

Alice Coachman

Teacher Guide: From hard times to great heights

Overview:

This lesson provides an overview of an African American female athlete who overcame multiple barriers (racial, gender-based, historical, socioeconomic) in order to achieve her dreams of Olympic success. It is suitable for a lesson in history class, and would make an enriching addition to a physical education curriculum.

Lesson Prompt:

Can you name any Olympic medal winners? What Olympic competitions have you seen? What do you think it takes to be able to win a gold medal at the Olympic Games?

Share the prepared PowerPoint slide deck with the students.

Select activities from the accompanying Activity Pack according to your time allowance and student appropriateness. Included in the Activity Pack are:

Multiple Choice Questions (grades 2-8)

Critical Thinking Exercises (grades K-5 with guidance; K-8 unassisted)

Word Scramble (grades K-5)

Coloring Page (grades K-3)

Additional Reading/Viewing (grades K-8 - varies by video)

Vocabulary

Austerity	Collegiate	Consecutive	Endorsement
Hostile	Multi-talented	Pioneer	Postponed
Prowess	Resourceful	Reverberate	Segregation
Sharecropper	Trailblazer		

Alice Coachman Standards & Learning Objectives

Grades K-2

Civics

D2.Civ.12.K-2. Identify and explain how rules function in public (classroom and school) settings.

D2.Civ.14.K-2. Describe how people have tried to improve their communities over time.

Geography

D2.Geo.7.K-2. Explain why and how people, goods, and ideas move from place to place.

History

D2.His.1.K-2. Create a chronological sequence of multiple events.

D2.His.2.K-2. Compare life in the past to life today.

D2.His.3.K-2. Generate questions about individuals and groups who have shaped a significant historical change.

D2.His.4.K-2. Compare perspectives of people in the past to those of people in the present.

D2.His.14.K-2. Generate possible reasons for an event or development in the past.

ELA

D4.6.K-2. Identify and explain a range of local, regional, and global problems, and some ways in which people are trying to address these problems.

D4.7.K-2. Identify ways to take action to help address local, regional, and global problems.

Grades 3-5

Civics

D2.Civ.12.3-5. Explain how rules and laws change society and how people change rules and laws.

D2.Civ.13.3-5. Explain how policies are developed to address public problems.

D2.Civ.14.3-5. Illustrate historical and contemporary means of changing society.

Geography

D2.Geo.7.3-5. Explain how cultural and environmental characteristics affect the distribution and movement of people, goods, and ideas.

History

D2.His.1.3-5. Create and use a chronological sequence of related events to compare developments that happened at the same time.

D2.His.2.3-5. Compare life in specific historical time periods to life today.

D2.His.3.3-5. Generate questions about individuals and groups who have shaped significant historical changes and continuities.

D2.His.4.3-5. Explain why individuals and groups during the same historical period differed in their perspectives.

D2.His.14.3-5. Explain probable causes and effects of events and developments.

D2.His.14.6-8. Explain multiple causes and effects of events and developments in the past.

ELA

D4.6.3-5. Draw on disciplinary concepts to explain the challenges people have faced and opportunities they have created, in addressing local, regional, and global problems at various times and places.

D4.7.3-5. Explain different strategies and approaches students and others could take in working alone and together to address local, regional, and global problems, and predict possible results of their actions.

Grades 6-8

Civics

D2.Civ.12.6-8. Assess specific rules and laws (both actual and proposed) as means of addressing public problems.

D2.Civ.13.6-8. Analyze the purposes, implementation, and consequences of public policies in multiple settings.

D2.Civ.14.6-8. Compare historical and contemporary means of changing societies, and promoting the common good.

Geography

D2.Geo.7.6-8. Explain how changes in transportation and communication technology influence the spatial connections among human settlements and affect the diffusion of ideas and cultural practices.

History

D2.His.1.6-8. Analyze connections among events and developments in broader historical contexts.

D2.His.2.6-8. Classify series of historical events and developments as examples of change and/or continuity.

D2.His.3.6-8. Use questions generated about individuals and groups to analyze why they, and the developments they shaped, are seen as historically significant.

D2.His.4.6-8. Analyze multiple factors that influenced the perspectives of people during different historical eras.

D2.His.5.6-8. Explain how and why perspectives of people have changed over time.

ELA

D4.6.6-8. Draw on multiple disciplinary lenses to analyze how a specific problem can manifest itself at local, regional, and global levels over time, identifying its characteristics and causes, and the challenges and opportunities faced by those trying to address the problem.

D4.7.6-8. Assess their individual and collective capacities to take action to address local, regional, and global problems, taking into account a range of possible levers of power, strategies, and potential outcomes.