

# Northwestern Ontario Sports Hall of Fame Sports Heritage Education Program

## Lesson Ideas for Grades 7-8

### Language Arts

Lesson: Research Assignment: Sports Hall of Fame Inductee: Have students research a Sports Hall of Fame Inductee. With the information gathered, have students present their findings to the class. This lesson can be further developed to have the students write a newspaper article about the Inductee they have already researched.

Lesson: Sports Hall of Fame Inductee Newspaper Article: Students will write a newspaper article about a Sports Hall of Fame Inductee.

Lesson: Reflection: Olympic Oath and Olympic Rings: Have the students reflect on the true meaning of the Olympic Oath and the colours of the Olympic Rings and discuss how these two symbols represent the Olympic Games as a whole.

Included: The Olympic Oath poster, and Olympic Rings poster.

### History

Lesson: Canadian Pacific Railway: Students will write a commentary describing how the CPR came together as a community and influenced the game of soccer in northwestern Ontario.

Lesson: 10-Mile Road Race: Have students research how the 10-Mile Road Race has evolved from its first race that was held in 1910 to the present day.

### Geography

Lesson: Map of northwestern Ontario: Have students label a map of the cities that make up northwestern Ontario and record the degrees of longitude and latitude.

Included: List of northwestern Ontario cities, labeled map, blank map of northwestern Ontario, and Answer Key.

Lesson: Canadian NHL Teams: Students will label the city locations of the Canadian NHL teams and record the degrees of longitude and latitude.

Included: Canadian NHL data sheet, map of Canada, and Answer Key.

Lesson: Vancouver 2010 Olympic Winter Games (National Flag): Students will research to find out which nations are competing at the Vancouver 2010 Olympics. The students can also locate the countries competing on a world map and glue the proper flag on the country.

Included: National Flags template and world map.

## **Mathematics**

Lesson: Math Attack\*Ice Hockey: Students will calculate based on the top three medal standings in ice hockey, the total number of points each country has received from 1920-2006. Have the students plot their findings from the table onto the corresponding graph.

Included: Ice Hockey activity sheet, graph, and Answer Key.

Lesson: "Who is your favourite NHL team?": Have students conduct a survey to find out their classmates' favourite NHL teams. Have the students plot their findings from the table onto the corresponding graph.

Included: NHL team data sheet and graph

Lesson: Cooper Cup: Students will determine the percentage of times a local soccer team won the Cooper Cup.

Included: Cooper Cup activity template and Answer Key.

Lesson: Olympic Pool: Have students calculate the volume of an Olympic-size pool.

## **Physical Education**

Lesson: "Olympic Torch Relay": Create your own Olympic Torch Relay in the school gymnasium or school yard. Make an Olympic torch for the relay (See art lesson).

Included: A map and a list of cities along the Olympic Torch Relay route.

## **Art**

Lesson: "Make your own Olympic Torch": Make an Olympic Torch for the upcoming Winter Olympics. This art lesson can be used for the Physical Education lesson (Olympic Torch Relay).

Included: Poster of the Vancouver 2010 Olympic Torch.

# Grade 7-8 Language/History

## Research Assignment

### Learning Expectations:

- Use appropriate words, phrases, and terminology from the full range of their vocabulary.
- Identify a wide variety of presentation strategies used in oral texts and evaluate their effectiveness.
- Gather information to support ideas for writing, using a variety of strategies and a wide range of print and electronic resources.

Research one of the Northwestern Ontario Sports Hall of Fame Inductees.

Consider the following:

Name:

Date of Birth:

Place of Birth:

Sport(s) involved with:

Awards won:

With the information that has been gathered, have the students create a bulletin board and/or write up about the athlete they have researched. Make sure to include all information about the athlete, such as pictures and stats.

The research the students have gathered can also be used to construct a newspaper article on the Sports Hall of Fame Inductee. See next lesson plan.

Resource: <http://www.nwosportshalloffame.com>

**This lesson can be either modified or adjusted depending on grade level.**

# Grade 7-8 Language Lesson

## Sports Hall of Fame Inductees Newspaper Article

### Learning Expectation:

- Produce a variety of media texts of some technical complexity for specific purposes and audiences, using appropriate forms, conventions, and techniques.
- Determine whether the ideas and information they have gathered are relevant, appropriate, and sufficiently specific for the purpose, and do more research if necessary.
- Demonstrate an understanding that different media texts reflect different points of view and that some texts reflect multiple points of view.

