

Vigorous Virginians

Purpose & SOL

- Students will review famous Virginians throughout history and review some terms associated with them.
- Virginia Studies SOL 4.3, 4.5, 4.6, 4.7, 4.8, 4.9

Materials

- Famous Virginians Cards (see attached)
- Extra space if doing the activity as a Tag game



Introduction

Begin the lesson with a warm up game of Match Me. Have the students mimic your movements. You can also use this time to review some of the content that the students will be using for the lesson.

Implementation

Partner Find

- 1) This lesson will be a modified Partner Find. It will be done using the Kagan Strategy of Quiz, Quiz, Trade.
- 2) Hand each student a card.
- 3) Once they have their card, they may start walking around the room, keeping their card a secret.
- 4) After everyone has received their card and are spread out in the room, give them the signal to find a partner.
- 5) When matched up, Partner A will ask Partner B the question on the card.
- 6) Partner A will praise Partner B if they are correct or coach them if they are incorrect.
- 7) Then they will switch roles with Partner B asking the question that is on their card.
- 8) Once done, they will switch cards and find a new person with which to partner.
- 9) Students will sky punch while they are looking for a new partner.
- 10) Continue the activity until time runs out or students have had a chance to review most of the content.

Cool Down

Have students return to their seats for a set of stretches and deep breathing (either teacher or student led).

Modifications

Movements can be assigned to their answers (for example, if you are correct both partners do 5 hops, if incorrect both partners do 5 toe touches).

This could also be done as a tag game if there is ample space. In which case you would give several students cards and they would be the taggers. If you get tagged, you have to answer the question on the card and then you become the tagger.



www.grfit4kids.org • www.facebook.com/grfit4kids

<u>Vigorous Virginians</u> Automatic IT! (if using this as a tag game)	<u>Clue: The man who tried to start a slave</u> <u>rebellion.</u> Answer: John Brown.
Clue: The "Father of the Constitution" who also wanted compromise. Answer: James Madison.	<u>Clue: The first African American woman</u> <u>to become a bank president in the USA.</u> Answer: Maggie Lena Walker.
<u>Clue: A person that established a secret</u> <u>route to help slaves escape, also known</u> <u>as the "Underground Railroad".</u> Answer: Harriet Tubman.	<u>Clue: The Virginian that is called the</u> <u>"Father of Our Country".</u> Answer: George Washington.
Clue: the General who led the Union to victory. Answer: Ulysses S. Grant.	Clue: the writer of the Virginia Declaration of Rights which was the basis for the Bill of Rights. Answer: George Mason.
<u>Clue: A great tennis player and spokesperson for social change.</u> Answer: Arthur Ashe.	<u>Clue: A civil rights leader that gave the "I</u> <u>Have A Dream…" speech.</u> Answer: Martin Luther King, Jr.

<u>Clue: The father of Pocahontas.</u> Answer: Chief Powhatan.	<u>Clue: The man that spoke out against</u> <u>taxation without representation by saying,</u> <u>" give me liberty or give me death."</u> Answer: Patrick Henry.
<u>Clue: The man who was president when</u> <u>the southern states seceded from the</u> <u>Union.</u> Answer: Abraham Lincoln.	<u>Clue: The man who helped the</u> confederates win the Battle of Bull Run. Answer: Stonewall Jackson.
<u>Clue: The man whose strong leadership</u> <u>helped Jamestown survive.</u> Answer: John Smith.	<u>Clue: The man that wrote the Virginia</u> <u>Statue for Religious Freedom and the</u> <u>Declaration of Independence.</u> Answer: Thomas Jefferson.
<u>Clue: The commander of the army of Northern Virginia.</u> Northern Virginia . Answer: Robert E. Lee .	<u>Clue: The Native American lady who</u> <u>helped the colonists in Jamestown</u> <u>survive.</u> Answer: Pocahontas.
<u>Clue: The man who led a revolt against</u> <u>plantation owners in Virginia.</u> Answer: Nat Turner.	Clue: A slave from Virginia who served in the Continental Army and was given his freedom after the war. Answer: James Armistead Lafayette.

<u>Clue: The man who led the Massive</u> <u>Resistance Movement against the</u> <u>integration of public schools.</u> Answer: Harry F. Byrd.	<u>Clue: The 3 branches of government.</u> Answer: legislative, executive and judicial.
<u>Clue: The document written by George</u> <u>Mason.</u> Answer: The Virginia Declaration Of Rights.	Clue: The Virginians who fought against the English for their independence. Answer: Patriots.
<u>Clue: The site of the last major battle in</u> <u>the war.</u> Answer: Yorktown.	<u>Clue: The Virginians who remained loyal</u> <u>to Great Britain.</u> Answer: Loyalists .
<u>Clue: The first African American to be</u> <u>elected a state governor in the USA.</u> Answer: Douglas Wilder.	<u>Clue: The Virginians who did not choose a</u> <u>side with either Great Britain or the</u> <u>Patriots.</u> Answer: neutralists.
<u>Clue: The document that Thomas</u> <u>Jefferson wrote that declared that the</u> <u>authority to govern belongs to the people</u> <u>rather than the king.</u> Answer: The Declaration Of Independence.	<u>Clue: The home and burial place of our</u> <u>first President.</u> Answer: the Mount Vernon .