

LESSON 3

TERRY FOX

Inspiration in Action



Terry's Big Goal: A Marathon A Day

SETTING: Classroom
Outdoors

SUGGESTED GRADE: 4 to 7

SUGGESTED TIME: 200+ minutes

CURRICULUM CONNECTIONS:

CORE COMPETENCIES

- Communication
- Creative Thinking
- Critical Thinking
- Personal Awareness & Responsibility
- Social Responsibility

MÉTIS CORE VALUES

FIRST PEOPLES PRINCIPLES OF LEARNING

SUBJECT AREAS

- Cross-Curricular Indigenous Knowledge and Perspectives in K-12 BC Education
- Physical and Health Education
- Social Studies
- English Language Arts
- Mathematics

Students will be introduced to Terry Fox's Marathon of Hope — his big goal of a cross-Canada run to raise money for cancer research and awareness. Students will use inquiry and research to delve deeper into Terry's life to build awareness around his story, and as a class, will map out a local route to get active in Terry's memory. They will share their learning more broadly with the school community, helping others to become "Inspired by Terry".

Objectives

Students will:

- Engage in learning about Terry Fox's Marathon of Hope.
- Inquire into and research an aspect of Terry's life.
- Using the kilometres Terry ran across Canada, scale and map a local outdoor activity route.
- Raise awareness about Terry's story with others in the school community and encourage action in honour of Terry's memory.

Teacher Preparation

Review:

- The Terry Fox Story
heroinyou.ca/terryfoxstory
- Researching Terry Fox Student Handout (see p. 6)
- Terry Fox Research Topics (see p. 7)
- Terry's Story terryfox.org/terrys-story/
- Métis Worldview Through Métis Core Values



Activities

1 THE MARATHON OF HOPE

- Share the following quotes by Terry Fox with students and have them discuss why the quotes are important:
 - “There can be no reason for me to stop. No matter what pain I suffer, it is nothing compared to the pain of those who have cancer, of those who endure treatment”.
 - “I set daily goals for myself, and it’s really important that I achieve them. I need to have a daily sense of accomplishment. I know if I fall short of those goals that I will never finish”.
 - “To me, being famous myself is not the idea of the run, and it wasn’t from the very beginning. To me, the only important part is the Marathon of Hope”.
- As a class, view **The Terry Fox Story** video clip (see p. 1). While students are watching, ask them to keep in mind the following discussion questions:
 - Why did Terry want to run across Canada?
 - What do you think Terry was feeling throughout his journey?
 - Why do you think the Marathon of Hope is still important today?
- Discuss the film clip as a class. Explain that this clip was from quite a few years ago and note that as of April 2020, the Marathon of Hope has raised over \$800 million. Ask students if they have ever participated in a Terry Fox event or raised money for cancer research?
- Have students review the **Métis Worldview Through Métis Core Values** from Lesson 1 in the Terry Fox Inspiration in Action Lesson Set and have students reflect on what values they feel were brought to life through Terry’s big goal of running across Canada. For example, have the students review the quote from Terry above about not needing to be famous, and then read the explanation of the Métis core values for caring. Have students reflect on how this quote may exemplify this core value. Discuss other reflections together as a class.

TEACHING TIPS

- Review expectations on how to list the sources students find. Model this with a web resource and a print resource. Consider adding this example to the Researching Terry Fox Student Handout (see p. 6).

2 INQUIRING INTO TERRY FOX’S STORY

- Explain to students they will be researching a topic to do with Terry Fox. Provide each student with a copy of the Researching Terry Fox Student Handout (see p. 6) and review together. Students will research the topic recording 5 key points about their topic, as well as where they found the information.
- Depending on your students, this activity could be very structured, or more open. Some suggestions:
 - Provide each student with the Terry Fox Research Topics (see p. 7) and have them select one for inquiry using the sources provided and/or finding their own reliable sources.
 - Break students into small groups and assign each group one of the topics to work on together.
 - Allow students to pick inquiry topics of their own choosing. Provide some of the sources as a starting point.
- Provide students with time to research their topics and record their findings.

TEACHING TIPS

- For **Terry's Story** scroll down on this page to the "Download His Story" button. Here you will find pdf fact sheets that can be provided for student inquiry projects.
- In addition (or instead of) the route at school, have students map out similar routes in their own neighbourhoods that they can complete over time with their families/friends.

ASSESSMENT IDEAS

- Use student responses, as well as participation and collaboration, in small and large group discussions to check for understanding and application of new learning.
- Assess ability to research reliable sources, critical thinking, summarize key points, and communicate findings through their chosen topics.
- Assess outputs from the "Inspired by Terry" activity.

- Match students in small groups according to the topic they researched. Have them look for similarities/differences in their research.
- For each topic researched, have students discuss, decide on, and then record the top 3–5 key points for that topic on chart paper around the room to return to later.

