

# Discover America

## Course 5 - Teacher Guide



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1st Grade

# Teacher Guide



## Key Themes

- Freedom
- Independence

## Core Values

- Community
- Life
- Liberty

# Learning Objectives

**Students will be able to:**

- Define the American Revolution.
- Explain the major role determination played in the American Revolution.
- Explain the significance of the Battle of Trenton in American history.



# The American Revolution - 1st Grade

# Key Terms

- 01 **colonist** - a person who settles in a new colony or moves to a new country.
- 02 **Continental Army** - the army that represented the 13 colonists.
- 03 **determination** - the act of never giving up.
- 04 **faith** - the act of believing in something.
- 05 **Hessians** - German troops hired by the British Army to fight in the Revolutionary War.
- 06 **liberty** - the freedom to live as you wish or go where you want.
- 07 **morale** - the spirit a group has that makes them want to succeed.



# The American Revolution - 1st Grade

# Introduction



## **TELL** Students

Alright, first graders! Today, we are going to embark on an exciting journey back in time to learn all about the American Revolution. Have you ever wondered how America became the incredible country it is today? Well, it all started with a brave group of people who fought for something very special, their freedom! The American Revolution was full of heroes, battles, and important decisions. So, get ready to put on your explorer hats as we uncover the thrilling story of how America gained its independence!

Before we explore why faith, liberty, community, and life were important to the brave Americans who fought for our freedom, let's discover a group called the Hessians! Faith is the act of believing in something. Liberty is the freedom to live as you wish or go where you want.

Many people are not familiar with the Hessians, but they played an important role in America's fight for independence. Let's watch another episode of Star Spangled Adventures to learn about the Hessians and the American Revolution.

# The American Revolution - 1st Grade

# Introduction

## **ASK** Students

Who were the Hessians?

What is the American Revolution?

How are the Hessians connected to the American Revolution?

(allow students to respond)

## **WATCH**

Star Spangled Adventures Episode:  
*Crossing the Delaware*



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# The American Revolution - 1st Grade

# Lesson Guide



## **ASK** Students

The Hessians, as professional soldiers, received a lot of training to improve their combat skills and coordination. Just like sports teams strategize their plays and tactics to outmaneuver their opponents, the Hessians were sent out strategically by their commanders to achieve military objectives. Do you like basketball, football, baseball, or maybe you enjoy dancing in competitions? Think about the most important game or performance you have been in. Were you ever nervous?

Now, imagine this: It is the last minute of the game, or the last inning in baseball, or just one minute before you have to go on stage. Your team is losing, and they need you to make that winning touchdown, three-pointer, or home run. Or if you are a dancer, you have to fill in for a teammate who got hurt.

In all these situations, your team is counting on you. No matter what sport you play, when it is game time and your team is losing, you have to forget about your fears and do your best.

How do you feel in this situation?

(allow students to respond)



# The American Revolution - 1st Grade

# Lesson Guide

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## **TELL** Students

In the winter of 1776, something similar happened to George Washington and the Continental Army during the American Revolutionary War. The Continental Army was that army that represented the 13 colonists. They were losing the fight for freedom, and time was running out. At the beginning of that year, the colonists had a lot of hope. But as months went by, they suffered defeats, and their spirits dropped. A colonist is a person who settles in a new colony or moves to a new country. Many thought they would lose to the powerful British army.

But George Washington and his army believed in the ideas they were fighting for and were committed to defending their freedom. They knew it wouldn't be easy, but they kept going.

Then, just before Christmas, a man named Thomas Paine wrote something that inspired the Continental Army to keep fighting. He said that true heroes are the ones who stand up for what is right even when it is hard.

## **ASK** Students

What inspired the Continental Army to keep fighting?

(allow students to respond)

# The American Revolution - 1st Grade

# Lesson Guide

## **TELL** Students

Washington realized his army needed a big win to boost morale and show that they could win their freedom. Morale is the spirit a group has that makes them want to succeed. Washington planned a surprise attack on Hessian soldiers in Trenton, New Jersey. They had to cross the icy Delaware River in freezing weather. This was not easy but they did it. They surprised the Redcoats and captured the city, which was a huge success. This victory increased their confidence, leading them to take charge of the war.

