

David's Ride

WCBF 6-7

Objective: Students will consider their perspective of others and of themselves and the challenges they face.	IRP PLO(s) addressed: Grade 6, English Language Arts B8: <i>respond to selections they read or view</i> Grade 7, English Language Arts B8: <i>respond to selections they read or view</i>
Materials needed • David's ride for individuals with autism: https://www.youtube.com/watch?v=WSUGkli94nY	

	Teacher guide	Student guide
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Opening	Time 10 min	<p>Ask students if they know about the Gran Fondo. The Gran Fondo is a long-distance road cycling event. Ask students if they would ever do something like this? Why? Why not?</p> <p><i>Sample student response:</i></p> <ul style="list-style-type: none"> • Students may say they would not do this because they do not enjoy cycling, they feel they do not have the physical strength to do so, etc. • Students may say they would do this because they would enjoy the challenge, they want to push themselves, they love cycling, etc. <p>What other challenging things have they tried to do?</p> <p><i>Sample student response:</i></p> <ul style="list-style-type: none"> • Students may say they tried a new sport, they tried to learn a play a musical instrument, they tried to learn a new language, etc. 	<p>Students consider if they could partake in activities they find challenging.</p>
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Pre-Activity	10 min	<p>Watch the video of David Roy, an individual with autism who rode in the Banff Gran Fondo to raise money for the Canucks Autism Network.</p>	<p>Students watch the video.</p>
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Activity	15 min	<p>Ask students what their thoughts are regarding the video? Did anything surprise them?</p> <p><i>Sample student response:</i></p> <ul style="list-style-type: none"> • Students may say they were impressed by David completing the ride, they may say they were surprised he was able to complete the ride, they may feel inspired to try challenging activities. <p>Discuss David's positive perspective and how David does not allow autism to limit him. Have students identify their own challenges. Ask students to consider changing their own perspective and trying something that appears challenging to them.</p>	<p>Students share their thoughts regarding the video.</p> <p>Students consider trying something they find challenging.</p>
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Closure	5 min	Have students write down a positive statement they can say to themselves that will change their perspective to being more positive so that they conquer their challenge. Sample student response: <ul style="list-style-type: none">• Their statements may be: “push yourself and see what happens”, “if you don’t try, you won’t know”, “you miss 100% of the shots you don’t take”, etc.	Students write down a personal positive statement.
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Reflection: What went well? What needs to be changed for next time? What did I observe about my students? What would better facilitate my teaching of this topic? What needs to be considered for subsequent lessons on this topic?