### Activity:

- Write a newspaper article about one of the Northwestern Ontario Sports Hall of Fame Inductees.

Go over the steps to create a newspaper article.

Creating a Newspaper Article:

1. Outline the purpose of your article.
2. Choose a topic.
3. Research the article.
4. Write the article.
5. Edit the article - have a friend proofread it.
6. Rewrite the article and type it on the computer.
7. Edit. Peer edit. Publish.

Resource Link for Sports Hall of Fame Inductees:

[http://www.nwosportshalloffame.com/inductees/inductee\\_grids.aspx](http://www.nwosportshalloffame.com/inductees/inductee_grids.aspx)

**This lesson can be either modified or adjusted depending on grade level.  
Grade 7-8 Language Lesson**

## Reflection

### Learning Expectations:

- Write complex texts of a variety of lengths using a wide range of forms.
- Identify the topic, purpose, and audience for more complex writing forms.

### Included:

- The Olympic Oath poster

### Lesson:

- Have the students write a reflection paragraph and/or write up about what they believe is the true meaning of the Olympic Oath and of the colours of the Olympic Rings.
- The Olympic Oath is recited by an athlete from the host country and another oath is recited by a judge also from the host country. Both athlete and judge promise to abide by the Olympics rules and display true sportsmanship.
- The five rings represent the five major regions of the world: Africa, the Americas, Asia, Europe, and Oceania. All of the completing countries' national flags include at least one of the five colors of the Olympic Rings, which are blue, yellow, black, green, and red.

### Activity:

- Reflect on how these symbols represent the Olympic Games as a whole and how they promote peace, unity, and friendship.



## The Olympic Oath

**The Olympic Oath is taken by one athlete and one judge from the host country on behalf of all participants.**

**The athlete of the host country holds the corner of the Olympic flag while reciting the following oath:**

“In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams”.

**The judge from the host country will then recite another oath while holding the Olympic flag:**

“In the name of all the judges and officials, I promise that we shall officiate in these Olympic Games with complete impartiality, respecting, and abiding by the rules which govern them in the true spirit of sportsmanship”.



# Grade 7-8 History Lesson

## Canadian Pacific Railway

### **Learning Expectations:**

- Describing the role of the Canadian Pacific Railway (CPR).

### **Lesson:**

- The Canadian Pacific Railway played an important role in the expansion and growth of Canada.
- The men working at the CPR worked together like a team. They also formed very successful sports team, specifically a soccer team during the 1900s. In 1909, they were the first team to win the Cooper Charity Cup.

### **Activity:**

- Have students write a commentary describing how the workers at CPR came together as a community and influenced the game of soccer in northwestern Ontario.
- For more information, students can do further research on the Canada Pacific Railway Soccer team on the Sports Hall of Fame website: <http://www.nwosportshalloffame.com>

# Grade 7-8 History Lesson

## 10-Mile Road Race

### **Learning Expectations:**

- Illustrate the historical development of their local community (e.g. its origins, key personalities, and the contributions of various cultural groups).

### **Lesson:**

- Have students research the history of the 10-Mile Road Race.

### **Activity:**

- How has it evolved from the first race that was held in 1910 to present day?

Resource Links:

<http://www.nwosportshalloffame.com>

<http://www.10mileroadrace.org>



# Grade 7-8 Geography

## Map of Northwestern Ontario

### Learning Expectation:

- Create and use maps for a variety of purposes.

### Included:

- List of cities in northwestern Ontario.
- Labeled map and blank map of northwestern Ontario.
- Answer Key.

### Activity:

- With an atlas, label the following places on the map of northwestern Ontario including degrees of longitude and latitude:

Thunder Bay

Armstrong

Ignace

Nipigon

Sioux Lookout

Marathon

Rainy River

Dryden

Fort Frances

Red Lake

Geraldton

Longlac

Kenora

## Map of Northwestern Ontario

With an atlas, label the following places on the map of northwestern Ontario including degrees of longitude and latitude:

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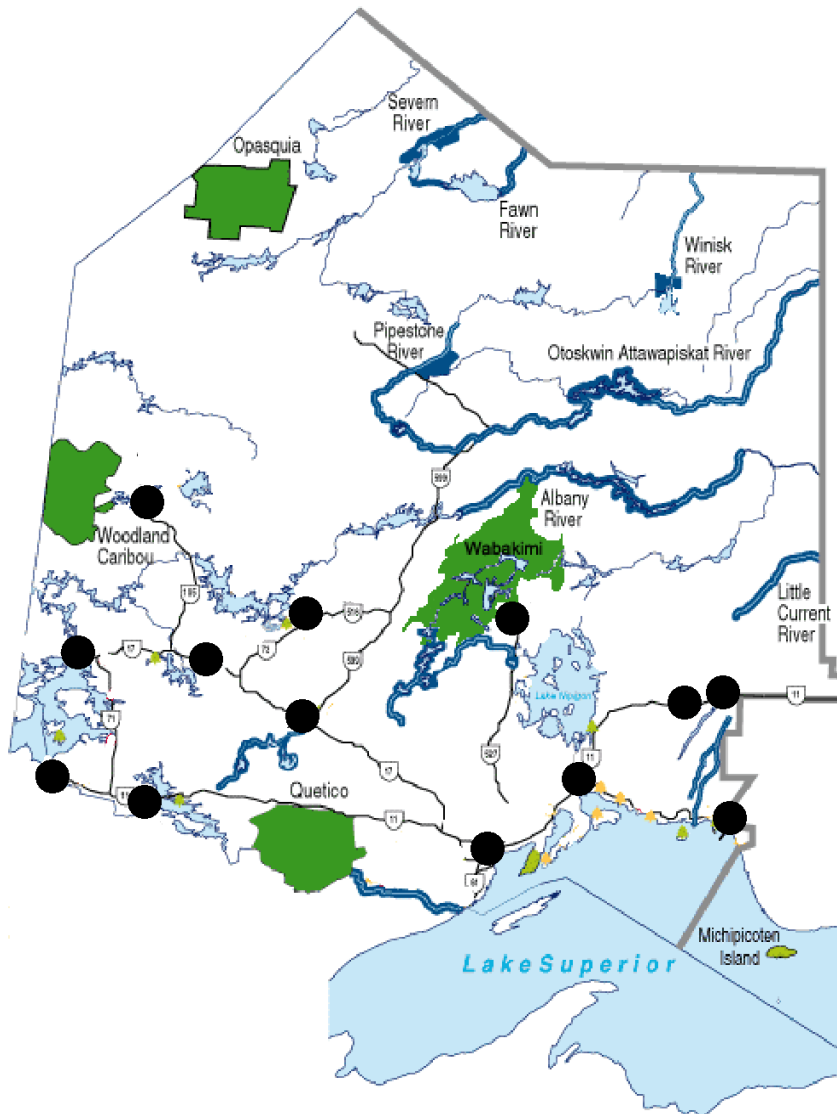
Longlac

Kenora

# Northwestern Ontario



## Northwestern Ontario



- **Sioux Lookout**
- **Geraldton**
- **Red Lake**
- **Dryden**
- **Kenora**
- **Thunder Bay**
- **Nipigon**
- **Armstrong**
- **Fort Frances**
- **Marathon**
- **Rainy River**
- **Ignace**

## **Grade 7-8 Geography Map of Northwestern Ontario (Answer Key)**

With an atlas, label the following places on the map of northwestern Ontario including degrees of latitude and longitude.

Thunder Bay ( $48^{\circ} 22'$  N Latitude,  $89^{\circ} 19'$  W Longitude )

Armstrong ( $50^{\circ} 18'$  N Latitude,  $89^{\circ} 04'$  W Longitude)

Ignace ( $49^{\circ} 30'$  N Latitude,  $91^{\circ} 40'$  W Longitude)

Nipigon ( $49^{\circ} 0'$  N Latitude,  $88^{\circ} 17'$  W Longitude)

Sioux Lookout ( $50^{\circ} 10'$  N Latitude,  $91^{\circ} 50'$  W Longitude)

Marathon ( $48^{\circ} 44'$  N Latitude,  $86^{\circ} 23'$  W Longitude)

Rainy River ( $48^{\circ} 43'$  N Latitude,  $94^{\circ} 33'$  W Longitude)

Dryden ( $49^{\circ} 47'$  N Latitude,  $92^{\circ} 50'$  W Longitude)

Fort Frances ( $48^{\circ} 36'$  N Latitude,  $93^{\circ} 24'$  W Longitude)

Red Lake ( $51^{\circ} 03'$  N Latitude,  $93^{\circ} 49'$  W Longitude)

Geraldton ( $49^{\circ} 44'$  N Latitude,  $86^{\circ} 59'$  W Longitude)

Longlac ( $49^{\circ} 45'$  N Latitude,  $86^{\circ} 25'$  W Longitude)

Kenora ( $49^{\circ} 48'$  N Latitude,  $94^{\circ} 22'$  W Longitude)

# Grade 7-8 Geography

## Location of Canadian NHL Teams

### **Learning Expectations:**

- Use appropriate vocabulary, including correct geographic terminology.
- Create and use a variety of maps for specific purposes.

