



# TERRY FOX Lesson Plan

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## Sharing his story with your students

### Lesson: Grade 11 Healthy Active Living Education – Setting Goals

**Overview:** Goal setting can be an overwhelming concept for some. It is helpful to break goals down into smaller, achievable steps. Terry Fox is an excellent example of someone who did this on a daily basis. He took an overwhelming goal of running across the country and broke it down into steps - literally. This activity looks at his thoughts and philosophy, both in setting goals and achieving them.

**Curriculum Expectations:** Overall Expectations met for PPL 3O. A2. Demonstrate an understanding of the importance of being physically active, and apply physical fitness concepts and practices that contribute to healthy active living.

**Specific Expectations:** [A2.2, A2.3, A2.4]

#### Learning Goals:

- Explore the importance of setting goals
- Understand the impact that goal setting can have on our lives
- Analyze a goal and break it down into parts

#### Materials Needed:

Appendix A: Goal Setting Activity – Terry Fox Quotes

Appendix B: Breaking Down a Goal

#### Minds On: Activity #1 - Reflecting on Terry Quotes

1. Have students read Terry's quotes on the importance of goals and goal setting. (Appendix A: Goal Setting Activity – Terry Fox Quotes)
2. Have students reflect on the messaging. What is each quote telling them about goal setting? Discuss as a class.

#### Action: Activity #2 - Individual Goal Setting

1. Students will identify a major goal they would like to achieve.
2. They will work to break that goal down into smaller units so they increase their chance of success and track their progress more easily.
3. Complete Appendix B: Breaking Down a Goal.

#### Consolidation: Activity #3 - Peer Share and Feedback

1. Students will get in share their goals and steps to achieve those goals. They will receive and provide feedback while working with their partner.

**Notes to Teachers:** The goal setting activity could be limited to personal fitness goals or it can be opened up to include other areas to support personal growth and leadership.

## **Appendix A: Goal Setting Activity – Terry Fox Quotes**

All quotes are from the book "Terry Fox: His Story" by Leslie Scrivener

*"Today I feel privileged to even be alive. But as I think back to those first few months how scared I was, not knowing whether I would live or die, I remember promising myself that, should I live, I would rise up to meet this new challenge face to face and prove myself worthy of life, something too many people take for granted." (pg 63)*

*"I cannot stand to see life pass by so quickly without some kind of accomplishment, some meaningful milestone to set down to show that someone can do it, or at least give it his best shot. Already much time has gone by and my sense of urgency grows stronger with each passing day." (pg 64)*

*"One of Terry's secrets was that he set small goals for himself. He didn't think about running ten miles when he set out in the morning. Instead he ran one mile at a time. 'I broke it down. Get that mile down, get to that sign, get past that corner and around the bend. That's all it was. That's all I thought about. I didn't think of anything else.'" (pg 65)*

## Appendix B: Breaking Down a Goal

Identify your end goal and then break it down into small, manageable steps to work your way to achieving your goal.

End Goal -
"Get that mile down"
"Get to that sign"
"Get past that corner"
"And around the bend"