The defeat of the Hessians at the Battle of Trenton was a turning point in the Revolutionary War. It showed the colonists that victory was possible, and it inspired more people to join the fight for freedom. Washington's determination and courage made a big difference. Determination is the act of never giving up.

## **ASK** Students

What happened at the Battle of Trenton?

Why is the Battle of Trenton important?

(allow students to respond)

# The American Revolution - 1st Grade

# Lesson Guide



## **TELL** Students

Washington and his soldiers crossing the Delaware River and defeating the Hessians was a very important moment in the war. It gave the American soldiers hope and inspired many more people to join their cause. Without this success, things might have turned out differently, but thanks to their bravery, the fight for freedom continued stronger than ever!

## **ASK** Students

What is determination?

How did George Washington display determination as a leader?

(allow students to respond)

# The American Revolution

## Revolutionary Role Play

**Objective:** To engage first grade students in learning about the American Revolution through interactive role-playing activities.

### Materials Needed:

- costumes or props representing colonial and British soldiers (hats, coats)
- large map or picture of the United States showing the 13 colonies
- pictures or illustrations of key figures from the American Revolution (George Washington, Thomas Jefferson, King George III, etc.)
- flags representing the American colonies and the British Empire
- printed cards with simple facts or events related to the American Revolution (e.g., "Boston Tea Party," "Declaration of Independence")

### Introduction:

- Begin by gathering the students in a circle and reviewing the American Revolution. Explain that it was a very important time in American history when the colonists fought for their independence from Britain.
- Show pictures or illustrations of key figures from the American Revolution and briefly explain their roles (e.g., George Washington was a leader of the American army).
- Show the flags representing the American colonies and the British Empire, and explain that they were on different sides during the war.

# The American Revolution

## Revolutionary Role Play

### Colonial vs. British Soldier Role-Playing:

- Divide the students into two groups: colonial soldiers and British soldiers.
- Provide costumes or props for each group to wear.
- Set up a mock battlefield using a large map or picture of the United States.
- Guide the students through a role-playing scenario where they act out scenes from the American Revolution. For example, the colonial soldiers can reenact the crossing of the Delaware River, while the British soldiers can portray the Redcoats marching into battle.
- Encourage students to use simple phrases or actions relevant to their roles (e.g., colonial soldiers shouting "Freedom!" while British soldiers march in formation).

### Fact Matching Game:

- Hand out printed cards with simple facts or events related to the American Revolution to each student.
- Have students walk around the room and find a partner with a matching fact or event.
- Once they find a match, they can sit down together and discuss what they learned about that particular aspect of the American Revolution.

### Closing Discussion:

- Gather students back together and ask them to share one thing they learned or enjoyed about the American Revolution role-playing activity.
- Recap the key points of the lesson, emphasizing the bravery of the colonists and the importance of the American Revolution in shaping the United States.

# The American Revolution Resource List

- 01 <https://www.history.com/this-day-in-history/british-evacuate-boston>
- 02 <https://www.mountvernon.org/library/digitalhistory/digital-encyclopedia/article/new-york/>
- 03 <https://www.mountvernon.org/library/digitalhistory/digital-encyclopedia/article/battle-of-long-island/>
- 04 <https://www.mountvernon.org/library/digitalhistory/digital-encyclopedia/article/new-york-campaign/>
- 05 <https://www.loc.gov/resource/rbpe.03902300/?st=text>
- 06 <https://www.mountvernon.org/library/digitalhistory/digital-encyclopedia/article/thomas-paine/>
- 07 <https://www.mountvernon.org/george-washington/the-revolutionary-war/washingtons-revolutionary-war-battles/the-trenton-princeton-campaign/10-facts-about-washingtons-crossing-of-the-delaware-river/>
- 08 <https://www.history.com/this-day-in-history/washington-crosses-the-delaware>
- 09 <https://www.mountvernon.org/library/digitalhistory/digital-encyclopedia/article/battle-of-trenton/>

## **WATCH**

**Learn More with Liberty:**  
*Founding Father: George Washington*



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# Notes