

## CLASS OF 2023 CURATED EDUCATION PACKAGE

Subjects: Mathematics, Health and Physical Education, Art Education, Social Studies, English Arts Language

Exercises to Support Your Students' Learning – Class of 2023 Media Conference Livestream

These five activities accompany the *Class of 2023 Livestream* to expand its curricular relevancy. The activities are general enough to be used for multiple grade levels and can be adapted to fit specific learning outcomes for your class or modified to fit your students' needs.



### Write History - Nominate

English Language Arts  
Health & Physical  
Education



### Measuring a Home Run

Mathematics  
Health & Physical  
Education



### Icy Equations

Mathematics  
Health & Physical  
Education



### Torch Creation

Social Studies  
Health & Physical  
Education



### The Art of Storytelling

English Language Arts  
& Art Education

## ACTIVITY #1: HELP WRITE HISTORY – NOMINATE YOUR FAVOURITE SPORTS HERO

Subjects: English Language Arts

### Key Learning Outcomes

#### English Language Arts

- Develop and deliver presentations
- Consider varied perspectives/opinions when collaborating

#### Health & Physical Education

- Active Role Models

#### Social-Emotional Learning

- Social Awareness



**ORDER OF SPORT**  
**ORDRE DU SPORT**

### Activity Instructions

Have students research an athlete, trailblazer, or builder in sport who is a great role model and contributes positively to their community that they would like to nominate for consideration of induction into Canada's Sports Hall of Fame. Have the students develop a presentation that explains why they think that individual should be inducted. Do they go beyond their wins to do good in community? Do they excel at their sport? Nominated individuals may be deceased pioneers of Canadian sport, exceptional athletes who have been retired from major competition for at least four years, or builders demonstrating a lifetime commitment to the development of sport in Canada. All Canadians are invited to nominate athletes, trailblazers, and builders of Canadian sport for induction into Canada's Sports Hall of Fame through the annual nomination process! As a class, decide on which athlete they should nominate for induction. **Nominate [HERE](#) by January 31, 2024!**

## ACTIVITY #2: MEASURING A HOME RUN

Subjects: Mathematics & Health and Physical Education

### Key Learning Outcomes

#### Mathematics

- Measuring Area and Perimeter
- Multiplication (2- or 3-Digits by 1-Digit & 2-Digit by 2-Digit)

#### Health and Physical Education

- Physical Literacy & Active Role Models

### Activity Instructions

As a hook into the activity, have students explore the story of Class of 2023 Inductee, [Phyllis Bomberry](#), who paved her own revolutionary road to unparalleled excellence in Canadian softball. Then, individually or in groups of two, have the students work through the printable [softball field worksheet](#) to help them solve the math problems.

### Health and Physical Education Extension

Expand on this activity by calculating how long it would take students to run around the perimeter of a softball field. Measure out a distance of 18 metres — the approximate length on one side of a softball diamond. Have the students do ten jumping jacks and ten high knees as a warm-up. Then, have the students work in pairs to time each other in seconds to see how long it takes them to run 18 metres (one side of the diamond). To cool down, have the students walk back to the starting point. To finish the activity, have students multiply their running time by four to calculate how long it would take them to run all four lengths of the diamond.

## ACTIVITY #3: ICY EQUATIONS

Subjects: Mathematics & Health and Physical Education

### Key Learning Outcomes

#### Mathematics

- Calculate Mean, Median and Mode

#### Health and Physical Education

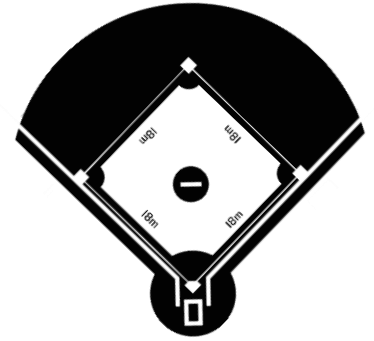
- Physical Literacy & Active Role Models

### Activity Instructions

As a hook into the activity, watch the [CBC Kids Explain: Figure Skating](#) as a class to learn about the different disciplines and history of figure skating. Have the class work through the printable [Icy Equations worksheet](#). Students will calculate the mean, median and mode of the judges' scores for Class of 2023 Inductees, [Tessa Virtue](#) and [Scott Moir](#), and work through a few questions from the [CBC Kids Explain: Figure Skating](#) video.