3 MINI-MARATHON AT SCHOOL

- Project the map from the **Terry's Story** (see p. 1) on a screen and review together as a class.
- Remind students Terry's journey started on April 12, 1980 in St. John's Newfoundland, and he ran 5,373 km to Thunder Bay, Ontario over 143 days.
- Explain to students that as a class, you are going to map out a route around the school and/or neighbourhood to represent Terry's journey. Ask them to brainstorm ways to do this with a partner, and then discuss ideas together.
- Make a plan as a class to map out a scaled route of Terry's journey. One suggestion is to plot a route that is 5,373 steps in length at a walking pace. This could be one big loop, or a smaller loop done multiple times. This route will become a resource for the school and a symbolic way of capturing Terry's journey. The length of 5,373 steps will vary from person to person; discuss this with students and determine if an approximation is ideal in this case.
- As a class, map out your route and then — after warming up — get active together completing the mini-marathon — walk/run/wheel/skip, etc. Or use the route as a relay to see how many times the class can complete the cycle together. Ensure that the route is accessible to all levels and abilities. For older students, build on this lesson through a math activity to plot Terry's kilometres over time and then come up with multiple ways to scale and/or graph the information.

4 INSPIRED BY TERRY

- Have students reflect on their learning about Terry Fox. Many people think of Terry as a hero and an inspiration. Ask students what they found to be most inspiring about Terry's story.
- As a class, commit to sharing what was learned about Terry with others in the school community. Back in their original research topic groups, have students return to their key points and decide how to capture this learning through a classroom and/or bulletin board display for the rest of the school.
- Get creative with other ways for students to showcase their learning under the theme "Inspired by Terry". This could be videos of key learning or how they are inspired by Terry, participating in their mini-marathons, engaging in a fundraising initiative for cancer research, interviewing an adult or family member on their memory of the Terry's story, etc.
- Share learning and "Inspired by Terry" stories with the school community and encourage other classes to create their own "Inspired by Terry" stories.



EXTENSION IDEAS

- Have students further research Terry Fox's route during the Marathon of Hope and compare/contrast his journey across Canada with the journey depicted in the **Fox Family Métis Kinship Diagram** (see Lesson 1 in the Terry Fox Inspiration in Action Lesson Set).
- Learn about other BC Indigenous Athletes by exploring the BC Sports Hall of Fame Indigenous Gallery. Through engaging in a variety of Indigenous Games for Children (see p. 5), have students research different First Nations from around BC, or have them create a Jeopardy style game with the information they have learned.
- Rick Hansen was inspired by Terry Fox, as a close friend. Research Rick Hansen's Man in Motion Tour. Explore the concept of accessibility with students — in sports and in everyday life. The Rick Hansen Foundation website offers many resources for teachers.

MÉTIS NATION BRITISH COLUMBIA



[STUDENTS JIGGING, MÉTIS NATION
BRITISH COLUMBIA]



SPECIAL THANKS AND GRATITUDE
TO THE TERRY FOX FAMILY

RESOURCES & REFERENCES

- 1 The Terry Fox Foundation terryfox.org
- 2 Indigenous Games for Children nscrd.com/uploads/document/files/indigenous-games-for-children-en.pdf
- 3 Métis Nation British Columbia mnb.ca
- 4 Education for Reconciliation Métis Professional Learning mnb.ca/wp-content/uploads/2020/06/Education_for_Reconciliation_Metis_Professional_Learning_.pdf
- 5 Indigenous Sport Gallery bcsportshall.com/exhibit/indigenous-sport-gallery/

MADE POSSIBLE BY:

- BC Sports Hall of Fame & Museum
- Indigenous Sport, Physical Activity & Recreation Council (I•SPARC)
- Métis Nation of British Columbia
- viaSport British Columbia

WRITERS & DEVELOPERS: JW SPORTA / LAYOUT & DESIGN: JULIE COCHRANE

Researching Terry Fox Student Handout

NAME: _____

TOPIC: _____

Research your topic and record the 5 most important points that you learned.
Record the source of your information.

KEY POINT

SOURCE

1

2

3

4

5

Terry Fox Research Topics

Terry Fox Early Years

- terryfox.org/terrrys-story/ (scroll down on this page to the “Download His Story” button to find the Terry’s Early Years and Terry’s Parents pdfs)

Terry’s Cancer

- heroinyou.ca/possible
- tfri.ca/about-cancer

Terry’s Family – Métis Ancestry

- heroinyou.ca/foxmetishistory
- Fox Family Métis Kinship Diagram (see Lesson 1, pp. 13-14)
- Métis Nation British Columbia mnbcb.ca
- MéTV 7 Episode 1 (see 6:50-12 minutes in the film clip)

Terry’s Marathon of Hope

- terryfox.org/terrrys-story/ (scroll down on this page to the “Download His Story” button to find the Terry’s Marathon of Hope pdf)
- terryfox.org/terrrys-story/terrrys-timeline/

Terry’s Fundraising & Awards

- heroinyou.ca/possible
- terryfox.org/terrrys-story/ (scroll down on this page to the “Download His Story” button to find the Terry’s Honours pdf)

The Marathon of Hope Today

- heroinyou.ca/possible
- terryfox.org/all-events/international-runs/