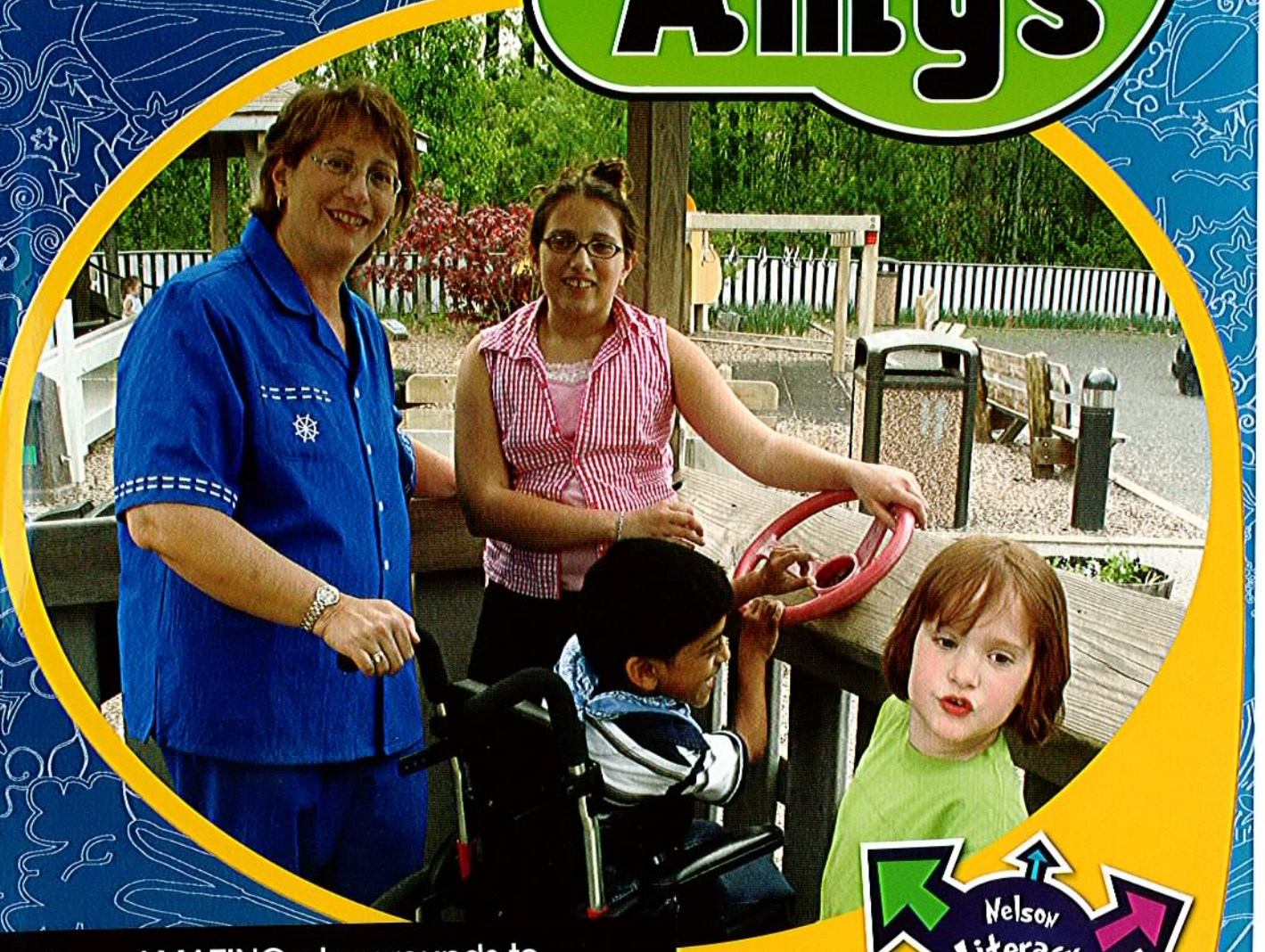
Two Amazing Amys



From AMAZING playgrounds to marathons and mountain climbing

Sharon Parsons

Nelson Literacy Directions

Contents

TWO AMAZING Amys



1 The First Amazing Amy
Amy's jobs have helped many people with disabilities to become fitter and healthier.
page 4

2 Exercise With Amy
Amy teaches children with disabilites to exercise for fitness and health.
page 6

Physical Education Feature
The International Walk to School Program
October is "International Walk to School" month for many students.
page 8

