


TERRY FOX LESSON PLAN

Sharing His Story With Your Students

Lesson: Terry's Goals and Your Goals
Curriculum Connection: Language Arts
Grade Level: Primary/Junior
Time: Approximately 60 minutes

Lesson Snapshot

Students will learn about some of the goals Terry set for himself, and the goals that he had related to the Marathon of Hope. Students will then have an opportunity to think about some of their own goals and develop an action plan of how they can achieve them.

Success Criteria

Students;

- are able to identify the reasons behind Terry's Marathon of Hope, what some of his goals were and what he did in order to achieve his goals
- will identify some of their own personal goals and develop an action plan.
- are be able to discuss their ideas and work with others.

Curriculum Expectations

Reading 1.6

- 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

Reading 1.8

- Express personal thoughts and feelings about what has been read

Writing 1.2

- Generate ideas about a potential topic, using a variety of strategies and resources.

Writing 1.6

- Determine, after consultation with the teacher and peers, whether the ideas and information they have gathered are suitable for the purpose

Materials/Media

- BLM P-29: "Information taken from various resources related to Terry's goals"
- BLM P-30: "Some of Terry's Goals"
- BLM P-31: "Some of _____'s Goals"
- BLM P-32: "What Are Some of Your Goals" - primary
- BLM P-33: "What Are Some of Your Goals" - junior
- Beach ball or other item to pass around community circle (depending on needs of students)

Lesson Delivery

Setting the Stage

- Have the word “Goals” posted on a chart or board. Ask students if they know what the word means. Students will probably talk about scoring a goal in hockey, soccer, etc. Tell the students that there is another meaning of the word goals, and it has to do with the plans that you have or set for yourself, something that you would like to work towards achieving and/or accomplishing.
- Explain to the students that you can have many different goals, depending on the stage of life you are in and your own experiences. Share some personal examples with the students about your goals as a child, teenager, young adult, teacher, etc. You may wish to talk about learning a particular sport or activity, becoming better at a certain skill, doing well in school, learning to speak a different language, going to university, becoming a teacher, etc.

Core Learning Activity

- Together as a class, come up with some headings that goals could fit under i.e. personal, family, school, sports, career, etc. Remind students that everyone’s goals are personal to them, and there is no right or wrong answer. Explain to the students that some goals may be small, which are more easily achievable goals, and others may be quite large and take more of an effort to achieve.
- Sitting in a community circle, hold a beach ball in your lap and state a goal that you have for yourself. After sharing your goal, say the name of a student and roll the ball to the student. The student states a goal and says another student’s name, and rolls the ball to them. This continues until all of the students have had a turn. If a student doesn’t want to share, they can say pass, name another student, and roll the ball to the next student. At the end, ask if anyone who had previously passed would like to share one of his/her goals now.
- Review what we know about Terry Fox so far (he had cancer, ran across Canada to raise money for cancer research, etc.). Read Some of Terry’s Goals (BLM P-29) to the class. You might like to read each heading i.e. To make his school’s basketball team, and then ask the class to fill in as much information as they know about each particular goal, filling in the necessary information along the way.
- Remind the class that some goals are easier to achieve than others, but anything is possible if you set your mind to it. Tell students that Terry believed in miracles and did what he believed he could do in order to achieve them. Share the following quotes from Terry Fox with the class:

“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.”

Application of Information

- Using (BLM P-30) have students come up with some of their own goals. Their goals should be a mix, some easy to achieve and some that may be more challenging. Also remind students to think in terms of the various categories that their goals could fit in (personal, family, school, sports, etc.)
- Using (BLM P-31) (primary) or (BLM P-32) (junior) have students record their goals along with a plan of action for how they plan to achieve them.
- Once goals and action sheets have been completed, have students share their ideas with a partner.

Assessment

- Use student responses and information to determine overall understanding of Terry Fox's goals and what action he planned in order to achieve his goals.
- Conference with individual students about their specific goals and their action plans.

Extension Activity

Students could develop a chart or graph, where they keep track of the time that they spend working towards achieving their goal. For example, if they want to learn how to play a musical instrument, they could track the amount of time they spend practising.

THE TERRY FOX RUN FOR CANCER RESEARCH

working **together**
to **outrun** cancer

Information for Teachers Related to Some of Terry's Goals

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 practise. In grade 10, 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). After spending 18 months in hospital undergoing chemotherapy, 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 \$1.00 from every Canadian – On February 1, 1981, Terry's dream of raising \$1.00 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 \$600 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.

Some of Terry's Goals

To make his school basketball team



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



To raise \$1.00 from every Canadian, to be used for cancer research



To have a world free from cancer



Some of Goals

Goal	Action Plan How you can achieve your goals?
Learn to tie my shoes	<ul style="list-style-type: none">- practise tying my shoes every night- ask my parents to help me- keep trying until I get it right

Goal	Action Plan How you can achieve your goals?
Learning my multiplication facts	<ul style="list-style-type: none">- ask my parents to quiz me on facts while driving in the car- use flash cards for quick recall- play multiplication games on the computer