

LESSON 1

A Day in the Life of a Wheelchair Athlete

Timing: 2–3 x 45
minute blocks



CROSS-CURRICULAR: Language Arts, Physical Education

LEARNING OUTCOMES: Sample Grade 5, see p 76

OVERVIEW: This lesson examines leadership attributes in wheelchair rugby athletes while developing an appreciation of the daily challenges they might face.

CURRICULUM SKILLS / KNOWLEDGE / VALUES:

Students will:

- learn about the personality traits and attributes that have contributed to the wheelchair athletes' leadership roles on their team
- learn how these athletes cope with the challenges of daily living and traveling for games and tournaments
- learn how playing wheelchair rugby has changed their lives

TEACHING MATERIALS:

- computer and printer access; digital projector
- websites for researching athletes:
 - www.canadacupwcrugby.com
 - www.paralympic.org
 - www.iwrf.com
- video clips (youtube) about the challenges of daily living of featured athletes:
 - Wheel Blacks Documentary series on Attitude TV New Zealand
 - New Zealand Winter Paralympic Games 2009 (youtube)

Teaching Activities

- 1 With the class, brainstorm some of the issues and challenges that wheelchair athletes might face in their everyday lives, traveling and in competition (e.g. clothing, special chair, attendant, wheelchair accessibility, air travel).
- 2 Individually, have the students research two wheelchair rugby athletes and share the findings with the class focusing on the attributes that make these athletes strong leaders.
- 3 View the video clips suggested and jigsaw the class to share what they learned and what they found most interesting.
- 4 Relate what was learned to current international events, such as the Canada Cup International Wheelchair Rugby Tournament.