



# I AM UNCONQUERED ACTIVITY PACKAGE

English, Language Arts  
Lesson Plans  
Grades K – 4



# I AM UNCONQUERED ACTIVITES

In 1875, English poet William Ernest Henley wrote *Invictus*, a poem that has long served as inspiration for those facing adversity or challenges in their lives. The word *Invictus* means “unconquered”.

I AM is the motto for the Invictus Games and is inspired by the last two lines of *Invictus*: “I am the master of my fate: I am the captain of my soul.” “I AM” reflects and defines the Invictus Games’ core purpose: to provide a platform for personal achievement, to compete not just against each other, but against oneself.

The Invictus Games Vancouver Whistler 2025 will bring together over 500 wounded, injured, and sick military service members and Veterans from around the world on a courageous journey of recovery through the healing power of sport. Their inspiration comes directly from “I AM Unconquered.”

## Objective

Students will be able to:

- learn about the Invictus Games and gain an understanding about the meaning of *Invictus*
- explore their I AMs through multiple activities
- develop vocabulary related to the Games that is useful elsewhere in their lives

## Target audience

These activities are suitable for grades K-4. The content of this lesson plan is suited for Language Arts, Fine Arts and Physical & Health Education. Activities can be modified to fit available time or can be stretched out over multiple days.



# TEACHER NOTES

## Introduce the Invictus Games

1. Introduce the Invictus Games by watching “Welcome to the Invictus Games Vancouver Whistler 2025” video on Classroom Resources main page under Additional Resources (2.45) and/or reading the introduction on the next page. Written introduction features opportunities for questions and discussion.
2. View the Gallery of Hero PPT images on Additional Resources to provide a sense of what these Games look like.
3. Use a chart board, black board, or white board to record responses as you discuss what the students see or notice in the images.
4. View the video [I AM Invictus | #ShareYourIAM \(youtube.com\)](#) (1:53 mins). Then view the gallery of “Find Your I AM” images and have students think of a word for themselves. You can write these on the board and then they make their own boards using the downloadable template. Students can present to the class and explain why they chose their I AM. Encourage other languages or even art as expression.
5. Word Searches – depending on level of students [Link to Worksheets]
  - a. option to complete as a class; when someone finds a word everyone uses it in a sentence either verbal or written
  - b. option to work in pairs and use each word in a sentence after it is found
  - c. challenge to change words into new words i.e. “fun” becomes “funny”
  - d. integrate math by counting the number of letters in each word
6. Acrostic Poems – use the worksheets provided [Link] or have students create their own acrostic poem using the word they chose for their “I AM”; can decorate with artwork, coloured paper, sparkles & other decor.
7. Cloze Activity – after watching the introductory video and reading the class the introduction, complete the cloze activity in small groups or as a class to continue building on vocabulary.
8. Trivia – use this activity as a way to learn more about the Invictus Games.

The Invictus Games Vancouver Whistler 2025 would like you to be part of the Invictus community. Post your students’ work online with the hashtag **#ShareYourIAM** and tag @invictusgames25

When taking photos of your students’ work, make sure there are no student identifiers in the picture.

## INTRODUCTION TO THE INVICTUS GAMES

The Invictus Games Vancouver Whistler 2025 are coming February 8-16, 2025, bringing over 500 competitors from up to 25 different nations. The Games are for people in the military who are wounded, injured, or sick. Some of the men and women competing are still serving in the military and some are Veterans.

A Veteran is someone who has served in the military and is no longer doing so.

***[Question opportunity: Does anyone in the classroom have a connection to the military? Do they want to share?]***

The Games are important for these wounded, injured, and sick service members and Veterans from around the world as a way for them to heal through the power of sport. They are on a courageous journey of recovery that they share with their family and friends. Each competitor will be allowed to bring two family or friends with them to the Invictus Games for support.