3 A 96-Kilometre Marathon
Imagine rolling a wheelchair for 96 kilometres over three days – in an all-abilities marathon.
page 10



4 A Marathon for Children
Includes a debate on whether children should run in marathons.
page 12

5 The Second Amazing Amy
The second amazing Amy tells us why she is dedicated to helping children with disabilities keep fit and healthy.
page 16

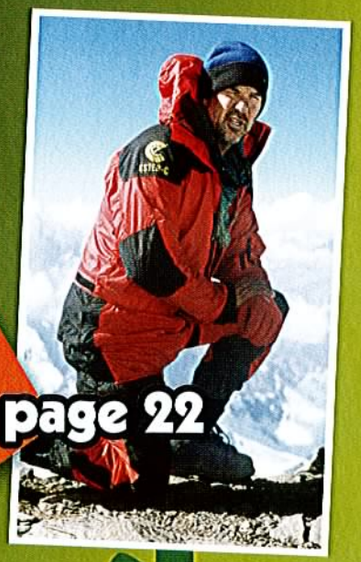
6 Amy's Amazing Playgrounds
Find out how Amy designed an inclusive playground for children and adults with disabilities.
page 18

History Feature
An Amazing Mountain Climber
Meet Tom Whittaker, the first person with a disability to climb Mount Everest.
page 22

Index and Glossary page 24

TEXT TYPE
Procedure
Page 19





For teacher use only
Inspection Copy

1 The First Amazing Amy

Amy **Helps** People Get **Fit** and **Healthy**

At school, Amy Rauworth loved playing sports. She knew that she wanted a job where she could help people to be more fit and healthy.



Amy played many sports, including basketball, at school.

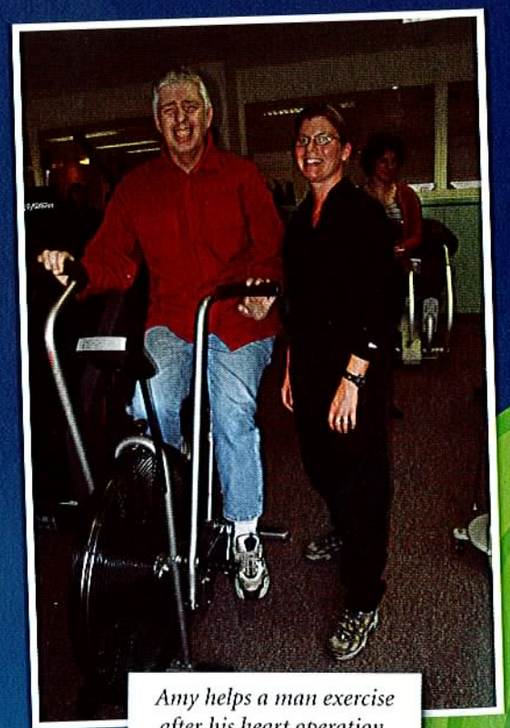
EXERCISE PHYSIOLOGIST

An exercise physiologist can work in many kinds of places, like hospitals and fitness centres. Usually this person will have a university degree or relevant qualifications.

Amy's First Job: Exercise Physiologist

When Amy left university she got her first job as an exercise physiologist.

Amy worked in a hospital. She helped people become healthier and stronger after their heart operations. One way was to plan exercise programs so each patient could exercise at their own pace.



Amy helps a man exercise after his heart operation.

For teachers' Inspection Only

Amy's Second Job: Personal Training

In her next job, Amy worked as a personal trainer. She helped people with their health and fitness. Her work helped them stay well and keep fit.

Amy also designed exercise programs for people with physical disabilities. For example, if a person had lost the use of their right arm, Amy would plan exercises to help that person get stronger at using their left arm.



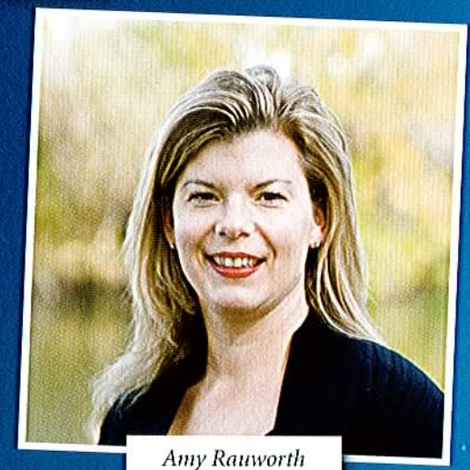
Amy in her personal training gym.

