This will provide the students with practice in identifying important information - and allows you to quickly check if students are identifying relevant facts. Also, interacting with the text in a kinesthetic manner may assist some students in understanding or remembering the information.

2) Once students have underlined/highlighted the information, they are ready to set up their time line. Regardless of what format the students use (see below teaching tip), their timeline will be divided into equal sections. The major sections can be every 2, 3, 4, or 5 years, and you might instruct students to use major tick marks to identify each major section and smaller tick marks to identify individual years in between.

Teaching Tip

Rather than using a blank sheet of white paper, teachers can consider these options for creating a timeline:

- use note cards and affix them to a large coloured piece of paper
- use note cards and stand them up with a slight bend or with a small piece of plasticine on the bottom
- cut a sheet of 11 X 17 paper in half (hot dog way) to make two 5.5 X 17 pieces, and glue these together on the back to make one 5.5 X 34 piece
- cut poster board in half (hot dog way) and fold it accordion style
- use a different direction for the time line (horizontal, zig zag) divide students into small groups and have them construct larger timelines on roll paper affixed to a wall divide students into small groups and have them construct accordion style timelines with three poster boards taped together end to end.

3) After drawing and sectioning the timeline, students will record the important events/facts that were underlined on the information sheets on to the timeline. Encourage students to print very neatly and in a straight line across the timeline.

Teaching Tip

When you provide instructions/ expectations as to how the students should complete the timeline, record the information and use this as your write criteria for evaluating the timelines. Also, display the information in class so students can use this as a reminder of the expectations.

4) Once all of the written information is on the timeline, students will select various points to illustrate. Some points will obviously lend themselves to illustration; whereas, other points will be harder to illustrate. One way to distinguish between meeting expectations and going beyond expectations is if students are able to illustrate more abstract ideas in a meaningful or creative manner.

5) If there is enough room on the timeline, quotes by Terry Fox and other individuals can also be recorded. Students must include the name of the person who said the quote, use quotation marks around what was said, and insert it near the appropriate spot on the timeline. If a specific date is provided, include this beside the quote.

6) Students will now need to answer the question “Why has the legacy of Terry Fox endured for so long?” Students should carefully examine the selection of points on the time line and choose an idea that helps to answer the above question. Record their selection and reason in the top section of Appendix 14.4, the ‘Defend My Opinion’ graphic organizer. The information on the timeline can be used as an example to help explain their point.

7) Once the focus for the answer to the question of why Terry Fox’s legacy has endured, students will listen to other ideas from members of their class. This can be done in small groups or as a whole class. While listening to the other ideas, students should record the ones they consider to be valid reasons for Terry’s enduring legacy. Students do not need to write down all other ideas - suggest that they fill in the four blanks.

Teaching Tip

By having the students record other ideas in the four blank spaces, teachers can later collect the sheets (Appendix 14.4) and evaluate the students listening skills.

8) Ask students to consider the four ideas from the other members of the class and decide if their own idea is still the best answer to the question “What has made the legacy of Terry Fox continue to be strong and endure for so long?” Once the decision is finalized, students will then write a paragraph to explain their choice. Encourage students to provide a detailed explanation of their idea and an explanation of why they chose this reason.

Writing a paragraph may provide a challenge for some students, therefore this may be an appropriate place to model the writing of a paragraph using the think-aloud strategy

In the Lab

At the “Hero In You” section on the B.C. Sports Hall of Fame website, view the historical footage of Terry and gain some appreciation for what Terry experienced on his run. Also, various websites include different descriptions of the Marathon of Hope. The Canadian Broadcasting Corporation did a particularly good job of representing Terry as a regular Canadian doing extraordinary things with his life. Students may use some of this information on their timeline.

Conclusion and Reflections (20 min)

Terry Fox has proven that a regular Canadian citizen can make a difference in the lives of others. He started out with the goal of raising one dollar for every Canadian; his accomplishments far surpassed his expectations. Although most people will never achieve the extraordinary accomplishments of Terry Fox, even the smallest effort can make a difference. Ask students to write a reflection that examines what they can do to make a difference in the lives of other people. Examples of what students can do include volunteering at a local food bank, raising money for a specific cause, or helping at the next Terry Fox run. Remind the students that their efforts, regardless of how small, will make an impact.

