

Physical Education Lessons

Play 20 questions during PE. Students select an African-Canadian athlete to research. Students imitate the professional athlete in front of class. Then, other classmates guess which athlete the student is imitating.

Select a sport. Highlight African-Canadian athletes from the sport. Display images and/or show videos of the African-Canadian athletes. Have the students discuss the contribution and significance the athletes bring to the sport.

Discuss the progression of the African-Canadian in a particular sport. For example place subsequent baseball players in chronological order: Larry Doby, Barry Bonds, Jackie Robinson and Sam Jethroe. Explain how each player helped in the advancements of Black athletes in baseball. Students may also perform the same activities for other professional athletes, such as these golf players Lee Elder, Calvin Peete, Charles Sifford, Tiger Woods and Althea Gibson.

Study the Harlem Globetrotters during physical education class. Have the students research articles and watch videos of the Globetrotters early performances. Encourage the students to analyze the teams skills, humour and dexterity. Then, have the class form groups to mimic the Globetrotters basketball style.

Students can learn Back History Month in any class. By encouraging the students' participation, learning Black History Month in PE may be motivating and aspiring.