Amy's Job Now: NCPAD

Today, Amy works at the National Center on Physical Activity and Disability (NCPAD) in Chicago, USA.

NCPAD

The NCPAD has a team that provides exercise programs to enable people with disabilities to become as physically active as possible.



Amy Rauworth

2 Exercise With Amy

Physical Activity Is for **Every** Body

Amy loves her work at the National Center on Physical Activity and Disability (NCPAD) because she never gets bored.

Amy's main job is to let people know how physical activity helps their health. She uploads information about health and recreational activities to the NCPAD website.

A Safe Walk to School

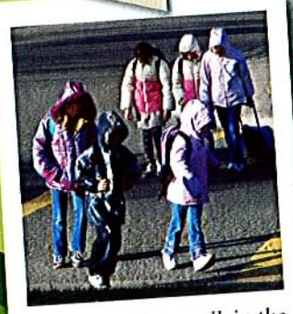
Amy was happy when the NCPAD received a grant from the Safe Routes to Schools (SRTS) program. The grant provided money for Amy to help children with disabilities join in the Safe Routes to Schools program.



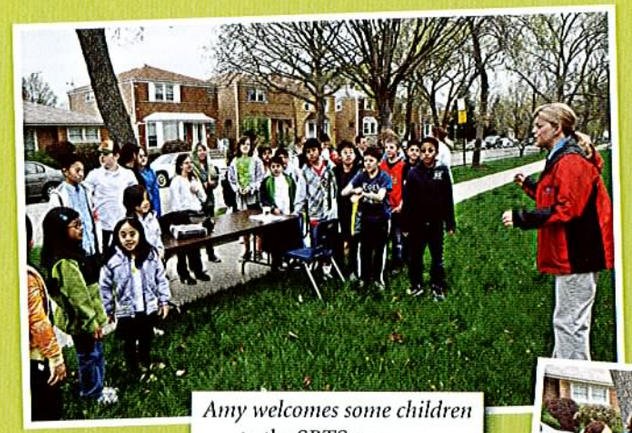
Physical Education

Safe Routes to School (SRTS) Program

The Safe Routes to School (SRTS) program in the USA helps children walk or cycle safely to school. The program also helps children who need to roll their wheelchair to school by identifying safe and accessible routes.



Children walk in the SRTS program.

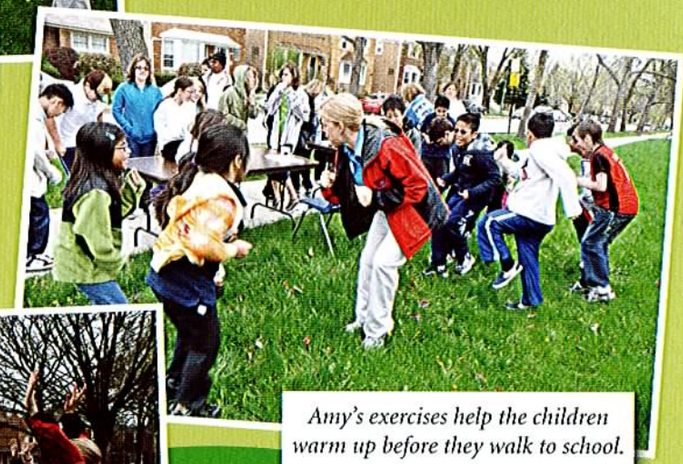


Amy welcomes some children to the SRTS program.

> "LAUGHTER REALLY IS THE BEST MEDICINE!"
>
> CAMP QUALITY

For teachers' Inspection Only

Walk or roll or run,
Is all you need to do,
So come on every BODY,
Get fit and healthy too!



Amy's exercises help the children warm up before they walk to school.



After Amy and the children finish their warm-up exercises they cheer!

Health and Social Studies

Camp Quality

On the NCPAD website, Camp Quality is listed as an excellent camp for children with disabilities. Camp Quality in Australia offers fun and safe physical activities for children affected by cancer.



Colleen is a volunteer who helps children have fun at Camp Quality, Australia.