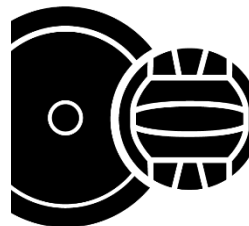
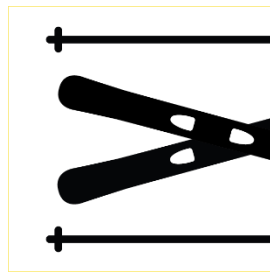
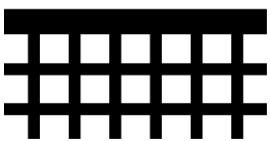
***[Discussion opportunity about friends and family and support networks to help people get through life's struggles.]***

The Invictus Games Vancouver Whistler 2025 marks the first time winter sports will be included in the Invictus Games, making it the first-ever winter hybrid Games.

The new winter sports are alpine Skiing and Snowboarding, Nordic Skiing, Biathlon, Skeleton, and Wheelchair Curling.

The traditional Invictus Games sports they will compete in are Sitting Volleyball, Wheelchair Basketball, Wheelchair Rugby, Indoor Rowing, and Swimming. All of these sports are adaptive, which allows for everyone to participate.

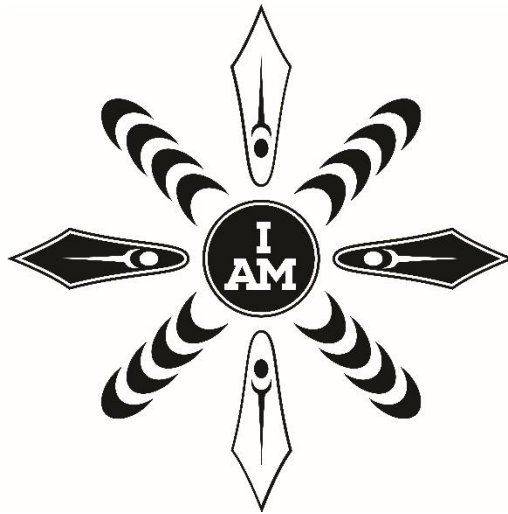
***[Discussion opportunity about adaptive sport, some of the equipment and how that promotes inclusivity. Ask students to share their favourite sport/activity or hobby and explore how it can be adapted to be more inclusive.]***



## INTRODUCTION TO THE INVICTUS GAMES (Continued)

The Invictus Games Vancouver Whistler 2025 will be held on the traditional territories of the Liłwat7úl (Liłwat), xʷməθkʷəyəm (Musqueam), Sḵwxwú7mesh (Squamish) and səliłwətał (Tsleil-Waututh) Nations. The Invictus Games Vancouver Whistler 2025 are working closely to ensure they respond to Canada's Truth & Reconciliation Commission Calls to Action and ensure Indigenous protocols are respected in all aspects of the Games.

As the competitors train for this competition, they proudly say, "I am Invictus". Invictus means 'Unconquered'. [**Discuss this concept with the students.**]



I AM is the motto for the Invictus Games and is inspired by the last two lines of the poem *Invictus* by English poet William Ernest Henley: "I am the master of my fate, I am the captain of my soul." I AM reflects and defines the Invictus Games' core purpose: to provide a platform for personal achievement, to compete not just against each other, but against oneself."



## **Vocabulary list (can adapt for your needs and add your own):**

|             |                 |             |                |
|-------------|-----------------|-------------|----------------|
| Invictus    | resourcefulness | confidence  | healing        |
| unconquered | competitors     | inspiration | hybrid         |
| military    | nations         | fortitude   | service member |
| Veteran     | adaptive        | unity       | reconciliation |
| respect     | inclusive       | resilient   | shared journey |

### **For younger grades:**

|       |       |        |          |
|-------|-------|--------|----------|
| sport | fun   | share  | Invictus |
| play  | cheer | family | journey  |

***[Discuss the vocabulary and their definitions. Can describe how they relate to the Games and how they can be used in life in general. Guided practice - divide students into small groups for activities.]***

## **Invictus Games Word Search Activity**

- Teachers can create their own word search with preferred vocabulary or can select from the prepared worksheets [HERE](#)
- Options for learning laid out in Teacher Notes section

## **Acrostic Poem Activity**

- Explain that an acrostic poem is a type of poem where the first letter of each line spells out a word
- In this example, the poem features the word "inspired", and each line of the poem will start with the letters of the word "inspired"
- Model the activity with another word, e.g. "Inspired" – Assign each group a different word from the vocabulary to create an acrostic poem. Or, have each group do their own take on an acrostic poem using "Invictus"

Sample Acrostic Poem:

**I**magine new things,  
**N**ever stop dreaming,  
**S**o much to see,  
**P**lay and create,  
**I**deas will grow,  
**R**ealize your dreams,  
**E**very day's bright,  
**D**ream big and shine.

