

A Gallery of Heroes

Heroes for the Future – Session B

Learning Objective: To be able to identify suitable heroes and heroines

Resources:

1. Large sheets of paper, pens, other art or drawing materials
2. Internet access to research heroes

A Gallery of Heroes

Introduction - 10 minutes

We are going to assemble a Gallery of Heroes. Each student can choose a hero whose life story or heroic actions they wish to illustrate.

Discussion – 20 minutes

Ask children to identify other heroes from the past or the present, from any walk of life, from sport or politics or the emergency services, local or well-known. As their names come up discuss their qualities and whether they are worthy of hero status.

Research – 20 minutes

You can use the Internet, the photographs and notes provided in the pack or any other source of information.

Design – 30 minutes

Using photos, drawings, artwork and written work describe your hero and explain why they are inspiring.

Create – 10 minutes

Assemble your Gallery of Heroes on the wall or on tables.

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Is President Barack Obama your hero?

Barack Obama became the first black president of the United States in 2009.

He grew up in Hawaii, where he lived in a small apartment with his grandparents. His parents separated when he was young. Barack's mother is a white American woman and his father, who was killed in a car crash, was a black African, from Kenya.

Barack worked really hard at school and got into Columbia University in New York. He hated the racism he encountered and became a community organiser in Chicago helping poor people to improve their living conditions. He went on to study law at Harvard Law School.

When he graduated he turned down a prestigious job, choosing instead to go back to Chicago and practice civil-rights law on behalf of people who had been victims of discrimination. In Chicago he became involved in politics, representing some of the poorest ghettos on the South Side. He also met his wife Michelle. They now have two daughters, Malia, aged 11 and Natasha, aged 8.



Is Ernest Shackleton your hero?

Sir Ernest Shackleton (1874-1922) has been called 'the greatest leader ever.' He was an explorer at a time when Antarctica was an environment as unknown and as hostile as the moon is today. Shackleton competed with other great men such as Captain Scott and Roald Amundsen to be the first man to reach the South Pole.

He took part in a number of Antarctic expeditions including the Nimrod Expedition in 1909 in which, after crossing hundreds of miles of glaciers, mountains and crevasse fields, he made the difficult decision to turn back just 97 miles short of the pole. In doing so he saved the lives of the men who accompanied him.

This was followed in 1914 by the Endurance Expedition. Disaster struck when his ship, *The Endurance*, became trapped in the ice and sank, leaving Shackleton, his men and their dogs stranded on sheets of ice floating in the sea. An incredible journey followed, with the men defying all odds and surviving on a diet of seal meat and penguins in unimaginably hostile conditions with temperatures reaching minus forty degrees.

They managed to reach a tiny, uninhabited island, where they constructed a shelter from an upside down lifeboat. The explorers lived there for almost a year before Shackleton and a small group set off on an 800 mile voyage in search of rescue. Amazingly they all survived.



Born on 8 July 1976

Age 4 – First experienced sailing with her aunt.

Age 13 - Bought her first boat, a dinghy which she kept in her bedroom.

Age 18 – Sailed alone around the British Isles

Age 20 – Sailed alone across the Atlantic.

Age 29 – Beat world record for single-handed, non-stop circumnavigation of the globe and was made Dame Ellen MacArthur.

Is Ellen MacArthur your hero?

Ellen MacArthur is best known for sailing alone around the world, which she first did in 2001, aged 25.

She was born in Derbyshire where she lived with her parents, two brothers and Border Collie Sheepdog *Mac*. She became interested in sailing because she wished to emulate her idol, Sophie Burke and because she loved reading Arthur Ransome's *Swallows and Amazons* books. Ellen saved her school dinner money for eight years in order to buy her first boat, which she named *Threp'ny Bit*. She sellotaped a real Threp'ny Bit onto the bow.

She has broken a number of records in her sailing career. In 2005 she achieved international reknown when she sailed single-handed and non-stop around the world. This journey of 27,354 nautical miles took her 71 days, 14 hours, 18 minutes and 33 seconds thus beating the world record. Sailing alone for long periods has required immense psychological strength as well as amazing skill, fitness and physical strength.

Ellen was made a Dame Commander of the Order of the British Empire in recognition of her achievement. At 29 years old she was the youngest ever recipient of this honour

In 2003, she set up The Ellen MacArthur Trust to take young people, aged between 8-18, sailing to help them regain confidence when recovering from cancer. Ellen said "These are really special kids. I face challenges out on the water, but these are challenges that I choose. They don't have this luxury. They battle against something harder than many of us could ever imagine and they do it with the biggest smiles on their faces. To me they are truly inspirational."

Insert your picture here

Isyour hero?

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Some More Heroes to Research

There are many different kinds of heroes from the past and from the present. The list below contains historical heroes, sporting heroes, political heroes and heroes from other walks of life.

David Beckham	Alexander the Great
Roger Bannister	Anne Frank
Martin Luther King	Saint Anthony of Padua
Tani Grey Thompson	Albert Einstein
Johnny Wilkinson	Edmund Hillary
Steve Redgrave	Alan Sugar
Ben Fogle	Joe Simpson
Nelson Mandela	Lance Armstrong
Kelly Holmes	Marie Curie
Winston Churchill	Aung San Suu Kyi
Mother Theresa	John MaCarthy
Emmeline Pankhurst	Steve Irwin
Captain Scott	Muhammed Ali
Jane Tomlinson	Queen Victoria

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