



Kerri Strug | Lesson Plan

What level of determination does it take to become an Olympic athlete?

Using Kerri Strug's biography, students will understand how perseverance and resilience can influence an individual's achievements and legacy.

Learning Objectives:

- Recount key facts about Kerri Strug's life and achievements.
- Explain the importance of perseverance and resilience.
- Reflect on personal challenges and strategies for overcoming them.

Key Vocabulary:

- **Perseverance:** Continued effort to achieve something despite difficulties.
- **Resilience:** The capacity to recover quickly from difficulties.
- **Vault:** A gymnastics event where athletes perform acrobatic moves after launching off a springboard.
- **Stress Fracture:** A small crack in a bone.
- **Philanthropy:** The desire to promote the welfare of others, expressed especially by the generous donation of money to good causes.

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, Historical Figures, Character Development

What You'll Need

- Video: *Guess or Mess: Kerri Strug* (Watch [Here](#))
- Worksheet: *Guess or Mess: Kerri Strug* (Download [Here](#))
- Book: PragerU Kids biographical book *Sports Legends: Kerri Strug*
- 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 sports and famous athletes. Ask students if they know any athletes who are also known for their perseverance and resilience.
2. Introduce Kerri Strug, a famous gymnast known for her incredible performance at the 1996 Olympics. 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 six groups. Each group will focus on one section of Eric Liddell's life from the booklet:

Scan to watch episode:



- Group 1: Kerri Strug, Fun Facts, Childhood, Early Career (pages 2-3)
 - Group 2: Gymnastics (pages 4-5)
 - Group 3: Kerri's Dream, Road to Barcelona, The 1992 Olympics (pages 6-7)
 - Group 4: More Heartbreak, Road to Atlanta (pages 8-9)
 - Group 5: The 1996 Olympics, Kerri's Moment (pages 10-12)
 - Group 6: National Hero, After Gymnastics, A Life of Service (pages 13-16)
2. Provide each group with the corresponding section of the Kerri Strug 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: Kerri Strug 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, resilience, and overcoming challenges. 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 Kerri Strug's life, character, and legacy.
2. Encourage students to think of one way they can show perseverance and courage 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 Kerri Strug. 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.