- Once students do their I AM, they could also create their own acrostic poem based on their word

## I AM Unconquered Cloze Activity (Grade 3 & 4)

The Invictus Games Vancouver Whistler 2025 are coming next \_\_\_\_\_, bringing over 500 competitors from up to 25 different nations. The Games are for people \_\_\_\_\_ who are wounded, injured, or sick. Some of the men and women competing are still serving in the military and some are \_\_\_\_\_.

A Veteran is someone who has experience and expertise in a certain job but is no longer serving in the military.

The Games are important for these wounded, injured, and sick service members and Veterans from around the world as a way for them to heal through the \_\_\_\_\_. They are on a courageous journey of \_\_\_\_\_ that they share with their \_\_\_\_\_. Each competitor will be allowed to bring two family or friends with them to the Invictus Games for support.

The Invictus Games Vancouver Whistler 2025 marks the first time \_\_\_\_\_ sports will be included in the Invictus Games, making it the first-ever winter hybrid Games.

The new winter sports are Alpine Skiing and \_\_\_\_\_, Nordic Skiing, Biathlon, Skeleton, and Wheelchair \_\_\_\_\_.

The core sports they will compete in are Sitting \_\_\_\_\_, Wheelchair \_\_\_\_\_, Wheelchair Rugby, Indoor Rowing, and \_\_\_\_\_. These sports are \_\_\_\_\_, which allows for everyone to participate.

The Invictus Games Vancouver Whistler 2025 will be held on the unceded territories of the Líl'wat7úl (Líl'wat), xʷməθkʷəy̓əm (Musqueam), Sḵwxwú7mesh (Squamish) and səliłwətał (Tsleil-Waututh) Nations. The Invictus Games Vancouver Whistler 2025 are working closely to ensure they respond to Canada's Truth & Reconciliation Commission Calls to Action and ensure Indigenous protocols are \_\_\_\_\_ in all aspects of the Games.

As the competitors train for this competition, they proudly say, "I am Invictus". Invictus means \_\_\_\_\_.

I AM is the motto for the Invictus Games and is inspired by the last two lines of the \_\_\_\_\_ *Invictus* by English poet William Ernest Henley: "I am the master of my fate, I am the \_\_\_\_\_ of my soul." I AM reflects and defines the Invictus Games' core purpose: to provide a platform for personal achievement, to \_\_\_\_\_ not just against each other, but against oneself."

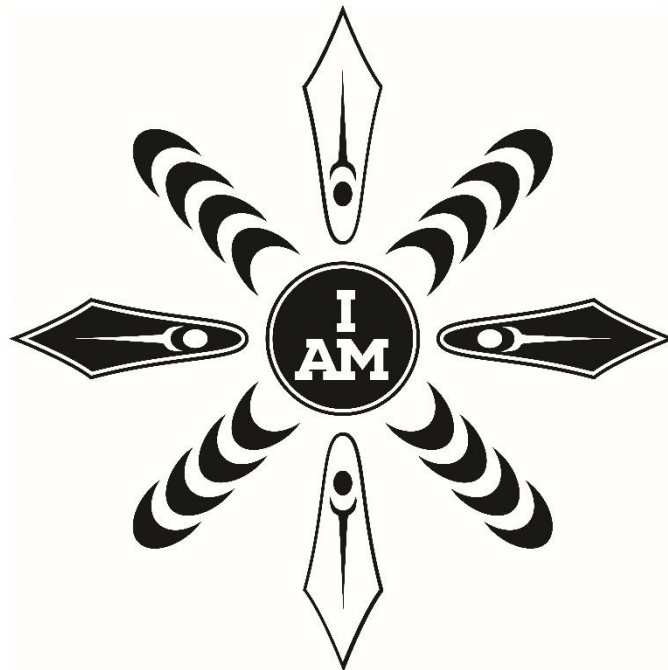


**Words for cloze activity:**

family & friends  
captain  
unconquered  
Basketball  
Swimming  
poem

compete  
Curling  
recovery  
respected  
Snowboarding  
winter

Volleyball  
February  
in the military  
adaptive  
power of sport  
Veterans



## I AM UNCONQUERED CLOZE ACTIVITY (K-GRADE 2)

The Invictus Games Vancouver Whistler 2025 are coming next \_\_\_\_\_.

