



## Linoy Ashram | Lesson Plan

How do strength, national pride, and grace contribute to achieving greatness?

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Using Linoy Ashram's biography, students will understand the value of strength, national pride, and grace through her journey to becoming an Olympic gold-medal-winning gymnast.

### Learning Objectives:

- Recount key facts about Linoy Ashram's life and achievements.
- Explain the importance of perseverance and national pride.
- Reflect on how hard work and faith can lead to success.

### Key Vocabulary:

- **Rhythmic Gymnastics:** A sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation.
- **Jewish:** Relating to, associated with, or denoting Jews or Judaism. The Jewish people have a history spanning thousands of years, marked by a strong cultural and religious identity. The modern nation of Israel was established in 1948 as a homeland for Jews worldwide.
- **Apparatus:** Five pieces of equipment a rhythmic gymnast uses during her routines, which include the ribbon, hoop, clubs, ball, and rope. In a four-year competitive cycle, the International Gymnastics Federation decides which four of the five apparatus will be used during competition, which is why the rope wasn't used in the Tokyo Games.
- **National Pride:** A feeling of honor and loyalty towards one's country.

**Educational Standards:** CCRA.R.7, CCRA.W.2, CCRA.W.4, CCRA.W.9, CCRA.L.1, CCRA.L.2, CCRA.L.4, CCRA.SL.1, CCRA.SL.2

**Academic Subject Areas:** Biography, Israel, Character Development

### What You'll Need

- Video: *Guess or Mess: Linoy Ashram* (Watch [Here](#))
- Worksheet: *Guess or Mess: Linoy Ashram* (Download [Here](#))
- Book: PragerU Kids biographical book [Sports Legends: Linoy Ashram](#)
- Large paper or poster board for each group, along with markers

### Lesson Plan: Read and Complete (45-60 minutes)

Warm-Up: (10 minutes)

1. Begin with a brief discussion about gymnastics and famous gymnasts. Ask students if they know any athletes who are also known for their hard work and grace.



Scan to watch episode:

2. Introduce Linoy Ashram, a famous Israeli gymnast known for winning a gold medal in the 2021 Olympic Games. Show pictures from the booklet and give a brief overview of her life.

#### Reading and Comprehension Group Work: (25-30 minutes)

1. Divide the students into five groups. Each group will focus on one section of Linoy Ashram's life from the booklet:
  - Group 1: Early Life, What is Women's Rhythmic Gymnastics? (pages 2-3)
  - Group 2: Linoy and Ayelet: The Dynamic Duo, Competing (pages 4-5)
  - Group 3: Service Matters to Linoy, Israel Defense Forces (IDF) (pages 6-7)
  - Group 4: Fun Facts about Linoy, A Moment of Silence (pages 8-9)
  - Group 5: The Power of Tenacity (pages 10-12)
  - Group 6: An Extra Special Win (pages 13-14)
  - As a Whole Class: Key Accomplishments and details about Rhythmic Gymnastics
2. Provide each group with the corresponding section of the Linoy Ashram booklet. Ensure each group has enough copies of their section or access to the digital version of the booklet.
3. Allow time for each group to read their assigned section, taking turns reading aloud. As they read, they should discuss the main ideas.
4. Provide each group with a large piece of paper or a poster board and markers to write down the key points and any interesting facts or quotes they find.
5. Allow each group two minutes to present their findings to the class. After each presentation, provide time for classmates to ask questions and discuss the content.

#### Worksheet Activity: (10-15 minutes)

1. Distribute the "Guess or Mess: Linoy Ashram Worksheet" to each student and allow them time to complete it individually. (Note: The multiple-choice section corresponds to the Guess or Mess episode and can also be used to play along while watching. See below.)
2. Go over the answers as a class, discussing important comprehension questions to ensure understanding.
3. Use the discussion questions from the worksheet to talk about perseverance, national pride, and grace. Encourage students to share their thoughts and personal experiences.
4. Collect worksheets as a formative assessment.

#### Wrap-Up: (5 minutes)

1. Summarize the key points about Linoy Ashram's life, character, and legacy.
2. Encourage students to think of one way they can show perseverance and national pride in their daily lives and to share that idea with a family member or a friend.

#### **Extension Activity:**

**Guess or Mess Trivia Show:** After the lesson, students can participate in the "Guess or Mess" trivia show for Linoy Ashram. Direct students to the multiple-choice section of the worksheet.

Students can play along with the contestants to see if they can answer the trivia questions correctly.