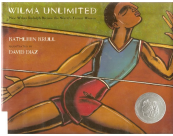


Wilma Unlimited: How Wilma Rudolph Became the World’s Fastest Woman



Story: Kathleen Krull
Illustration: David Diaz
ISBN-13: 978-0152020989
Social Studies: [CCSS.ELA-LITERACY.RH.6-8.2](#); [CCSS.ELA-LITERACY.RH.9-10.2](#); [CCSS.ELA-LITERACY.RH.11-12.2](#)

SYNOPSIS

As a child, Wilma Rudolph was small and sickly. She contracted pneumonia, measles, mumps, and chicken pox. Polio disease partially paralyzed her, and some people thought she would never walk again. In school, Wilma was teased by her peers because she walked with a metal brace. As an African-American person in Tennessee, she had limited access to opportunities. Despite these challenges, in the 1960 Summer Olympics in Rome, Wilma Rudolph was the first American woman to win three gold medals in a single game.

DISCUSSION

Show the class a 5-minute [interview](#) with Wilma Rudolph. **Say:** *The book and this interview show us the importance of intrinsic motivation. Write the phrases “intrinsic motivation” and “extrinsic motivation” on the board.* **Say:** *Sometimes, we work hard and overcome challenges because of external rewards such as good grades or making an impression on other people—this is called extrinsic motivation. However, intrinsic motivation, which is what inspires us and is deeply meaningful to our lives, is the most powerful force that drives achievements.* **Say:** *I will now read to you five common ways people motivate themselves. (1.) Setting personal goals. (2.) Starting small and making steady progress. (3.) Not letting fear stop us. (4.) Finding ways to reward ourselves. (5.) Not*

paying attention to put-downs, stereotypes, or pressure by others. Ask students to identify which factors inspired Wilma, using details from the story or interview to support their claims. **Say:** *We all use forms of extrinsic and intrinsic motivation in our lives to set and achieve our goals. Who can give me an example of a time when they have used intrinsic motivation?*

GROUP ACTIVITY

Say: *Today we will create Profiles of Positive Role Models. Think about a person who is your role model. It can be someone famous or someone who you know personally. You should include the following information in your profile: (1) What makes him or her a role model? (2) What challenges has this person overcome? And, (3) What virtues (for example, perseverance or social responsibility) has this person demonstrated?* **Distribute** A4 paper and markers and **allow** students to conduct online research, if feasible. **Display** students’ work on the classroom wall and **encourage** them to refer back to these profiles for inspiration.

HOMEWORK/EXTRA CREDIT

Say: *At home, write at least two paragraphs in response to the following writing prompt: “What are the three most important qualities of a positive role model?” Support your arguments using at least one example of a role model. Compare your example of a role model to Wilma Rudolph. What do they have in common? How do they differ? What does this say about positive role models and their characteristics?*



RESOURCEFULNESS REQUIRES INITIATIVE

Being resourceful means applying my knowledge and skills to solve problems creatively and independently. It requires that I keep trying even when solutions do not come easily.

Bell RingerName:

For each word identified below, write your understanding of its meaning or "I don't know."

Word or Phrase	What Does it Mean?
Endurance	
Sportsmanship	
Tenacity	
Determination	
Resolve	

Exit Ticket

Name: _____

Define each word and connect it to the story.

What Does it Mean?	
ENDURANCE	
Define	
Link to the Story	
SPORTSMANSHIP	
Define	
Link to the Story	
TENACITY	
Define	
Link to the Story	
DETERMINATION	
Define	
Link to the Story	
RESOLVE	
Define	
Link to the Story	

Total score (out of 5 points): _____

(Each answer is worth 0.5 point; to be completed by the teacher)