



TERRY FOX Lesson Plan

Sharing his story with your students

Lesson: Grade 12 Introductory Kinesiology – Canada’s Greatest Athlete

Overview: Human performance is impacted by a wide variety of physical, psychological and societal factors that can influence an athlete in a positive or negative manner. This activity will explore those factors and their potential performance impact on Terry Fox during the Marathon of Hope 1980.

Curriculum Expectations: Overall Expectations met for PSK4U (also suitable for the following course(s): PLF4M).

A1. Demonstrate an understanding of how the social and cultural significance of physical activity and sport has evolved historically, and analyse current social issues relating to physical activity and sport.

Specific Expectations: [A1.1, A1.4]

B2. Demonstrate an understanding of and assess factors that affect performance during human movement.

Specific Expectations: [B2.1, B2.2, B2.3, B2.4]

Learning Goals:

- Explore the historical role of physical activity and sport in society
- Understand the social role and value of physical activity and sports and the contributions of individuals, including prominent Canadians
- Analyse the impacts that business has on individuals and society through their involvement in physical activity and sport
- Understand the impact of training principles and training methods and how they can enhance athletic performance
- Identify the intrinsic and extrinsic factors that can affect performance during physical activity
- Describe the role of nutrition in supporting physical activity
- Assess the various ergogenic aids, such as equipment, and effects they may have on human performance

Materials Needed:

Chart paper, markers

Appendix A: Marathon of Hope 1980 vs Present Day

Minds On: Activity #1 - Is Terry Fox Canada's Greatest Athlete?

1. Organize the class into small groups
2. Provide each group with a copy of the Parks Canada Archive: Terry Fox and the Marathon of Hope
3. Post the following for the class:
 - Asked how he ran a marathon a day? Terry Fox said "I ran to the telephone pole, when I arrived, I ran to the next one". Small steps, Giant strides... (Ron McLean, 2020)
 - "To me he seemed superhuman. He was a superhero. His story was one of bravery, courage, formidable resilience and grit, not to mention passion". (Tessa Virtue, 2020)
4. Using just the information provided, each group is asked to write and present a brief analysis to the idea that "Terry Fox is Canada's Greatest Athlete".
5. Groups will present and post their thoughts on the chart paper provided.

Action: Activity #2 - Gathering Evidence

Understanding the historical context of an individual person, can deepen the insights into current trends and events in society. When looking at Terry Fox as an athlete and his performance during the Marathon of Hope, consider the following: **Terry ran 42km a day for 143 days with a prosthetic leg.**

1. Students are to remain in the groups established for Activity #1.
2. Groups are asked to examine the physical psychological and societal key factors that existed during the 1980 Marathon of Hope and how they affected the performance of Terry Fox.
3. As many of the key factors have been impacted since 1980, groups are asked to identify any of the key changes that could be incorporated into the Marathon of Hope – present day.
4. Use the chart paper and markers provided to complete Appendix A: Marathon of Hope 1980 vs Present Day.
5. Groups will have 30 minutes to research and post their thoughts for reference and discussion.

Consolidation: Activity #3 - Whole Class Discussion

Since 1980 when Terry Fox began the Marathon of Hope, there has been significant research and technological advancements that have contributed to many factors that affect human performance. Given what you have learned about each of the factors affecting performance, and the limited supports available during the 1980 Marathon of Hope, should we consider Terry Fox to be Canada's greatest athlete?

Notes to Teachers:

- The key factors identified in Activity #2 are listed as the "general categories" but can be modified if the desire is to explore more detailed items (e.g., Ergogenic Aids/Equipment Nutritional Aids, Pharmacological/Physiological Aids, Fabrics/Materials/Clothing, Nanotechnology.....)

Additional Resources:

Terry Fox is the Most Important Athlete in Canadian History ([click here](#))
The Relentless Terry Fox ([click here](#))

Appendix A: Marathon of Hope 1980 vs Present Day

	Marathon of Hope 1980	Marathon of Hope – present day
Key Factors		
<ul style="list-style-type: none">● Role of Physical Activity and Sport in Society● Economic Impact● Sponsorship● Training Principles● Training Methods● Intrinsic Factors● Extrinsic Factors● Nutrition● Ergogenic Aids/Equipment● Environment		