### **Included:**

- Canadian NHL data sheet.
- Map of Canada.
- Answer key

### **Activity:**

- Have the students label the Canadian NHL teams on the map of Canada.
- Record the cities' latitude and longitude to the nearest degree.

**Label the following Canadian NHL teams locations in degrees of latitude and longitude.**



**Vancouver Canucks**

**Latitude:**

**Longitude:**



**Edmonton Oilers**

**Latitude:**

**Longitude:**



**Calgary Flames**

**Latitude:**

**Longitude:**



**Toronto Maple Leafs:**

**Latitude:**

**Longitude:**



**Montreal Canadiens:**

**Latitude:**

**Longitude:**



**Ottawa Senators:**

**Latitude:**

**Longitude:**

## Grade 7-8 Geography Location of Canadian NHL Teams (Answer Key)



**Vancouver Canucks**

Latitude: 49° 11' N

Longitude: 123° 10' W



**Edmonton Oilers**

Latitude: 53° 34' N

Longitude: 113° 31' W



**Calgary Flames**

Latitude: 51° 6' N

Longitude: 114° 1' W



**Toronto Maple Leafs:**

Latitude: 43° 41' N

Longitude: 79° 38' W



**Montreal Canadiens:**

Latitude: 45° 28' N

Longitude: 73° 45' W



**Ottawa Senators:**

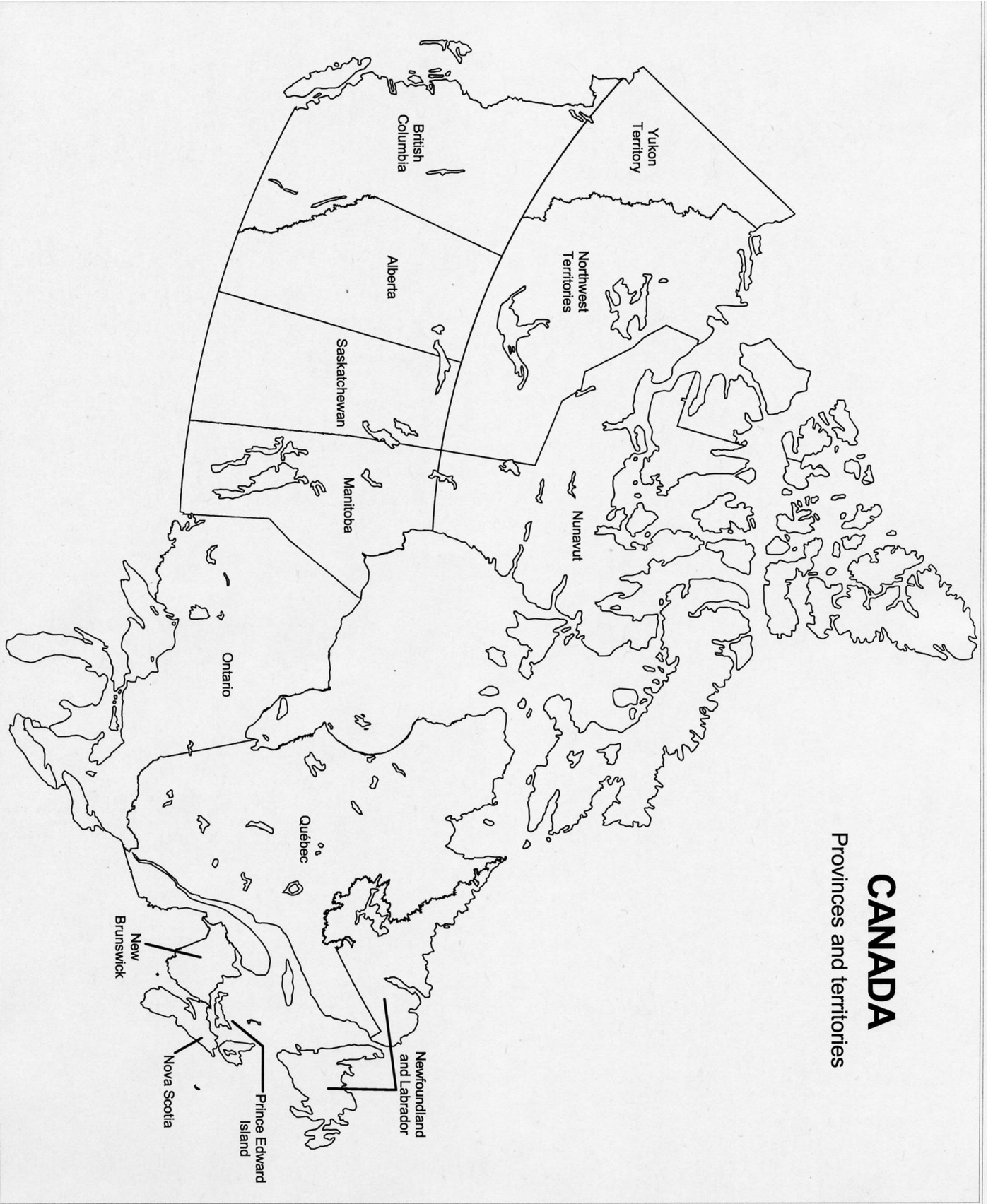
Latitude: 45° 19' N

Longitude: 75° 40' W



# CANADA

Provinces and territories



## Grade 7-8 Geography

### Vancouver 2010 Olympic Winter Games (National Flags)

#### **Learning Expectations:**

- Create and use a variety of maps for specific purposes.

#### **Included:**

- National Flag Activity.
- World Map template.

#### **Activity:**

- Express to the students the importance of the Olympic Rings and their colours. The five rings represent the five major regions of the world: Africa, the Americas, Asia, Europe, and Oceania. All of the competing countries' national flags include at least one of the five colours of the Olympic rings, which are blue, yellow, black, green, and red.
- Have the students research some of the nations competing in the Vancouver 2010 Olympic Winter Games.
