

Sports Stars with Heart

Introduction

This teacher's guide helps students become familiar with the characteristics of a biography while addressing the question: *What makes a good role model?* *Sports Stars with Heart* conveys the idea that these athletes are role models not only for their athletic ability and good sportsmanship but also because they give back to the community. Students will explore this theme as they read about the lives of these athletes.

National Standards

This series supports Language Arts, Health and Physical Education curriculum. Go to www.enslowclassroom.com and click on the Curriculum Correlations tab. Click on your state, grade level, and curriculum standard to display how any book in this series backs up your state's specific curriculum standard.

Classroom Activities

Activities for teaching the five curriculum areas: Reading/Language Arts, Math, Science, Social Studies, and the Arts can be found in this teacher's guide. Students will learn about the characteristics of biographies and examine the traits of role models. They will also learn how Social Studies, Science and Math concepts are related to football and other information found in the book.

Guided Reading Level: W

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Sports Stars with Heart

Teacher's Guide for *LaDainian Tomlinson: All-Pro On and Off the Field*.

Students look up to professional athletes as role models. This biography of football player LaDainian Tomlinson focuses on the theme that he is an inspiring person both on and off the field. Tomlinson never accepted defeat in the face of challenges and because his family didn't have much, understands the importance of helping others. This theme can be identified throughout the book as we read about the struggles he faced growing up and his triumphs on the field.

Share the information below with your students in preparation for reading *LaDainian Tomlinson: All-Pro On and Off the Field*.

What is a biography?

A biography is the written story of a person's life. It is often written about someone famous who has made an important contribution to society. Authors must research the person they are writing about by conducting interviews and reading other sources (see Chapter Notes). Authors collect this information so they can include the important facts that describe what this person is like. Characteristics of this genre may include: Place of birth and death; Information about family and upbringing; Influences; Significant events, such as problems or obstacles they overcame and Goals and accomplishments.

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More information about writing biographies can be found at this Web site:

<www.factmonster.com/homework/wsbiography.html>

Exploring theme: What makes a good role model?

A role model is a person others try to be like because they admire certain traits or qualities of that person. Role models set positive examples through their speech, behavior and actions. very. Role models may be famous, such as athletes and actors, or they may be people we encounter every day, such as parents and teachers. Traits of a role model may include being: Courageous; Respectful; Hard working; Compassionate; Modest; Helpful or Generous

Further ideas for teaching about role models can be found at this Web site:

<www.crayola.com/lesson-plans/detail/footsteps-to-success!-role-models-to-follow-lesson-plan/>

Football Terms

This book contains many terms used in football. These terms can be used as a pre-reading activity to elicit prior knowledge or to provide background knowledge. Definitions for these terms can be found in the glossary of the book and at this Web site:

<http://www.firstbasesports.com/football_glossary.html>

The Five Curriculum Activities

SAFETY WARNING:

Before any activity, make sure your students do not have any allergies to items that you might use. Never use anything which is sharp or may cut a student. Do not use anything too hot or cold which might injure any student. Always have an adult supervise all activities to ensure the safety of your students and provide an appropriate setting, such as a gym or outdoor space, for physical activities.

Reading/Language Arts activity:

Review the characteristics of biographies in the Teacher's Guide. Point out to students that these characteristics are often written about in chronological order. Help students identify the most important events of Tomlinson's life and fill them in on a sequence or flow chart. An example of this chart can be found at: <www.eduplace.com/graphicorganizer/pdf/sequence.pdf>.

Math activity:

Review the Career Achievement Chart on pages 112-113. Tell students that the range is the difference between the largest and smallest values for a list of numbers. In order to find the range for a list of numbers we first put the numbers in order from smallest to greatest. Then we subtract the smallest number from the greatest. Demonstrate how to find the range with a column from the Career Achievement Chart. Have students select a column and find the range for it.

Science activity:

When a football is kicked into the air, it travels in an arc. One factor that determines the distance the ball will travel depends on the angle the ball is kicked. Have students practice kicking a ball into the air at different angles. Have them observe what makes the ball travel shorter or farther distances. Inform them that the path the ball follows is known as projectile motion. Discuss this term and ask students to think of other examples of projectile motion.

Social Studies activity:

Texas Christian University's football team has a history of producing "some of the greatest players in college football" (p.30). Have students brainstorm recent or past sports figures that have made history in their sport. Discuss the event(s) that made them famous and the impact it had on their sport.

Arts activity:

A picture is said to be worth a thousand words. Students should select one of the photos from this book and think about what the photo expresses. What words or phrases do they think of when looking at the photo? Instruct students to think about the action in the photo, how the person or people in the photo may be feeling and how it makes the viewer feel. Have them write down as many words or phrases as they can think of for the chosen photo.

Role models often have certain traits that others value in them. Read through the traits and their definitions and match them to one of the sentences from the book.

Traits:

Courage: to be brave and strong in the face of difficulty

Respectful: to be polite and courteous to others

Compassionate: to understand the suffering of others

Modest: to not think too highly on oneself

Generous: to share or give a lot

1. *In typical Tomlinson style, he was quick to heap praise on others for his accomplishments (p.38).*

Trait: _____

2. *When Tomlinson was a youngster growing up outside Waco, TX he recognized the importance of giving his time and money to other who needed it more—even when he didn't have much money himself (p.63).*

Trait: _____

3. *Tomlinson has established himself not only as one of the best players in the NFL, but also one of the nicest. He is always very friendly to sports reporters who want to talk to him (p. 86).*

Trait: _____

4. *I don't want to be the only one living the good life. I've been blessed, and as things come my way I can keep giving back (p.72).*

Trait: _____

5. *But if there's one thing that can be learned from following the career of LaDainian Tomlinson, it is that he never backs down from a challenge (p.17).*

Trait: _____