

# NORTH STAR 3e Level 4

Name \_\_\_\_\_

## Video Activity Worksheet

### Unit 2: Overcoming Obstacles

#### *Dick Traum and the Achilles Track Club*

### Comprehension

#### Predict

*This video profiles Dick Traum, the founder and president of the Achilles Track Club, an organization that encourages people with disabilities to participate in challenging athletic events. Before you watch the video, answer the following question.*

How do you think participating in athletic events help people with disabilities?

#### Focus

*Watch the video. Answer the following question.*

How many members of the Achilles Track Club will run in the marathon?

#### Comprehension A

*Do these statements have a positive or negative meaning? Choose Positive or Negative for each statement. Circle P or N.*

- |  |   |   |
|--|---|---|
| 1. My perception ...was one of being on the sidelines.               | P | N |
| 2. It's more about starting than it is about finishing.              | P | N |
| 3. Achilles Club members lean on each other and push each other.     | P | N |
| 4. No one really pays attention to the fact they're disabled or not. | P | N |

#### Comprehension B

*Choose the correct number.*

- |          |  |   |   |    |      |
|----------|--|---|---|----|------|
|          | 6  | 9 | 8 | 40 | 1983 |
| 1. _____ | the year the Achilles Track Club started                       |   |   |    |      |
| 2. _____ | the number of Achilles runners the first year of the club      |   |   |    |      |
| 3. _____ | the number of New York City Marathons Andrea DeMello has run   |   |   |    |      |
| 4. _____ | the number of times Greta Weitz won the New York City Marathon |   |   |    |      |
| 5. _____ | the number of countries represented in the Achilles Track Club |   |   |    |      |

### Speaking

*Choose one of the topics. Record and submit a one-to two-minute response.*

- Greta Waitz says that watching Achilles runners “puts our own lives in perspective.” What does she mean by this? Do you agree or disagree?
- Read the statements in Comprehension Exercise A again. Put these statements in your own words and discuss what they mean to you.

### Writing

*Seeing people overcome great obstacles can be a source of inspiration for meeting challenges in our own lives. Write about a person who serves (or has served) as an inspiration for you.*

