

Who inspires your students?

# HERO IN YOU®

**Teachers**

Use the *Hero In You*® education program to EDUCATE and INSPIRE your students!

The *Hero In You*® is a unique education program that brings athletes' stories to life in the classroom and motivates young people to find the champion within. Curriculum linked lesson plans feature world renowned athletes such as Terry Fox, Rick Hansen, Silken Laumann, Daniel Igali and many more. The **FREE** lesson plans are divided into four units:

- History and Heroes
- Olympians
- In Her Footsteps . . .  
Celebrating BC Women In Sport
- Aboriginal Sport **NEW!**

**PROVEN EFFECTIVE**

The *Hero in You*® education program is a valuable teaching resource used in 95% of the school districts in British Columbia. Be the next teacher to check it out!



**BC SPORTS  
HALL OF FAME**  
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Angela Chalmers,  
Inducted 2004

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# HERO IN YOU<sup>®</sup>

The BC Sports Hall of Fame is pleased to introduce the newest unit of the **Hero In You<sup>®</sup>** education program focusing on Aboriginal Sport. The Aboriginal Sport Unit includes tips and tools to help students complete the Daily Physical Activity requirement and is ideal for grades 4 through 7. Aboriginal Sport Unit includes the following **FREE** lesson plans:



## **Lesson Plan 1:**

### **RUNNING featuring Angela Chalmers**

Angela Chalmers' interest in running as a young girl was the catalyst in one day becoming a world champion middle distance runner. Knowledge she gained as an aboriginal person allowed her to learn and follow many traditional native beliefs. With competitive running, she not only focused on the physical aspects of her sport, but identified with the social, emotional, spiritual and cultural aspects as well. This balance enabled her to be one of Canada's greatest runners.



## **Lesson Plan 2:**

### **TRADITIONAL GAMES: featuring the 1936 North Shore Indians Lacrosse Team**

Participation in sport and recreation improves physical development and increases awareness of fitness, nutrition and healthy living. When a young person plans and implements a physical fitness program, a momentum starts to build, tapping into their energy and creativity. This lesson plan looks at some Traditional Aboriginal Games and highlights Canada's National Sport of lacrosse.



## **Unit Bonus**

### **A SNEAK PEEK at the Aboriginal Sport Gallery proudly housed at the BC Sports Hall of Fame**

The gallery highlights athletic accomplishments of aboriginal athletes and teams from BC inspiring visitors through unique photos, video clips and artifacts.



Members of the North Shore Indians Lacrosse Team, Inducted 1999

**BC SPORTS  
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Open Daily 10am-5pm

604.687.5520

Located at  
Gate 'A' of  
BC Place Stadium



Aboriginal Sport Unit  
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