

LESSON PLAN – 6th Grade

Title

Theodore Roosevelt: The Strenuous Life

Objective

Students will:

- Identify who Theodore Roosevelt was
 - Explain how he overcame challenges
 - Describe why he became an important president
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Vocabulary

President, Conservation, Courage, Ranch, Rough Riders

Warm-Up (5 min)

 “What does it mean to be brave even when life is difficult?”

Direct Instruction (10–15 min)

Early Life

- Born in New York City in 1858
- Had severe asthma as a child
- Exercised and boxed to become stronger

The Strenuous Life

- Roosevelt believed people should work hard and face challenges
- Famous speech: “The Strenuous Life”

The West

- Lived on ranches in North Dakota
- Loved the outdoors and nature


War Hero

- Led the Rough Riders in the Spanish-American War

President

- Became the 26th President in 1901
- Helped protect nature and national parks
- Built the Panama Canal

 Big Idea:

 Roosevelt believed courage and hard work build strong people and strong nations

Guided Practice

Students complete:

Challenge Roosevelt's Response

Asthma Exercised and boxed

Grief Went West and rebuilt life

Activity

“Strenuous Life” Reflection

Students write about a challenge they overcame or want to overcome

Discussion

- Why did Roosevelt believe hard work mattered?
 - How did the outdoors change his life?
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QUIZ – 6th Grade

Multiple Choice

1. Theodore Roosevelt was the:
 - A. 16th President
 - B. 26th President
 - C. 36th President
 2. Roosevelt struggled with:
 - A. Blindness
 - B. Asthma
 - C. Broken leg
 3. Roosevelt led the:
 - A. Minutemen
 - B. Rough Riders
 - C. Buffalo Soldiers
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Short Answer

4. What was the “strenuous life”?
 5. Name one thing Roosevelt did as president
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Answer Key

1. B
 2. B
 3. B
 - 4–5. Answers vary
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