- Draw and colour the flags of the competing countries and label their flags.
- Have students cut and paste the national flags on a world map.



# Vancouver 2010 Olympic Winter Games National Flags



Draw, colour and label the flags of the nations competing in the Vancouver 2010 Olympics.  
Cut out the flags and paste them on a map of the world.

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# Grade 7-8 Math Lesson

## Math Attack \* Ice Hockey

### Learning Expectations:

- Select an appropriate type of graph to represent a set of data, graph the data using technology, and justify the choice of graph.
- Collect and organize categorical, discrete, or continuous primary data and secondary data and display the data in charts, tables, and graphs that have appropriate titles, labels, and scales.

### Included:

- Math Attack \* Ice Hockey Activity Sheet.
- Graph Scale 1-50.
- Answer Key.

### Activity:

The following table has the Gold, Silver, and Bronze medal standings for Olympic Ice Hockey. Ice Hockey was originally played during the 1920 Summer Olympic Games and has been part of the Olympic Winter games since they began in 1924.

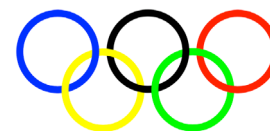
Have the students calculate the total number of points each country received in Ice Hockey.

Then have the students organize, label, and plot a graph(s) of the countries' total number of points received from their medal standings.

- Background Information about the Unified Team- In the 1992 Winter Olympics, the Unified Team was formed by the former Soviet Union. The Unified Team only participated in the 1992 Winter Olympics and 1992 Summer Olympics.

**Have students use the completed data to construct other various graphs (e.g. circle graph).**

**This lesson can be either modified or adjusted depending on grade level.**



## Math Attack \* Ice Hockey

Ice Hockey was originally played during the Summer Olympic Games in 1920 and has been part of the Olympic Winter games since they began in 1924.

