

INTRODUCTORY ACTIVITY – All About the Champions!

TIME 30 to 40 minutes

REQUIRED RESOURCES

Activity

- Introduction 1: Champion athlete bios from the Air Aware website
 - Introduction 2: four sheets of poster board, computer access for each pair of students
 - Introduction 3: computer access for each student group, access to PowerPoint for student presentations
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Objectives

1. To introduce the connections between active living, air quality and health.
2. To learn how athletes are positive role models for active living.
3. To spark an interest in different types of sports and to learn more about different sports and types of competitions.

Curriculum Connections

Curriculum connections are listed by province, grade and subject on the Air Aware website,

http://www.cleanairchampions.ca/programs/air_aware/teacher_zone/curriculum_connections.php

Air Aware School Program

The Air Aware School Program is designed to teach about air quality and its health impacts (specifically the connection to asthma and allergies) and to promote active living. The flow of the program is as follows:

1. Book the Champion presentation.
2. Complete an Introductory Activity with your students. An Introductory Activity is mandatory prior to a Champion's visit. Choose one of the three activities recommended below.
3. Host the Champion presentation.
4. Complete relevant curriculum activities based on grade ranges (grades 6 to 9 or grades 10 to 12) in physical education, health, science, or social studies/geography.
5. Complete the School Wide Activities.
6. Complete an Activity Report about your students' experience with the Air Aware School Program and submit it to Air Aware staff.

Introductory Activities

Choose the introductory activity that will work best for your class and subject area.

Introduction 1

1. Print off a number of Champions' bios from the Clean Air Champions' website:
http://www.cleanairchampions.ca/champions/search_champions.php
2. Provide one bio to each group of five students.
3. Have each group create a tableau to share as much information about their Champion as they can find. A tableau is a strategy where students will create a scene and freeze the action. After creating their tableaus, students can discuss them. Tableaus can be used for a variety of situations:
<http://www.learner.org/workshops/tml/workshop5/teaching.html>
4. Use some of the following questions to guide students in creating their tableaus:
What inspires the Champion to compete at an elite level?
What is the Champion's interest or connection to air quality or health issues?
What do you find interesting about the Champion's sport?
Are there any challenges, such as injury or disease, that the Champion has faced in their sport career?
5. The rest of the class is to share/guess all of the information shared in the tableau about the Champion.
6. Discuss the various sports the Champion athletes perform. Ask the students if they have participated in any of these sports or watched them. Also ask students what they think about these sports.
7. Discuss how each of these sports can be impacted by air quality. What can be done to practice/train while reducing exposure to poor air quality?
8. Provide information on locations in your region for students to participate in the various sports or have the class put together a list of locations.

Introduction 2

1. Explain that students will be divided into pairs. Each pair will research a Champion athlete and create a collage about the Champion and their sport.
2. Using four sheets of poster board, cut each of the sheets into unique shapes. Ensure you have one shape for each paired group of students.
3. Provide access to the Clean Air Champion website. Tell each pair to choose a Champion from the website:
http://www.cleanairchampions.ca/champions/search_champions

4. Provide magazines and other materials so that students can create a collage about their Champion and their sport.
5. When students have completed their collages in pairs, ask them to put the puzzle pieces together to create one large collage of all of the Champions and their sports.
6. Ask each group to answer one of the following questions about their Champion.

What inspires the Champion to compete at an elite level?

What do you find interesting about the Champion's sport?

What is the Champion's interest or connection to air quality?

Introduction 3

1. Project the Clean Air Champions website. Showcase a few of the Champions and the *Top Performances* section of the website:
2. Assign students to groups of four. Ask each group to conduct research online into one type of sporting event from the Top Performances list:

http://www.cleanairchampions.ca/champions/search_champions.php

Pan American Games — various sports

Summer Olympics — various sports

Winter Olympics — various sports

World Championships — various sports

Canadian Summer Games — various sports

Paralympic Winter Games — various sports

3. Ask each group to answer the following questions about their event:

When and where is the next location for the event?

Where was it last held?

What sports participate in the event?

What country or countries participate in the sport?

Is poor air quality a concern at the event? Why or why not?

4. Have each group prepare and present a short news broadcast about their event with pictures. You may want to make PowerPoint available to students.