Extension Ideas:

- Write persuasive letters to the Canadian Mint and convince them to make Terry Fox a permanent fixture on the one dollar coin.
- Write free verse or acrostic poems that include the various qualities exemplified by Terry Fox (ex. sacrifice, determination, hope, courage etc...).
- Participate in, volunteer at, or help organize the next school / community Terry Fox Run.

Web Links

<http://www.terryfoxrun.org>

The Terry Fox Foundation - Official website of the the Terry Fox Foundation that organizes the annual Terry Fox Run. The website includes information about Terry's Marathon of Hope and other facts about his life.

<http://www.cbc.ca/archives/categories/sports/exploits/terry-foxs-marathon-of-hope/marathon-of-hope-day-1.html>

The link to Terry Fox's section on the CBC's website where audio and video clips can be found about Terry Fox's journey.

Appendices

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Appendix 14.1

Terry Fox Honours

September 18, 1980- Governor General Edward Schreyer presents Terry Fox with the COMPANION OF THE ORDER OF CANADA for outstanding contribution to the cause of cancer research. He is the youngest recipient of the award.

October 21, 1980- Terry is presented with British Columbia's highest civilian award; the ORDER OF THE DOGWOOD.

November 22, 1980- The SWORD OF HOPE, the American Cancer Society's highest honour, is awarded to Terry in absentia.

December 18, 1980- Sports editors from across Canada present Terry with the LOU MARSH AWARD for his outstanding athletic accomplishment.

December 23, 1980 - The editors of Canadian Press member newspapers and the radio and television stations serviced by Broadcast News vote Terry, CANADIAN OF THE YEAR. Terry receives this honour again in 1981 after his death.

June 6, 1981- Simon Fraser University awards Terry the first annual TERRY FOX GOLD MEDAL. It is awarded annually to a student showing courage in the face of adversity, as exemplified by Terry Fox, himself, a former student of the university.

July 17, 1981- British Columbia designates a 2,639-metre (8,658-foot) peak in the Rocky Mountains as MOUNT TERRY X— a lasting symbol of Terry's courage.

July 30, 1981- The 83-kilometre (52-mile) section of the Trans-Canada Highway, between Thunder Bay and Nipigon where Terry was forced to end his run, is re-named TERRY FOX COURAGE HIGHWAY.

July 30, 1981- The Canadian government creates a \$5 million endowment fund to provide scholarships each year in honour of Terry called the TERRY FOX HUMANITARIAN AWARD. These are awarded to students who demonstrate the highest ideals and qualities of citizenship and humanitarian service while in pursuit of excellence in their academic, sport, and community service.

August 29, 1981- Terry is posthumously inducted into the CANADIAN SPORTS HALL OF FAME.

April 13, 1982 - A TERRY STAMP is issued by Canada Post; prior to this no commemorative stamp had been issued until 10 years after the death of the honouree. Terry is again immortalized on a Canadian postage stamp in 2000 as part of prestigious Millennium Collection of influential and distinguished Canadians.

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Appendix 14.1

June 26, 1982- The THUNDER BAY MONUMENT, a 2.7-metre (9-foot) bronze statue of Terry, is unveiled at Terry Fox Lookout west of Thunder Bay, Ontario. The location is close to where he ended his run on September 1, 1980.

July 1, 1998- The TERRY FOX MONUMENT is re-dedicated in Ottawa, Ontario and is part of the Path of Heroes; a government initiative to raise public awareness and appreciation of Canadians that have helped shape the country.

June 30, 1999- Terry Fox is voted CANADA'S GREATEST HERO in a national survey conducted by the Dominion Institute and Council for Canadian Unity.

January 27, 2003- Time Magazine includes Terry in a feature story called Canada's Best

- There are 12 schools in Canada named after Terry
- Every year, an estimated 2 million people around the world participate in the Terry Fox Run
- Over 50 countries honour Terry by hosting Terry Fox Runs

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Appendix 14.2

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Important Dates In Terry's Life And Legacy (Courtesy of www.terryfox.org)

July 28, 1958 - Terrance Stanley Fox is born in Winnipeg, Manitoba.

March 9, 1977 - Terry discovers he has a malignant tumour in his right leg; the leg is amputated 15 centimetres (six inches) above the knee. The night before his amputation he reads about an amputee runner and dreams of running.

February 1979 - Terry begins training for his Marathon of Hope, a cross-Canada run to raise money for cancer research and awareness. During his training he runs over 5,000 kilometres (3,107 miles).

