



Sports Heroes Around the World

Grade: 6+

Subject: Physical Education

Time Frame: 2-3 classes

Materials: Laptops, notebooks, pencils, projector, whiteboard, whiteboard markers, sports equipment, gym/outdoors facility.

Learning Outcomes:

- Reflect on how different cultures promote physical and, as an extension, mental health.
- Appreciate multiculturalism by learning about diverse ethnic backgrounds and traditions when looking into the athletes the students selected.
- Normalize diversity by encouraging students to seek similarities among their favourite athletes. Encourage students to observe the physical attributes of the selected athletes in association with the sport they are practicing discovering some of the values their communities uphold.

Behavioural Objective:

- Students will be given the opportunity to explore athletes from diverse ethnic and cultural backgrounds addressing the nature of their sport, physiognomy, and lifestyle that informs their performance in the field. This activity will allow students to learn more about different communities (beyond North America) and appreciate diversity while discovering similarities among their favourite athletes.

Activating:

- Students will be taken to the school's computer lab and be offered a work period where they will select and research about an athlete from the teacher's list. Consider creating a list of athletes from diverse different communities, not only reflecting your students' interests but also your class demographic.
- Eventually, the teacher will guide the students by encouraging them to collect information on the sport's nature and the athlete's physical wellness.

Athlete's name:

Photo:

Age:

Ethnicity:

Sport:

Team:

Something interesting about ... is:

Applying:

- Afterwards, the students will be expected to share about their sports hero with the class briefly, and collectively, the students will document the sports they have come to explore through the lives of the showcased athletes.

NOTE: Students could bring a photograph of their favourite sports hero and merely present briefly their sport for a couple of minutes or create a collage independently or alongside friends.

Assessment:

- Once students have finished their presentations, encourage the class to develop a list of the sports they would like to play together. Assessment could vary from grading the presentation to merely using this activity to collect feedback about your students' interests in sports.

Food for Thought:

- Although this activity is taking place in a Physical Education class, it could also be adapted for ELA/EAL. For example, the students could produce essays on the assigned figure or create a list of questions hypothetically intending to interview their chosen athlete.