### Extension Activity

Did you know? Short exercise breaks in the classroom help promote physical fitness, which in turn boosts brain health. Evidence suggests that [math is one of the most influenced subjects](#) by physical activity! Get your students up and moving! Set up figure skating skills stations around your classroom to encourage your students to do stretches, balancing challenges, or dance-inspired wiggle breaks!



## ACTIVITY #4: TORCH CREATION

Subjects: Social Studies & Health and Physical Education

### Key Learning Outcomes

#### Social Studies

- Indigenous culture and beliefs

#### Health and Physical Education

- Physical Literacy

### Materials

- Construction Paper
- Markers/Pencil Crayons
- Tape
- Red, orange, and yellow tissue paper

### Activity Instructions

1. Introduce the students to the symbolism of the Olympic flame and Olympic torches using the introduction below.
2. After the discussion, instruct each student to take a piece of construction paper, and have them draw and/or colour symbols and designs representing who they are—favourite sports, activities, colours, etc.
3. Once the students are done colouring, have them take a few sheets of red, orange, and yellow tissue paper and tape them to the top of the blank side of the construction paper.
4. Now, take the piece of paper and roll it into a cone with the narrow end opposite to the side with tissue paper.
5. Tape the cone shut and fluff up the tissue paper to look like flames.

### Introduction

One important part of every Olympic Games is the unique torches designed to light the Olympic flame in each hosting city. The Olympic torch holds the sacred Olympic flame and connects with the fire/light inside each of us, as well as the light we turn to for guidance in the night sky that motivates humanity to aspire and not give up. The Olympic flame's stories, values, and ceremony are connected with the symbolism of fire. For many, the flame is also symbolic of life and the competitive spirit. This is also true for many of the Hall of Famers whose lessons learned through sport stretch far beyond the podium/playing field, becoming guiding lights for life's other obstacles.

Using a smart board, show the students the [Olympic torch](#) from the 1988 Olympic Winter Games in Calgary. Prompt them to discuss what they notice about the design. Follow up on the discussion by watching the [Spirit of Motion: Calgary Olympic Torch](#) video.

Encourage the students to plan how they would design an Olympic torch that represents their inner flame. What colours, designs, and shapes would they incorporate to reflect something special about who they are?



### Extension Activity

Expand on the torch design activity by having students participate in a torch relay race. In the designated playing area, set up a cone for each team in a straight line with another cone on the opposite end of the playing area.

### Materials

- Cones – 2 per team
- Ping pong balls – at least 1 per team
- Spoons – at least 1 per team

### Activity Instructions

1. In the order the students are lined up in, each member of a team will take a turn running to the cone lined up across from them at the other end of the playing area, before running back to their team's cone.
2. Every player must be holding up their newly made torch as they run.
3. After a player has completed their part of the race, they must sit down at the back of their line, behind the standing members of their team who haven't yet had their turn.
4. If there are an uneven amount of people in the teams, ensure a member of the teams with fewer players goes twice.
5. After all teams have finished the race, the next type of relay will be explained to the teams and supplies for that race will be handed out.

### Race order:

- 1) Running or speed walking
- 2) Balancing a ping pong ball on spoon (if the ball falls down they have to start back at the beginning cone)
- 3) Hopping

## FOLLOW-UP ACTIVITY (AVAILABLE OCTOBER 30, 2023)

### ACTIVITY #5: THE ART OF STORYTELLING

Subjects: English Language Arts & Art Education

### Key Learning Outcomes

#### English Language Arts

- Alternative Texts, Oral Communication

#### Art Education

- Create and Communicate through Visual Art or Dance



### Activity Instructions

As a class, explore the Class of 2023 vignettes created by CBC Sports to learn about each Inductee's story and experiences. Tell the students to pay close attention to how their stories are shared. Students will create a story map by identifying different storytelling elements using one of the Class of 2023's stories. Have the students write down or orally communicate the beginning (i.e., characters and setting), middle (i.e., climax or problems), and end (i.e., resolution and theme). **Vignettes will be available October 30<sup>th</sup>, 2023 [HERE](#).**

### Art Education Extension

Expand on this activity by having the students choose a part of an Inductee's life they connected with or enjoyed. Students will then reflect and creatively retell it visually using any medium (drawing, painting, mixed media, dancing, etc.).

