



# CREATE YOUR BIOGRAPHY

English, Language Arts  
Lesson Plan  
Grades 5 – 8



# CREATE YOUR TEAM BIOGRAPHY

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, and to compete not just against each other, but against oneself.

Team Canada competing at the Invictus Games Vancouver Whistler 2025 was introduced in July. This team of wounded, injured, and sick warriors are embarking on an exciting journey together, using the power of sport to heal from their injuries.

Their biographies, listed on the Soldier On website can serve as inspiration for students to write their own biography to share with the team (your class).

Having students write their biographies will be a collaborative adventure where each student brings their unique skills and experiences to the table. Just as in any great team, students’ individual stories are distinct and valuable, and they will contribute to the rich tapestry of your classroom.

This project isn’t just about writing; it’s about discovering and sharing what makes you who you are. So, dive in and explore how personal experiences can inspire and connect a group to become a team!

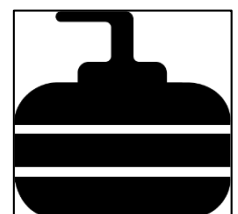
## Objective

Students will be able to:

- research biographies of Invictus Games 2025 Team Canada competitors or alumni as well as those from other participating nations
- reflect on their own journey, what makes them unique, what their skills are, what they are challenging themselves with, etc.
- use the template to write their biography incorporating learned vocabulary

## Target Audience

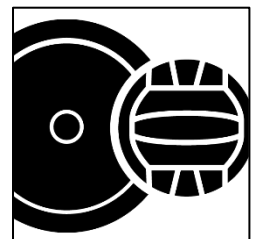
This activity is suitable for grades 5 to 8 but may be modified for older audiences. This lesson can also be modified to fit available time or can be stretched over multiple days.



# TEACHER NOTES

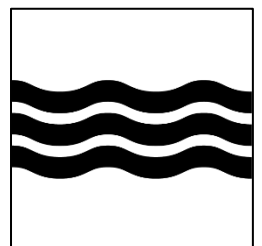
## Day One: Introduce the Invictus Games

1. Introduce the Invictus Games by watching “Welcome to the Invictus Games Vancouver Whistler 2025” video on Intermediate/Middle School main page under Additional Resources (2.45 mins) ([https://youtu.be/X53KCVjf8\\_k](https://youtu.be/X53KCVjf8_k))
2. Give students “**The Invictus Games: Student Information Handout**”, Either go over the handout with the class or have them read it independently.
3. View the video [I AM Invictus | #ShareYourIAM](https://www.youtube.com/watch?v=O1j_vvyNJgs) (1.52 mins) ([www.youtube.com/watch?v=O1j\\_vvyNJgs](https://www.youtube.com/watch?v=O1j_vvyNJgs)), then view the Gallery of Heroes from Additional Resources on the Intermediate/Middle School main page to provide a sense of what these Games look like and the competitors who are a part of them.
4. Use a chart board, blackboard, or whiteboard to record responses as you discuss what the students see or notice in the images. Focus on the adaptive equipment, the competitor’s challenges that they deal with, and the personality traits that the Invictus Games inspire.
5. Select and read two or three inspirational biographies from Team Canada 2025 members, as hosted on the Soldier On site [Meet the Team - Invictus Games](https://www.soldieron.ca/team-canada/invictus/meet-team) ([www.soldieron.ca/team-canada/invictus/meet-team](https://www.soldieron.ca/team-canada/invictus/meet-team)) Students can also read about competitors from previous Games in the Soldier On archives [Past Games Archive - Invictus Games \(soldieron.ca\)](https://www.soldieron.ca/past-games-archive) Follow up with a short discussion about what makes for an interesting biography. Discuss some of the featured vocabulary.
6. Encourage students to think about how they would write their own biography. It does not have to be sport-oriented and should be viewed as an inclusive activity for all learners.