Years	Gold	Silver	Bronze
1920	Canada	USA	Czechoslovakia
1924	Canada	USA	Great Britain
1928	Canada	Sweden	Switzerland
1932	Canada	USA	W. Germany
1936	Great Britain	Canada	USA
1948	Canada	Czechoslovakia	Switzerland
1952	Canada	USA	Sweden
1956	USSR	USA	Canada
1960	USA	Canada	USSR
1964	USSR	Sweden	Czechoslovakia
1968	USSR	Czechoslovakia	Canada
1972	USSR	USA	Czechoslovakia
1976	USSR	Czechoslovakia	W Germany
1980	USA	USSR	Sweden
1984	USSR	Czechoslovakia	Sweden
1988	USSR	Finland	Sweden
1992	Unified Team	Canada	Czechoslovakia
1994	Sweden	Canada	Finland
1998	Czech Republic	Russia	Finland
2002	Canada	USA	Russia
2006	Sweden	Finland	Czech Republic

Assume that a gold medal is worth five points, a silver three points, and a bronze medal one point.

How many points would each of the following countries have?

Canada

Czechoslovakia

Finland

Switzerland

USA

Sweden

Russia

Unified Team

USSR

Germany

Czech Republic

Great Britain

Once you have found out how many points each country has in total, organize and plot the top eight countries with the most points on a graph(s).

## Grade 7-8 Math Lesson Math Attack \* Ice Hockey (Answer Key)

Years	Gold	Silver	Bronze
1920	Canada	USA	Czechoslovakia
1924	Canada	USA	Great Britain
1928	Canada	Sweden	Switzerland
1932	Canada	USA	Germany
1936	Great Britain	Canada	USA
1948	Canada	Czechoslovakia	Switzerland
1952	Canada	USA	Sweden
1956	USSR	USA	Canada
1960	USA	Canada	USSR
1964	USSR	Sweden	Czechoslovakia
1968	USSR	Czechoslovakia	Canada
1972	USSR	USA	Czechoslovakia
1976	USSR	Czechoslovakia	Germany
1980	USA	USSR	Sweden
1984	USSR	Czechoslovakia	Sweden
1988	USSR	Finland	Sweden
1992	Unified Team	Canada	Czechoslovakia
1994	Sweden	Canada	Finland
1998	Czech Republic	Russia	Finland
2002	Canada	USA	Russia
2006	Sweden	Finland	Czech Republic

Assume that a gold medal is worth five points, a silver three points, and a bronze medal one point.

How many points would each of the following countries have?

Canada- <b>49</b>	USA- <b>32</b>	USSR- <b>39</b>
Czechoslovakia- <b>16</b>	Sweden- <b>20</b>	Germany- <b>2</b>
Finland- <b>8</b>	Russia- <b>4</b>	Czech Republic- <b>6</b>
Switzerland- <b>2</b>	Unified Team- <b>5</b>	Great Britain- <b>6</b>

Top eight countries: Canada, USA, USSR, Czechoslovakia, Sweden, Finland, Czech Republic, Great Britain

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## Grade 7-8 Math Lesson

### Who is your favourite NHL team?

#### Learning Expectations:

- Collect and organize categorical, discrete, or continuous primary data and secondary data and display the data in charts, tables, and graphs that have appropriate titles, labels, and scales.

#### Included:

- NHL team survey and graph.

#### Activity:

- Have the students conduct a survey to find out their classmates' or schools' favourite NHL teams. Once the students have completed their surveys, have the students construct a graph(s) to display their findings.
- Encourage the students to use other graphs to display their findings.








**Two graphs are provided but only go up to a scale of 20. Please contact the Sports Hall of Fame if you wish to have a larger scale grid with the NHL logos if you would like the students to conduct a larger survey within the class or school.**

**Have students use the completed data to construct other various graphs (e.g. circle graph).**

**The graph can be either modified or adjusted depending on grade level.**

**Conduct a survey in your class to find out your classmates' favourite NHL teams.**

NHL Teams	Tally
Vancouver Canucks	
Toronto Maple Leafs	
Montreal Canadiens	
Calgary Flames	
Ottawa Senators	
Edmonton Oilers	
Philadelphia Flyers	
Detroit Red Wings	
Pittsburgh Penguins	
New York Rangers	
Other	

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# Grade 7-8 Math Lesson

## Cooper Charity Cup

### Learning Expectation:

- Determine, through investigation, the relationships among fractions, decimals, percents, and ratios.

### Included:

- Cooper Cup template.
- Answer Key.

### Lesson:

- One of the oldest trophies in the Northwestern Ontario Sports Hall of Fame collection is a soccer trophy called the Cooper Charity Cup which was donated by Alf Cooper.
- The Cooper Cup was first played for in 1909 and won by the CPR. The trophy was presented to various soccer teams fifty times before its retirement in 1992. (The trophy was not competed for during war years).
- One of the dominant soccer teams in Thunder Bay was, and still is, the Italia Juventus Soccer Club. Italia Juventus won the Cooper Cup twenty three (23) times out of the fifty (50) times it was won.

