

## Components of Each Lesson

**Reading Passage:** Each lesson begins with a reading comprehension passage. Students will learn about famous and not so famous people in America who did extraordinary things. Many of these people never received recognition, or if they did it was not publicized as it could have been.

**Vocabulary:** Students will use context clues to “figure out” the bold-faced vocabulary words in each passage. The importance of context clues cannot be stressed enough. This skill is very important in helping students increase not only their vocabulary skills, but reading comprehension as well.

**Reading Comprehension Questions:** Each section includes reading comprehension questions based on the passage. Inference and “right there” questions are both included.

**Constructed Response:** Many of the weekly lessons includes a constructed response question. Students are able to practice writing constructed responses based on the diversity reading for the week.

## Positive Character Traits

It is important for students to learn about and identify positive character traits of the inspirational Americans they will study in “Inspirational Americans”.

<b>honesty</b>	moral and trustworthy
<b>perseverance</b>	to be determined and persistent
<b>generosity</b>	giving to others
<b>determination</b>	having purpose and willpower
<b>kindness</b>	full of compassion
<b>compassionate</b>	sympathetic and concerned for others
<b>intelligent</b>	bright and smart
<b>trustworthy</b>	able to be trusted
<b>thoughtful</b>	caring and kind
<b>self-reliant</b>	able to rely on one’s self in order to succeed
<b>eager</b>	excited, ready, and willing
<b>energetic</b>	full of energy and liveliness
<b>ambitious</b>	having a strong desire to succeed

# TERMS TO KNOW

## Diversity

- the understanding and appreciating interdependence of humanity, cultures, and the natural environment
- practicing mutual respect for qualities and experiences that are different from our own

## Equity

- fairness
- quality of being fair and impartial

## Inclusion

- the organized effort in which different groups or individuals having different backgrounds are culturally and socially accepted and welcomed
- all groups are equally treated

Regardless of similarities or differences the person the students will learn about may have faced hardships in their lives. They may have also faced discrimination. In spite of difficulties in their lives, they continued to give back to their communities, help and inspire other people.

# Table of Contents

## **Sports Figures: pages 8 - 55**

Apolo Ohno

Muhammad Ali

Jesse Owens

Shaquille O'Neal

Magic Johnson

Jessica Long

Michael Jordan

Kobe Bryant

Bethany Hamilton

## **Scientists: pages 56 - 66**

Garrett Morgan

Lonnie Johnson

## **Physicians: pages 67 - 77**

Dr. Katherine Flores

Dr. Sampson Davis

## **Politicians: pages 78 - 96**

Ben Nighthorse Campbell

Franklin D. Roosevelt

John Lewis

Eleanor Roosevelt

## **Entertainers: pages 98 - 131**

Steve Harvey

Stevie Wonder

Jose Feliciano

Ray Charles

Sean “P. Diddy” Combs

James Earl Jones

Christopher Reeve

**Activists: pages 132 - 164**

Mary Ellen Pleasant

Cesar Chavez

Rosa Parks

Martin Luther King, Jr.

Elizabeth Cady Stanton

Diane Nash

**Miscellaneous & Military: pages 165 - 194**

Henrietta Lacks

Liz Murray

John Merrick

Maya Lin

William Carney

Code Talkers

# **Inspiring Americans**

**Many overcame racial prejudices, handicaps, and other adversities.**

**Through their trials, they worked to better themselves, help others, and be an inspiration to others.**

# Sports Figures

## Week 1: Apolo Anton Ohno

### The Inspirational Story of Apolo Anton Ohno

**A** Apolo was born in 1982 to parents who were of both Japanese and Euro American descent. He was born and grew up in Washington state. Apolo was raised by his father who was a single parent. Not wanting Apolo to have too much **idle**, or free, time after school, his father involved him at an early age with competitive swimming and quad speed roller skating (skates with 4 wheels). He started short-track speed skating (skaters race against each other on an **oval** ice track instead of against the clock) when he was twelve.

**B** By the time he was fourteen years old, Apolo became the youngest skater ever to be **accepted** at the United States Olympic Training Center in Lake Placid, New York. The center is a campus where athletes live and are provided with coaching, training, and the necessary **tools** to help them compete in world championships events. He was so good that he became the first American skater to win a world cup title.

**C** Apolo competed in the 2002, 2006, and 2010 Winter Olympic Games as a short-track speed skater. In total, he collected two gold, two silver, and four bronze medals. Apolo would now be the most decorated American athlete in the history of the Winter Olympics. He was inducted into the U.S. Olympic Hall of Fame in 2019.

**D** Apolo Ohno has become a best-selling author and inspirational speaker since he retired from skating. Helping others succeed and finding success in life is one of his passions. Apolo speaks to others in order to inspire them to pursue new goals and persevere in all aspects of their lives.



# Week 1: Apolo Anton Ohno

**Vocabulary:** Use context clues to write the correct bold-faced vocabulary word from the passage next to its meaning below.

1. extra or spare: \_\_\_\_\_
2. a roundish shape: \_\_\_\_\_
3. instruments or skills: \_\_\_\_\_
4. gotten into: \_\_\_\_\_

**Reading Comprehension:** Read each question below then reread the passage on the previous page to locate the correct answer.

1. Describe Apolo's heritage. \_\_\_\_\_  
\_\_\_\_\_
2. Why did Apolo's father enroll him in swimming and skating? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. Describe Apolo's accomplishments in the field of speed skating.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Week 1: Apolo Anton Ohno

**Reflection:** Think about what each question below means and how it makes you feel. Write and discuss your answers.

1. What events in Apolo's life **inspired** or **encouraged** you the most? Why?

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2. What is different about **Apolo Ohno's** life than your life? Are there any similarities about your life and his life?

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3. What do you think **motivated** Apolo Ohno to work so hard to become successful in his field?

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## Week 1: Apolo Anton Ohno

4. What **positive character traits** are exhibited by Apolo Ohno?

**Positive Character Traits:** \_\_\_\_\_

\_\_\_\_\_

What evidence did you read about in the passage that helps you understand some of those positive character traits? **Explain.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. What would be one important question you would ask Apolo Ohno if given the opportunity? **Explain.**

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\_\_\_\_\_