Physical Education Feature

The International Walk to School Program

Every year in October, schools all over the world take part in the International Walk to School program. During this time, millions of children in over 40 countries walk or cycle to school with their parents and community leaders.



"Wait, let's cross here."

A Safer and Healthier Community

The International Walk to School program wants people to see walking or cycling to school as a:

- healthy exercise
- safe transportation choice
- helpful way to reduce air pollution
- way to reduce traffic congestion around schools.

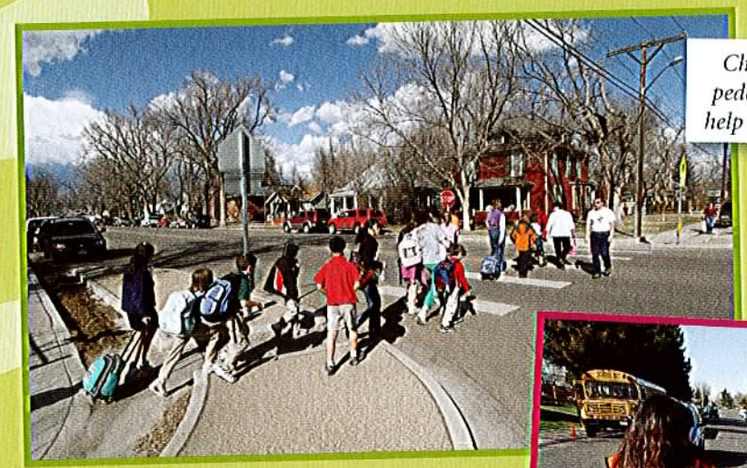


Children walk across the pedestrian crossing with their parents – as well as their dog!

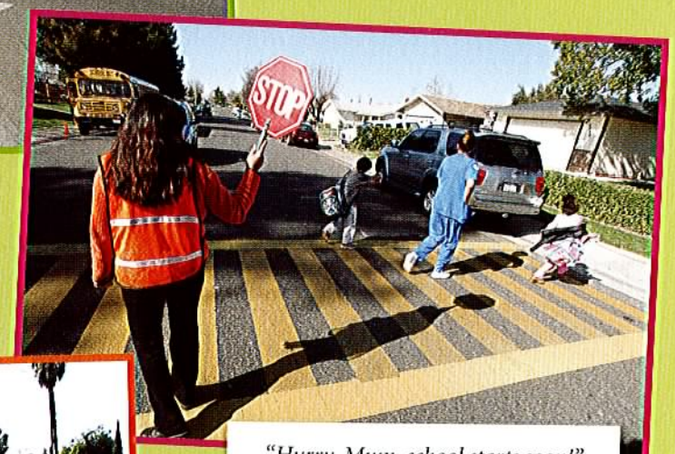
For teachers' Inspection Only

A Safer Transportation Choice

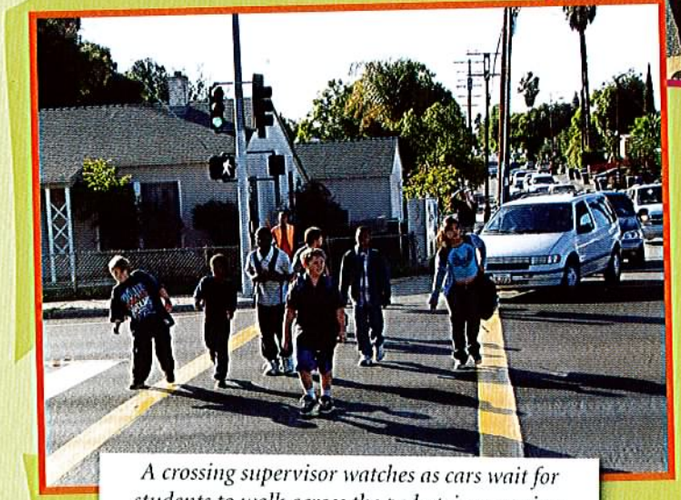
The organisers of the International Walk to School program also check the condition of roads and footpaths around schools. They find ways to make them even safer for walking and cycling, and for wheeling bags, or pushing pushchairs and wheelchairs.



Children and adults can use the pedestrian crossing safely with the help of a supervisor and a stop sign.



"Hurry, Mum, school starts soon!"



A crossing supervisor watches as cars wait for students to walk across the pedestrian crossing.