



500 Minutes for Parkinson's Introductory Lesson : What are Parkinson's Disease and the 500 Miles for Parkinson's Project ?

Parkinson's Points:

- Parkinson's is a neurological disease (meaning that it involves the nerves and nervous system)
- Symptoms include tremor (shaking), balance problems, bradykinesia (slow movements), rigidity of muscles
- Parkinson's is different for everyone
- One way to help people with Parkinson's is to raise money to help find a cure
- Another way to help is to raise awareness – or spread the word – about Parkinson's
- 500 Miles for Parkinson's is trying to do both of these things

Lesson Objectives:

To introduce students to Parkinson's disease, explain common symptoms and the individual nature of the disease. To introduce the 500 Miles for Parkinson's project.

Materials/Equipment:

Handouts
Computer to show website

References/Resources:

Handouts
Computer to show website:
fivehundredmiles.org
Content adapted with permission from:
Mathur, Soania. (2015). Shaky Hands – A Kid's Guide to Parkinson's Disease

Activity Description:

Work through the handouts to teach the following concepts:

1. What is Parkinson's disease and who gets it?
2. What are the common symptoms?
3. Parkinson's affects individuals differently!
4. Harry McMurtry decided to raise money for Parkinson's Disease by walking from his current home town of New York City, to the city where he grew up, Toronto. The distance between the two cities is approximately five hundred miles!! Sue Thompson from Toronto and Dr. Ross Sugar from Baltimore will be joining Harry on this journey. Harry, Sue and Ross all have Early Onset Parkinson's Disease (which means their Parkinson's disease was diagnosed before they reached the age of 50).
5. Explore the website: fivehundredmiles.org
6. Watch the video on the homepage of the 500 Miles for Parkinson's website:
<https://www.youtube.com/watch?v=WQSd4KjK4xl>
7. Discuss reactions to the video and Parkinson's disease.
8. Have each student fill in a response to one of the following statements/questions for Harry, Sue and Ross:
Harry, Sue and Ross:
I am just learning about Parkinson's disease and I would like to know more about.....
Can you tell me what
Learning about 500 Miles for Parkinson's makes me feel...
9. Send your responses/questions to schoolsforfivehundredmiles@gmail.com and Harry, Sue and Ross will get back to you!!

Ontario Ministry Curriculum Links:

Science <http://www.edu.gov.on.ca/eng/curriculum/elementary/health1to8.pdf>

Health and Physical Education <http://www.edu.gov.on.ca/eng/curriculum/elementary/health1to8.pdf>