Influential Canadians’

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| **Beginning** | **Achieving** | **Proficiency** | **Mastery** |
| Student experiences difficulty explaining the notable accomplishments of their person. | Student is able to explain the notable accomplishments of their person. | Student is able to explain how their athlete contributes to the promotion of their sport through positive actions or by any other means. | Student can explain how athletic hero can motivate others to participate in movement activities. |

What makes a hero? A hero is someone who does exceptional things that others can look up to. Canada’s Northern people have made an impact on the world stage in many different activities, but many are unheard of. Choose one of the First Nations’ athletes from the list below and help to share their story.

Tom Longboat Fred Sasakamoos Carey Price Jordin Tootoo Waneek Horn-Miller Adam Rita Ted Nolan Owen Nolan Bryan Trottier George Armstrong Alwyn Morris Darren Zack.

1. Who is the person you are researching? What are they known for?
2. How did they contribute to the creation of or promotion of their particular activity?
3. Did your athlete have to overcome racism or discrimination? If so explain.

4. What kind of impact can hero’s or mentors have on motivating others to participate in movement activities?