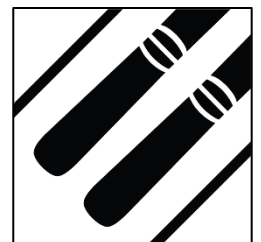
## Day Two: Biographies

1. Show the class, [Invictus Games Vancouver Whistler 2025 sport competition events schedule \(youtube.com\)](https://www.youtube.com/watch?v=ftOuyNPHgI) (1.57 mins) ([www.youtube.com/watch?v=ftOuyNPHgI](https://www.youtube.com/watch?v=ftOuyNPHgI)) and discuss the idea of the events and experiences that make us who we are. Also discuss the challenges that the competitors are overcoming and how that changes their story.
2. Have students explore and discuss Team Canada biographies at [Meet the Team - Invictus Games](http://www.soldieron.ca/team-canada/invictus/meet-team) ([www.soldieron.ca/team-canada/invictus/meet-team](http://www.soldieron.ca/team-canada/invictus/meet-team))
3. Students can also research biographies from other participating nations at [Invictus Games \(invictusgamesfoundation.org\)](http://www.invictusgamesfoundation.org/invictus-community-nations/) ([www.invictusgamesfoundation.org/invictus-community-nations/](http://www.invictusgamesfoundation.org/invictus-community-nations/))
4. Show [Mark Beare's Story – IG25 Participating Nations Training Camp 2024](https://www.youtube.com/watch?v=7oDX55MKyFo) (2.27 mins) (<https://www.youtube.com/watch?v=7oDX55MKyFo>)
  - a. Ask students to discuss in small groups and share out, what makes an interesting biography and what information should be included.
5. Give students the handout, "**My Biography**" and have students fill in as many ideas as they can into each of the boxes.
6. You can assess this activity, or to further the learning, you could have students use this handout as a brainstorming tool and have them write their biography in paragraph or essay format.



## Extensions

- Incorporate time for students to “present themselves” to the class as part of the overall team.
- Have students watch [Invictus Games Vancouver Whistler 2025 sport competition events schedule \(youtube.com\)](https://www.youtube.com/watch?v=ftOuyNPHgI) (1. 57 mins) ([www.youtube.com/watch?v=ftOuyNPHgI](https://www.youtube.com/watch?v=ftOuyNPHgI)) again and this time, focus their attention to the various sports and adaptive equipment being used.
  - Have students work in pairs or trios to research one of the sports that will be featured at the Invictus Games Vancouver Whistler 2025. They could find the basic rules, the adaptive equipment that is used as well as a short video clip of their sport in action. Pairs or trios could present their findings to the class.
- ***The Invictus Games Vancouver Whistler 2025 would like you to be part of the Invictus community and post your students’ work online with the hashtag #ShareYourIAM and tag @invictusgames25. You can also have them share their I AM on the attached template. Their I AM is a word (or a few words they feel describes themselves).***
  - *When taking photos of your students’ work, make sure there are no student identifiers in the picture.*



# THE INVICTUS GAMES: STUDENT INFORMATION HANDOUT

The Invictus Games Vancouver Whistler 2025 is 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.

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

The Games will bring together these service members and Veterans on a courageous journey of recovery through the healing power of sport. Invictus means 'unconquered'.

Prince Harry, The Duke of Sussex, is the Patron of the Invictus Games Foundation and founder of the Invictus Games, which has so far been held in:

London 2014  
Orlando 2016  
Toronto 2017

Sydney 2018  
The Hague 2022  
Dusseldorf 2023

The Games coming to Whistler and Vancouver are unique in that it will be the **first-ever Winter hybrid Games** including:

- alpine skiing
- snowboarding
- Nordic skiing
- biathlon
- skeleton
- wheelchair curling

The **core sports** that have been included at other Games are:

- wheelchair rugby
- wheelchair basketball
- sitting volleyball
- indoor rowing
- swimming

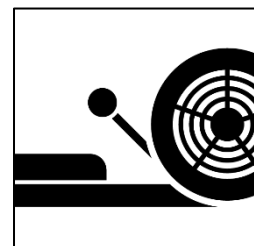
***[Discuss: Which of these sports would you like to do or try? Have you tried any adaptive sports?]***

The Invictus Games Vancouver Whistler 2025 will be held on the traditional territories of the following Nations:

Lil'wat7úl (Lil'wat)  
x̣ẉṃə̣θ̣ḳẉə̣ỵə̣ṃ (Musqueam)

Ṣḳẉx̣ẉụ́7̣mesh (Squamish)  
ṣəḷiḷẉə̣ṭə̣ł̣ (Tsleil-Waututh)

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.



# MY BIOGRAPHY

Name:

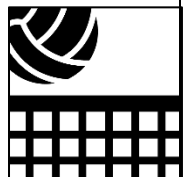
Age:

Grade:

**Introduction:** where you were born, where you live (city, province), family structure i.e. do you have siblings?

**Skills and Achievements:** Think of all the skills you have, both in school and in your personal life. List these in bullet points. Also, include any achievements you can think of.

**Meaningful Experiences:** What experiences have taught you a life lesson or maybe changed your thinking in some way? Explain 2 – 3 different events and how they changed you or what you learned about yourself.



**Hobbies/Personal Interests:** Think of all the various hobbies you have or extracurricular activities you are involved in. List these below.

**Challenges:** What are you learning/practicing or challenging yourself with?

**Goals:** What are some goals you have set for yourself in school and your personal life?

**Inspiration:** What motivates you to get things done for school, to accomplish things in your personal life, or to be a certain kind of person?

**Contributions:** What are the best qualities that you contribute to your friend group, your class, your families, and/or to community teams or groups?

**Quote:** Find a few quotes that speak to you, inspire you, or are words you live by.





I  
AM

INVICTUS  
GAMES  
VANCOUVER • WHISTLER 2025

