



Lesson Plan

GENDER EQUALITY

Time Allocation

60 mins



Age Range

10-14

“Exploring is the driving force behind humankind.” Kate Leeming

Learning Outcomes:

- To recognise there are different types of inequality
- To research and recognise role models for young students.

<https://www.globalgoals.org/>

LEARN

This lesson focuses on SDG # 5 Gender Equality

What is this goal all about?

<http://bit.ly/2Ltab0W> Global Goals

Goal-. Achieve gender equality and empower all women and girls



THINK

As an explorer/adventurer, Kate has cycled a distance greater than twice around the world at the Equator. On August 16th, 2010 she became the first person to cycle an unbroken line from Africa’s most westerly to its most easterly point, from Pointe des Almadies, Senegal to Cape Hafun, Puntland, Somalia.

Cycling 22,040 km over ten months, Kate’s Breaking the Cycle in Africa Expedition was not only a physical quest but an odyssey to highlight the development needs and activities of war-torn and poverty-stricken nations. Cycling through twenty countries, Kate aimed to find out what is being done to give a ‘leg up’ rather than a ‘hand out’ – to shine a positive light on the issues, cultures and geography of Africa.

Kate has two previous world firsts under her belt – the Trans-Siberian Cycle Expedition (1993) when she became the first woman to cycle across the new Russia unsupported



Breaking the Cycle Education – Namibia Expedition

(aiding the children of Chernobyl), and the 25,000km Great Australian Cycle Expedition (2004/05) which included the first bicycle crossing of the Canning Stock Route by a woman.

ACTIVITY: Watch this video- What is it all about? What is the message? Discuss.

<https://youtu.be/sZQ2RUFd54o> - What do you really, really want?

Watch this video of Kate riding in Greenland. Discuss- what makes her a role model to young girls- what characteristics does she display- determination, inspiration courage

<https://vimeo.com/167194642>

FEEL- What do you admire about an expeditioner?

Activity: Circle of Viewpoints- Brainstorm a list of different perspectives from people around Kate Leeming- e.g. Kate, family, co-workers, co expeditioners, students researching Kate

1. I am thinking of Kates Namibia expedition from the point of view of
2. I think..... from your own point of view
3. A question I have from this point of view is.....
4. Students create a comic or visual interpretation of their thoughts.
5. Share and display for all to enjoy and discuss.

ACT: Share the workload at home. Sharing domestic responsibilities ensures the work burden doesn't fall only on one person and instils the value of gender equality and essential life skills in children.

Be aware of gender stereotypes. Recognize them, avoid them and educate others about them.

Find female mentors/leaders. Ensure that some of your role models or mentors are women. There's a lot you can learn from women in positions of authority.

Conclusion Activity: Invite students to share their ideas from this lesson on Flipgrid



<https://flipgrid.com/5c8bfab5>

Add yourself to the map on the Home Page

<http://www.breakingthecycle.education>





Breaking the Cycle Education – Namibia Expedition