The Games are for people in the military who are \_\_\_\_\_,  
\_\_\_\_\_, or sick. They use sport to \_\_\_\_\_ from their injuries.  
Some of the competitors are still serving in the military and some are  
\_\_\_\_\_.

Each competitor will be allowed to bring \_\_\_\_\_ family or friends with them  
to the Invictus Games for support.

As the competitors train for this competition, they proudly say, "I am Invictus". Invictus  
means \_\_\_\_\_.

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included in the Invictus Games, making it the first-ever winter hybrid Games. The new  
winter sports are Alpine Skiing and \_\_\_\_\_, Nordic Skiing,  
Biathlon, \_\_\_\_\_, and Wheelchair Curling.

The core sports they will compete in are Sitting Volleyball, Wheelchair  
\_\_\_\_\_, Wheelchair Rugby, Indoor Rowing, and  
\_\_\_\_\_. These sports are adaptive, which allows for everyone to  
participate.

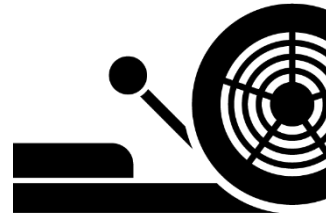
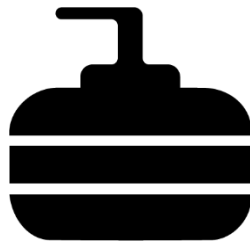
### Words for cloze activity:

unconquered  
Veterans  
Snowboarding

two  
wounded  
Basketball

Skeleton  
Swimming  
February

injured  
heal



# The Invictus Games Trivia Challenge

## Setup:

- Gather students in a circle or at their desks/create teams.
- Prepare a mix of trivia questions related to the Invictus Games.

## Rules:

- Each student takes turns answering a question.
- If they answer correctly, they earn a point for their team.
- Use fun rewards like stickers or small prizes for participation.

## Sample Trivia Questions:

1. \*\*What are the Invictus Games?\*

- A) A video game
- B) A sports event for wounded veterans
- C) A cooking competition

(Correct answer: B)

2. \*\*Which country is hosting the next Invictus Games?\*

- A) Australia
- B) Canada
- C) United Kingdom

(Correct answer: B)

3. \*\*What year did the first Invictus Games take place?\*

- A) 2014
- B) 2016
- C) 2018

(Correct answer: A)

4. \*\*Where did the first Invictus Games take place?\*

- A) France
- B) United States
- C) United Kingdom

(Correct answer: C)

5. \*\*What does the word "Invictus" mean?\*

- A) Winner
- B) Brave
- C) Unconquered

(Correct answer: C)

6. **\*\*How many sports are featured in the Invictus Games Vancouver Whistler 2025?\***

- A) 11
- B) 9
- C) 15

(Correct answer: A)

### **Wrap-Up:**

- Celebrate the winning team and encourage everyone to share something they learned about the Invictus Games.
- Consider discussing the values of courage, resilience, and teamwork represented by the event.

### **Creative Expression**

- Create a poster – have half the class do posters to encourage people to come to the Invictus Games and half the class do posters to support/cheer on the competitors

### **Conclusion and review**

Review Key Concepts:

- Reinforce vocabulary highlighting the ability for students to use it in their own lives

Reflective Questions:

- Ask students to continue to think of their I AM and reflect how it might change from day to day; what stays the same, what changes?
- Encourage students to share and discuss their I AM at home with family

I  
AM

INVICTUS  
GAMES  
VANCOUVER • WHISTLER 2025

