



TERRY FOX Lesson Plan

Sharing his story with your students

Lesson: Grade 10 - Civics and Citizenship CHV20 – Setting Goals

Overview: Students will explore Terry’s experience, leadership and motivation that led to his Marathon of Hope and will then set goals for their school’s Terry Fox event using a S.M.A.R.T. goal template. Students will be encouraged to identify their own motivations for becoming actively involved as leaders and change makers for their school event. Terry Fox had a positive impact on Canadians and the communities in which they lived. This lesson is to inspire students to display positive citizenship within their own communities through the examples they demonstrate for their school’s Terry Fox event.

Curriculum Expectations: Overall Expectations, CHV20 (Civics & Citizenship GR. 10 Open) C1. Civic Contributions: analyze a variety of civic contributions, and ways in which people can contribute to the common good and affect change. **Specific Expectations:** [C1.1, C1.2, C1.3] C2. Inclusion and Participation: assess ways in which people express their perspectives on issues of civic importance and how various perspectives, beliefs, personal challenges and values are recognized and represented in communities in Canada.

Specific Expectations: [C2.1, C2.2, C2.3]

C3. Personal Action on Civic Issues (Community Leadership): Analyze a civic issue of personal interest - develop an action plan to address it.

Specific Expectations: [C3.1, C3.2, C3.3, C3.4]

Learning Goals:

- Understanding of how to influence change within communities in which students belong
- Understanding of how individuals/groups can participate in action that promote change, growth and awareness
- Ability to assess the power and influence of people in a community, province, country

Materials Needed:

Terry Fox Video: I Had A Dream ([click here](#))

Article: “Terry Fox Was an Activist” ([click here](#))

An Introduction to Terry Fox: Terry’s Story: An Introduction to Terry Fox ([click here](#))

Link to: Terry’s Letter to the Canadian Cancer Society ([click here](#))

Appendix A: Terry’s S.M.A.R.T. Goal Setting Template

Appendix B: Terry Fox Event S.M.A.R.T. Goal Setting Template

Minds On: Activity #1 - Reflecting on Terry’s Inspiration

1. View the video, “I Had A Dream” and read the article, “Terry Fox was an Activist”
2. Read: Letter to the Canadian Cancer Society ([click here](#))
3. Read about what inspired Terry to complete his journey - An Introduction to Terry Fox ([click here](#))

Action: Activity #2 - Creating a Goal Setting Template

Using Appendix A: Terry's S.M.A.R.T. Goal Setting Template as a reference point, make connections between the "I Had A Dream Video", the "Was Terry Fox a Civic Activist?" article, the "Introduction to Terry Fox" link and the letter Terry wrote to the Canadian Cancer Society, explaining his motivation to "lead change" locally, provincially, nationally and internationally. Students are to brainstorm/identify/propose an activity or event that aligns with their school's Terry Fox Event.

Consolidation: Activity #3

Using Appendix B: Terry Fox Event S.M.A.R.T. Goal Setting Template, identify goals to launch your school event, while ensuring to affect positive change and engage as civic activists. Once completed, conduct group discussions to allow further brainstorming, sharing of ideas and next steps in planning a Terry Fox School event.

Notes to Teachers: This lesson can be expanded to work in conjunction with Student Government (Student Council) and Leadership Course curriculum and activities. This lesson can work effectively to enhance a "Terry Fox" school culture by encouraging community engagement and involvement in the annual Terry Fox School Run.

Appendix A: Terry Fox Event S.M.A.R.T. Goal Setting Template

State your Goal - Your Plan		
S - SPECIFIC		
M - MEASURABLE		
A - ATTAINABLE		
R - RELEVANT		
T - TIME BOUND		

Appendix B: Terry's S.M.A.R.T. Goal Setting Template

WHAT IF WE PUT TERRY'S PLAN INTO A SMART GOAL FORMAT?	Terry Fox's Plan: He intended to run the length of Canada in the hope of raising the equivalent of \$1 from every Canadian. He planned to run at a rate of one marathon per day, and raise \$24 Million for cancer research.
S - SPECIFIC	Stating exactly what he wants to accomplish. Run across the country. Raise \$24 million. This is a specific goal.
M - MEASURABLE	Linear distance of "across Canada" is measurable, \$24 million is measurable - this goal can be measured.
A - ATTAINABLE	Terry had an ambitious goal. It is attainable that humans run marathons (42.195 kilometres). Considering a marathon uses approx. 2600 calories and one day's (8-12 hour) physical activity, the caloric demand is actually 3000-4000 calories daily.
R - RELEVANT	This goal was to attract attention and connect to people Terry met on the road, and in each town he passed through. It is a relevant goal.
T - TIME BOUND	Terry planned to run 42 kms a day, hoping to reach the west coast of Canada before the winter.