October 15, 1979 - Terry writes to the Canadian Cancer Society to support his run: "I'm not a dreamer, and I'm not saying this will initiate any kind of definitive answer or cure to cancer, but I believe in miracles. I have to."

April 12, 1980 - St John's, Newfoundland: Terry dips his artificial leg into the Atlantic Ocean and begins his odyssey. He runs an average of 42 kilometres a day (26 miles) through six provinces.

September 1, 1980 - After 143 days and 5,373 kilometres (3,339 miles) Terry stopped running outside of Thunder Bay, Ontario; his primary cancer had spread to his lungs. Before returning to BC for treatment Terry said, "I'm gonna do my very best. I'll fight. I promise I won't give up."

September 2, 1980 - Isadore Sharp, Chairman and CEO of Four Seasons Hotels and Resorts, telegrams the Fox family with a commitment to organize a fundraising run that would be held every year in Terry's name. He writes, "You started it. We will not rest until your dream to find a cure for cancer is realized."

September 9, 1980 - The CTV network organizes a star-studded telethon, lasting five hours and raising \$10 million.

September 18, 1980 - Terry Fox becomes the youngest Companion of the Order of Canada in a special ceremony in his hometown of Port Coquitlam, British Columbia.

October 21, 1980 - Terry Fox is awarded British Columbia's highest civilian award; The Order of the Dogwood.

November 22, 1980 - The American Cancer Society presents Terry with their highest award; The Sword of Hope.

December 18, 1980 - Canadian sports editors vote Terry Fox the Lou Marsh Award for outstanding athletic accomplishment.

December 23, 1980 - Editors of Canadian Press member newspapers and the radio and television stations serviced by

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Appendix 14.2

Broadcast News name Terry Fox Canadian of the Year. Terry received this honour again in 1981 after his death in June.

February 1, 1981 - Terry's hope of raising \$1 from every Canadian to fight cancer is realized. The national population reaches 24.1 million; the Terry Fox Marathon of Hope fund totals \$24.17 million.

June 28, 1981 - After treatment with chemotherapy and interferon, Terry Fox dies at Royal Columbian Hospital, New Westminster, British Columbia - one month short of his twenty-third birthday.

July 17, 1981 - British Columbia names a 2,639-metre (8,658 foot) peak in the Rocky Mountains, Mount Terry Fox, as a lasting symbol of Terry's courage.

July 30, 1981 - A 83-kilometre (52 mile) section of the Trans-Canada Highway, between Thunder Bay and Nipigon, is renamed the Terry Fox Courage Highway in Terry's honour.

July 30, 1981 - The Canadian government creates a \$5 million endowment fund named The Terry Fox Humanitarian Award to provide scholarships each year in honour of Terry Fox. The award is presented to students who demonstrate the highest ideals and qualities of citizenship and humanitarian service.

August 29, 1981 - Terry Fox is posthumously inducted into the Canadian Sports Hall of Fame.

September 13, 1981 - The first Terry Fox Run is held at more than 760 sites in Canada and around the world. The event attracts 300,000 participants and raises \$3.5 million.

April 13, 1982 - Canada Post issues a Terry Fox Stamp; prior to this, no other stamp had been issued until 10 years after the death of the honouree.

April 20, 1982 - The Marathon of Hope fund now totals \$27.8 million and is allocated to cancer research projects in the Terry Fox New Initiative Programs of the National Cancer Institute of Canada.

June 26, 1982 - A 2.7-metre (9 foot) bronze statue of Terry Fox is unveiled at Terry Fox Lookout, a site just off the Terry Fox Courage Highway, east of Thunder Bay, Ontario. The site overlooks Lake Superior near where Terry ended his run on September 1, 1980.

During 1983 - The Canadian Coast Guard dedicates its second most powerful ship in Terry's name. The ship is re-commissioned in 1994.

May 26, 1988 - The Terry Fox Run becomes a Trust, independent of the Canadian Cancer Society. The organization becomes known as The Terry Fox Foundation.

February 1989 - The YTV network awards the first Terry Fox Award which honours individuals or groups who, despite

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Appendix 14.2

physical or emotional obstacles, have contributed in a meaningful way to their community.

December 1990 - The Sports Network (TSN) names Terry Fox Athlete of the Decade; the field included Wayne Gretzky and Michael Jordan.

February 11, 1994 - The Terry Fox Hall of Fame is created to provide permanent recognition to Canadians who have made extraordinary personal contributions to assist or enhance the lives of people with physical disabilities.

