



# Lesson Plan: Native American Hero Athletes

Grade Level: 5<sup>th</sup>-10<sup>th</sup> Grade

Subject: History and Physical Education

## Learning Objectives:

1. Students can identify and describe the achievements of four Native American athletes: Jim Thorpe, Louis Tewanima, Ryneldi Becenti, and Billy Mills.
2. Students will understand the values of discipline, dedication, honor, glory, talent, and resilience, as demonstrated by these athletes.
3. Students can identify three local community athletes who inspire them and explain why.

## Materials:

1. Blog post: "Native American Hero Athletes: A Legacy of Excellence."
2. Paper and pencils
3. Internet access for research (optional)

## Activities:

1. **Introduction (15 minutes):** Begin the lesson by reading the blog post aloud to the class or having students read it individually or in small groups. Discuss the main points of the blog post, focusing on the achievements and values of the four athletes.
2. **Discussion (15 minutes):** Lead a class discussion about the athletes. What challenges did they face? How did they demonstrate the values of discipline, dedication, honor, glory, talent, and resilience? How did they contribute to their sports and their communities?
3. **Research Activity (30 minutes):** Have students research local community athletes who inspire them. They can use the internet, books, or interviews with family and community members. Each student should choose three athletes and write a paragraph about each one, explaining who they are, what they have achieved, and why they are inspiring.
4. **Presentation (30 minutes):** Have students share their findings with the class. They should explain who their chosen athletes are, what they have achieved, and why they find them inspiring.
5. **Reflection (20 minutes):** End the lesson with a reflection activity. Have students write a short essay on how they can apply the values of discipline, dedication, honor, glory, talent, and resilience in their own lives, using the athletes they have learned about as examples.

## Assessment:

Assess students based on their participation in class discussions, the quality of their research and presentations, and their reflection essays.

## Extension Activities:

1. Invite a local athlete to speak to the class about their experiences and the values that have helped them succeed.
2. Have students create a poster or multimedia presentation about their chosen athletes.
3. Organize a field trip to a local sports event or training facility.

## Homework:

1. **Athlete Biography:** Students will choose one of the four athletes discussed in class (Jim Thorpe, Louis Tewanima, Ryneldi Becenti, or Billy Mills) and write a one-page biography about them. The bio should include the athlete's early life, achievements, challenges, and how they demonstrated the values of discipline, dedication, honor, glory, talent, and resilience.
2. **Personal Reflection:** Students will write a one-page reflection on how they can apply the values of discipline, dedication, honor, glory, talent, and resilience in their own lives, using the athletes they have learned about as examples.

## Modifications for Different Learners:

1. **For advanced learners:** Encourage these students to research more deeply into the historical and cultural contexts of the athletes' lives and careers. They could present their findings to the class or create a more detailed report or presentation.
2. **For learners needing extra support:** Provide these students with additional resources, such as books or articles about the athletes, to help them with their research. You could also pair these students with a partner for the research and presentation activities.

## Cross-Curricular Connections:

1. **Language Arts:** Students can write a persuasive essay arguing for including one of the athletes in the National Museum of American History.
2. **Art:** Students can create a poster or mural depicting the athletes and their achievements.
3. **Social Studies:** Students can research the tribes the athletes belonged to and present their history, culture, and contributions to American society.

Remember, the goal of this curriculum is not only to teach students about these remarkable athletes but also to inspire them to embody the values of discipline, dedication, honor, glory, talent, and resilience in their own lives.