

ZAMASAMA PRESENTS

A Guide for Teachers and Parents



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THEMES

Biography

Social & Emotional Learning (SEL)

Sports (Archery)

Perseverance and Determination

LEARNING OUTCOME

Children will be able to:

- Understand the basics of archery as a sport.
- Learn about the role of determination and consistent effort in achieving goals.
- Reflect on how physical training and mental focus contribute to success.
- Explore the cultural history of archery and its transformation into a modern Olympic sport.
- Be inspired by role models from different countries and backgrounds.

LESSON PLAN

This biography-based lesson celebrates the power of sports in shaping lives, especially for girls. Children will discuss the value of determination, learn about archery, and explore how traditional skills are still relevant in the modern world.

Discussion Questions

Before Reading:

- What do you know about archery?
- Have you ever seen someone using a bow and arrow?
- What do you think it takes to be a good archer?

During Reading:

- What challenges did Aung Ngeain face?
- How did she train to get better?
- What helped her stay focused on her goal?

After Reading:

- What qualities made Aung Ngeain a great archer?
- Can you think of a time when you practiced something and got better?
- Why is it important to believe in yourself?

Activities:

- Archery Basics: Learn about parts of a bow and how the sport is played (use visuals if possible).
- History Hunt: Create a timeline of archery in history—from hunting to Olympics.
- My Goal Chart: Students write or draw one thing they want to get better at and how they will practice.
- Strong Mind, Strong Body: Discuss how sports and activities help our bodies and minds grow.

RELEVANT ZAMASAMA STORIES

- [Zanele Situ](#) – Overcoming disability to become a Paralympic champion
- [The Scientist: Dr Firdausi Qadri](#)– Dedication to science and service
- [Catching the Moon](#):

RELEVANT SDGS

Applicable SDGs:

- SDG 3: Good Health and Well-being
- SDG 4: Quality Education
- SDG 5: Gender Equality

SDG Explanation

- SDG 3: Promotes physical health and wellness through sport.
- SDG 4: Highlights learning through practice and mentorship.
- SDG 5: Breaks gender stereotypes through Aung Ngeain’s achievement in a traditionally male-dominated sport.

EXPECTED OUTCOMES

Children will feel motivated to pursue their interests, appreciate the importance of perseverance, and understand that effort and passion are key ingredients for success in any field.

ABOUT ZAMASAMA

Zamasama is a nonprofit platform that brings together stories from around the world to help children discover that beneath our differences—of culture, language, or belief—we share the same hopes, joys, and dreams.

Today’s children are tomorrow’s citizens, and the responsibility of building a more peaceful, tolerant, and empathetic world lies with them.

That’s why it’s vital to instill these values early—through stories that help them rise above the biases they inherit, and see diversity as a strength that unites us all.