July 1, 1998 - The Terry Fox Monument is re-dedicated in Ottawa, Ontario and is now part of the Path of Heroes; a government initiative to raise public awareness and appreciation of great Canadians that have helped shape the country.

August 28, 1998 - The Terry Fox Foundation announced a new infusion of \$36 million in funds for Canadian cancer research. The new program, called The Terry Fox New Frontiers Initiative, represents a departure from any existing research programs and will target increased innovation and risk.

June 30, 1999 - Terry Fox is voted Canada's Greatest Hero in a national survey.

January 17, 2000 - Terry is again immortalized on a Canadian postage stamp. This time he is part of the prestigious Millennium Collection of influential and distinguished Canadians.

January 27, 2003 - Time Magazine includes Terry in a feature story called "Canada's Best".

April 12 to September 2005 - The 25th Anniversary of Terry's Marathon of Hope brought about several remarkable events and fundraisers. The Canadian Mint launched the Terry Fox \$1 coin, Canadian author Douglas Coupland released the book "Terry", Maxine Trottier published the children's book "A Story of Hope" (joining books by Leslie Scrivener and Eric Walters) and CTV produced the motion picture "Terry". Over 14,000 Canadians walked the Confederation Bridge between PEI and New Brunswick as part of a unique Terry Fox Run.

More than 3 million students and educators took part in the first National School Run Day. More than \$45 million, a record amount, was raised in 2005.

October 29, 2007 - The Terry Fox Research Institute is launched, combining the clinical knowledge of cancer physicians with advanced laboratory expertise of scientific researchers, overcoming barriers of discipline and geography.

April 12, 2010 - The Foundation announces that total fundraising efforts for cancer research reach the \$500 million mark. More than \$30 million is directed in 2010 to cure oriented cancer research programs across Canada."

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Appendix 14.3

Terry Fox's Quotes

"Some people can't figure out what I'm doing. It's not a hop, it's not a trot, it's running, or as close as I can get to running, and it's harder than doing it on two legs. It makes me mad when people call this a walk. If I was walking it wouldn't be anything."

- June, 1980

"One thing about Doug is I knew I could depend on him. When he gave his word, you knew he would stick by it. I knew he was somebody who would not give up. We've been friends for a long, long time."

- Winter, 1980

"I bet some of you feel sorry for me. Well don't. Having an artificial leg has its advantages. I've broken my right knee many times and it doesn't hurt a bit."

- May 1, 1980

"Even if I don't finish, we need others to continue. It's got to keep going without me."

- July 10, 1980

"It almost hurts me to walk down a road and have people grab my hand and ask for my autograph and not sit and talk. When I'm finished I'm not going to be on the front page, but I'm going to be just as happy without the publicity."

- July 11, 1980

"Maybe that's why I've made it as far as I have - 2,521 miles (4,057 km). If I ran to a doctor every time I got a little cyst or abrasion I'd still be in Nova Scotia. Or else I'd never started. I've seen people in so much pain. The little bit of pain I'm going through is nothing. They can't shut it off, and I can't shut down every time I feel a little sore."

- July 29, 1980

Quotes about Terry

"I remember Terry saying it is almost like this has been planned for a greater purpose."

- Doug Alward, Terry's best friend and van driver

"Little did he know that I wanted to meet him as much as he wanted to meet me."

- Darryl Sittler, hockey star

"What was it that made Terry Fox so very important to us? Well to me, he embodied the best of the Canadian spirit. We are a generous people, fair-minded, not stridently patriotic, but deeply proud of our country. And we're courageous, when we have to be - just like him."

Lloyd Robertson, News anchor

"Well Terry, you met every struggle in life head-on. You always kept the principle in mind that to be successful, you had to believe in something, really believe in what you were trying to do, setting goals and then working as hard as humanly possible. You left us a great deal to think about Terry."

You always loved the challenge. You always loved to do battle, so I know Terry you'd want us to keep the battle on. You've passed the torch to all of us, to keep the fight against cancer on and Terry, we will not let you down."

- Eulogy by Bob McGill, Terry Fox's former basketball coach

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Appendix 14.4



Defend your Opinion Graphic Organizer

In my opinion, _____ is the reason that Terry Fox's legacy has endured for so long. I believe this because

Here are the thoughts of other students in my class:

Reason for Enduring Legacy

Explanation

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After hearing other students' opinions, and considering my initial opinion, I believe the reason that Terry Fox's legacy has endured for so long is because
