

Who inspires your students?

HERO IN YOU®

Free resources now available

The *Hero In You*® education program brings athletes' stories to life in the classroom and motivates young people to find the champion within.

Curriculum-linked lesson plans feature the journeys of world renowned athletes such as Terry Fox, Rick Hansen, Silken Laumann, Daniel Igali and many more. Our **FREE LESSON PLANS** act as a springboard for students to find a passion in life and to reach for their individual success. Over twenty lesson plans are divided into five units:

- 🏆 Go Canucks Go! **NEW**
- 🏆 Aboriginal Sport
- 🏆 Olympians
- 🏆 In Her Footsteps...
Celebrating BC Women in Sport
- 🏆 History and Heroes



BC SPORTS
HALL OF FAME
AND MUSEUM

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Hero In You® teaches students to set goals, develop personal plans and achieve success through the values of sport.

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HERO IN YOU®

The BC Sports Hall of Fame is pleased to introduce the newest units of the *Hero In You*® education program:
Aboriginal Sport and Go Canucks Go!



Ideal for Grades 4-7

Learn more about runner Angela Chalmers, the 1936 North Shore Indians Lacrosse Team, and the athletes celebrated in the Aboriginal Sport Gallery at the BC Sports Hall of Fame.

Lesson 1: RUNNING featuring Angela Chalmers and the importance of mental fitness

Lesson 2: TRADITIONAL GAMES featuring the 1936 North Shore Indians Lacrosse Team

Unit Bonus: SNEAK PEAK at the Aboriginal BC Sport Gallery proudly housed at the BC Sports Hall of Fame



Ideal for Grades 6-8

Celebrate the 40th Anniversary of the Vancouver Canucks in the National Hockey League and discover an appreciation for the team's milestone moments.

Lesson 1: CANUCKS CAPTAINS

A look at the team's leadership from Orland Kurtenbach in 1970 to Henrik Sedin in 2010

Lesson 2: GREAT MOMENTS IN CANUCKS HISTORY Forty years of hockey, forty years of unforgettable milestone moments

Lesson 3: A LOOK BACK, WAY BACK AT THE EARLY CANUCKS A look at the origin of the team name and more

Lesson 4: VOICES OF THE VANCOUVER CANUCKS featuring Jim Robson, Tom Larscheid, John Shorthouse, and Jim Hughson

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