### Activity:

- Have students calculate the total percentage of times Italia Juventus won the Cooper Cup.

## Cooper Charity Cup

One of the oldest trophies in the Northwestern Ontario Sports Hall of Fame collection is a soccer trophy called the Cooper Charity Cup. The Cooper Cup was first played for in 1909 and won by the CPR (Canadian Pacific Railway). The trophy was presented to various soccer teams fifty times before its retirement in 1992. (The trophy was not competed for during the war time). One of the dominant soccer teams in Thunder Bay was and still is the Italia Juventus Soccer Club. Italia Juventus won the Cooper Cup twenty three (23) times out of the fifty (50) times it was won. What is the percentage of times Italia Juventus won the Cooper Cup? Show your work.

## Grade 7-8 Math Lesson Cooper Cup (Answer Key)

- One of the oldest trophies in the Northwestern Ontario Sports Hall of Fame collection is a soccer trophy called the Cooper Charity Cup which was donated by Alf Cooper.
- One of the dominant soccer teams in Thunder Bay was and still is the Italia Juventus Soccer Club. Italia Juventus won the Cooper Cup twenty three (23) times out of the fifty (50) times it was won.
- Have students calculate the total percentage of times Italia Juventus won the Cooper Cup? **46%**

# Grade 7-8 Math Lesson

## Olympic Size Pool

### Learning Expectations:

- Estimate, measure, and record length, area, mass, capacity, and volume, using the metric measurement system.

### Lesson:

- An Olympic-size pool must fit the regulations by the FINA (*Federation Internationale de Natation*). The FINA committee is in charge of all international competition aquatic sports.
- The following are the regulations for an Olympic-size pool:
  - Length: 50 m
  - Height: 2 m
  - Width: 25 m
  - Number of lanes: 8 + 2
  - Lane width: 2.5 m
  - Depth: 2 m
  - Volume: 2500m<sup>3</sup>

### Activity:

Give students the length, width, and depth of a regulated Olympic-size pool. Have the students find out the volume of an Olympic-size pool.

# Grade 7-8 Physical Education Lesson Plan

## Olympic Torch Relay

### Learning Expectations:

- Display readiness to participate in the instructional program.
- In class or in small groups discuss activities related to physical activity (e.g. goal setting through a theme-related activity such as a walk-run to the Olympics).

### Included:

- A map and list of cities in the Olympic Torch Relay.

### Materials:

- Plastic Pylons.
- Create signs with the cities participating in the Olympic Torch Relay (if desired).
- "Make an Olympic Torch"- See Art Lesson.

### Lesson:

- Explain to the students that the Olympic Torch Relay will be starting on October 30, 2009 in Victoria, BC. The torch will be passed by torchbearers throughout Canada until it reaches Vancouver, BC on February 12, 2010.
- The Vancouver 2010 Olympic Torch will be arriving in northwestern Ontario on January 3, 2010.

