



TERRY FOX Lesson Plan

Sharing his story with your students

Lesson: Goal Setting

Learning Goal: Students will identify some of the goals Terry set for himself, for the Marathon of Hope and what he did to achieve his goals. Students will reflect on their own goals, set new goals and develop an action plan of how to achieve them.

Materials/Media:

- Appendix A: Terry's Goals - A Teacher's Resource
- Appendix B: Some of Terry's Goals - for teachers
- Appendix C: Some of _____'s Goals - for students
- Appendix D: Clipboard Goal sheets - primary and junior

Instructions:

1. Discuss the meaning of the word GOALS - scoring a goal in hockey, soccer, etc. or having a plan that you set for yourself, something to work towards achieving, getting better at, and/or accomplishing.
2. Goals can change depending on the stage of life you are in and your own experiences. Discuss goals as a child, teenager, young adult, teacher, etc. (learning a sport or activity, becoming better at a certain skill, doing well in school, learning to speak a different language, going to university, etc.).
3. Some people may have common goals, while others will be unique and personal. Some goals are small and more easily achievable, while others may be quite large and take more time and effort to accomplish. Allow students the opportunity to share goals that they have for themselves.
4. Review what is known about Terry Fox (he had cancer, leg amputated, ran across Canada to raise money for cancer research, etc.). Using Appendix A: Terry's Goals - A Teacher's Resource and Appendix B: Some of Terry's Goals - for teachers, discuss each of the goals and ask students to fill in as much information as they know about each goal ex: To make his school's basketball team, Terry would have needed to practise a lot, he didn't give up, he was on the team but didn't get to play in games, etc.
5. Some goals are easier to achieve than others, but anything is possible if you set your mind to it. Terry believed in miracles and did what he believed he could do in order to achieve them. Share the following quotes from Terry Fox:

"Anything is possible if you try. Dreams are made possible if you try."

"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."

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

"Even though I'm not running anymore, we still have to try to find a cure for cancer. Other people should go ahead and try to do their own thing now."

6. Using Appendix C: Some of _____'s Goals - for students have students come up with some of their goals (personal, family, school, sports, etc.). Some goals should be easy to achieve and some more challenging ones.
7. Using Appendix D: Clipboard Goal sheets - primary and junior, students record their goals along with their action plan for how they intend to achieve them.

Extension: Students can develop a chart or keep a journal about what they are doing in order to achieve a specific goal (keep track of time spent practising learning how to play an instrument, etc.).

Assessment: Use student responses and information to determine overall understanding of Terry's goals and what he did to achieve them, as well as, their ability to discuss some of their own goals along with realistic plans of action.

Curriculum Expectations:

Reading

- Extend understanding of the texts by connecting the ideas in them to their own knowledge and experience, to other familiar texts, and to the world around them.
- Express personal thoughts and feelings about what has been read.

Writing

- Generate ideas about a potential topic, using a variety of strategies and resources
- Determine, after consultation with the teacher and peers, whether the ideas and information they have gathered are suitable for the purpose.



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Appendix A: Terry's Goals - A Teacher's Resource

To make his school's basketball team – Terry loved sports and he wanted to make his school basketball team more than anything. Despite his small size, his grade eight phys-ed teacher noticed the “little guy who worked his rear off.” After three practices his coach suggested to him that he might be better suited to another sport. Terry was determined to get better and make the team. He went to school early every morning and stayed late afterwards so that he could practice. In grade 12, Terry and his friend Doug Alward shared the Athlete of the Year award. Terry even went on to play basketball at Simon Fraser University.

To run across Canada in order to raise money for cancer research – When Terry was 18, during his first year of university, he had to have his right leg amputated after being diagnosed with osteogenic sarcoma (bone cancer). During his 18 months of chemotherapy treatment, Terry was overcome by the suffering of other cancer patients, especially children. The night before his surgery, his basketball coach told him about another amputee who ran in the Boston Marathon. Terry decided that when he was feeling better, he would run across Canada in order to raise awareness about people suffering from cancer, and money for cancer research. He trained for 18 months, running over 5,000 kilometres to prepare.

He started his Marathon of Hope on April 12, 1980, running an average of 42 kilometres a day, which is equivalent to a marathon a day. Unfortunately on September 1, 1980, after 143 days and 5,373 kilometres, Terry was forced to stop running outside of Thunder Bay, Ontario because the cancer had spread to his lungs. Terry passed away on June 28, 1981 at the age of 22.

To raise \$1 from every Canadian – On February 1, 1981, Terry's dream of raising \$1 from every Canadian for cancer research was realized. The Terry Fox Marathon of Hope fund totaled \$24.17 million.

To have a world free from cancer – Terry once said, “Even if I don't finish, we need others to continue. It's got to keep going without me.” Terry had hoped that it would be young people who would carry on his dream of a cancer-free world. Each year, more than 8500 schools across Canada host Terry Fox events. Other countries around the world have also gotten involved in Terry Fox Fundraising.

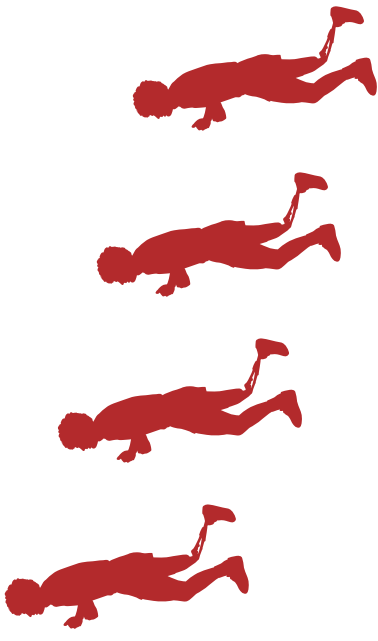
To date, more than \$800 million has been raised for cancer research in Terry's name. Terry wanted to give money to the doctors and scientists who study cancer, so that one day they could find a cure and no one would have to suffer anymore.

Appendix B: Some of Terry's Goals – for teachers

To make his school basketball team



To run across Canada to raise awareness and money for cancer research



To raise \$1 from every Canadian for cancer research



To have a world free of cancer



Appendix C: Some of _____'s Goals – for students

Appendix D: Clipboard Goal Sheets

A dark blue clipboard with a white sheet of paper. The sheet contains a table with two columns: 'Goal' and 'Action Plan'. The first row is filled with an example: 'Learn to tie my shoes' and 'Practice tying my shoes, Asking for help when I need it'. The following four rows are empty for user input.

Goal	Action Plan
Example: Learn to tie my shoes	Practice tying my shoes Asking for help when I need it