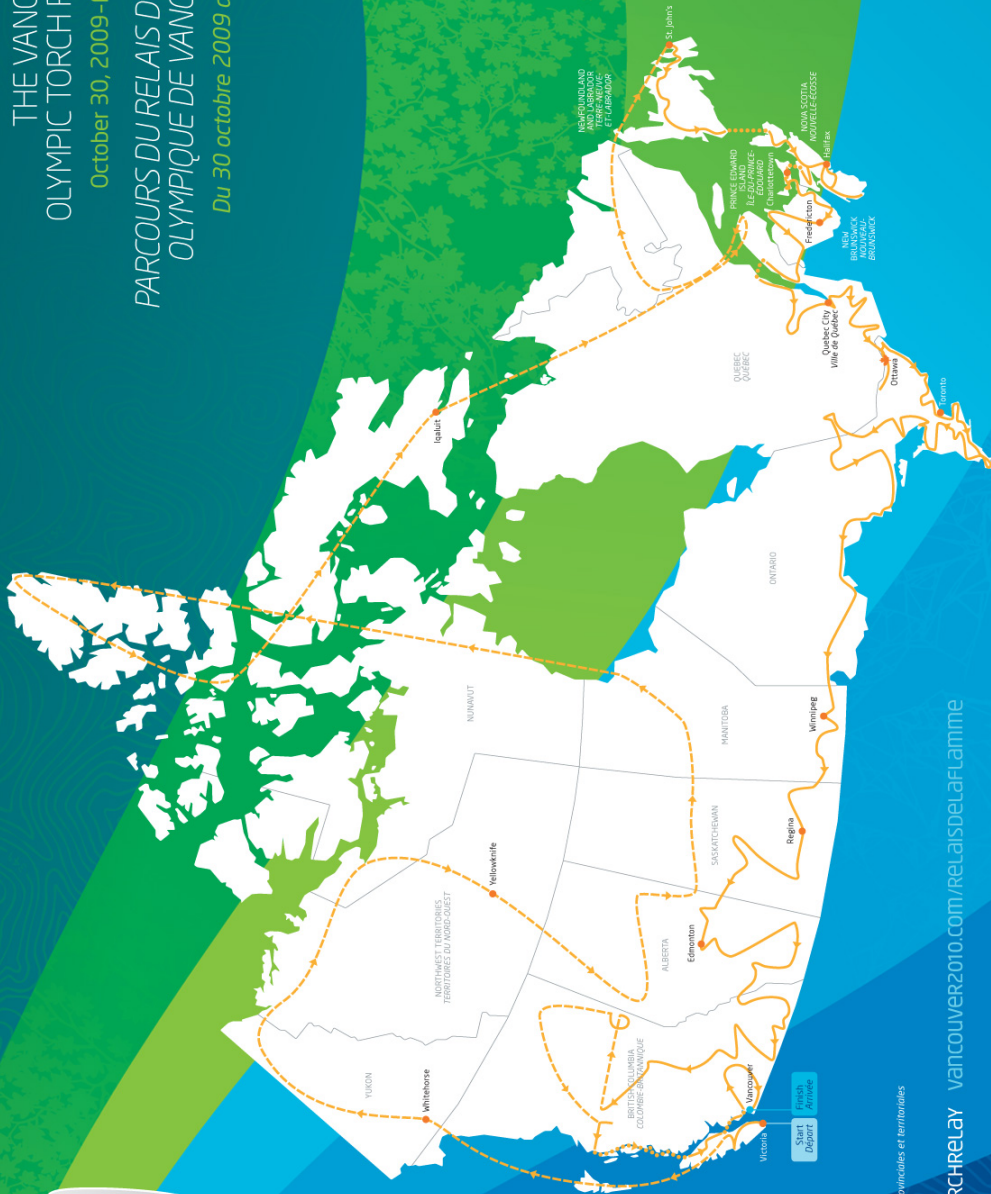
### Activity:

- Set up pylons around the gymnasium or school yard in order to make up a relay route for the students to walk or run.
- Take one plastic pylon, flip it upside down, and use it as the Olympic torch or make an Olympic torch (see art lesson).
- Have the students pretend to pass the Olympic torch to each of the cones which represent the different Canadian cities in the torch relay. Repeat the relay until each child has had a turn passing the torch.



THE VANCOUVER 2010  
OLYMPIC TORCH RELAY ROUTE  
October 30, 2009–February 12, 2010

PARCOURS DU RELAIS DE LA FLAMME  
OLYMPIQUE DE VANCOUVER 2010  
Du 30 octobre 2009 au 12 février 2010



- Land / Au sol
- Flight / En vol
- National Capital / Capitale nationale
- Provincial and Territorial Capitals / Capitales provinciales et territoriales

[VANCOUVER2010.COM/TORCHRELAY](http://VANCOUVER2010.COM/TORCHRELAY) [VANCOUVER2010.COM/RELAISDELAFLAMME](http://VANCOUVER2010.COM/RELAISDELAFLAMME)



## Grade 7-8 Art Lesson

### “Make your own Olympic Torch”

#### Learning Expectation:

- Create two-dimensional and three-dimensional works of art that express feelings and ideas inspired by personal experiences.

#### Included:

- Poster of the Vancouver 2010 Olympic Torch.

#### Activity:

- With a piece of 11 inch x 14 inch construction paper (any colour), wrap the paper until you make it into a cone shape.
- Write CANADA along the torch vertically (if desired).



- With red, yellow, and orange tissue paper, glue or tape the tissue paper into the inside of the construction paper (torch) to make it look like a flame. Cut the tissue paper to give it more of a flame effect.
- Decorate the torch (if desired).



# Vancouver 2010 Olympic Torch

