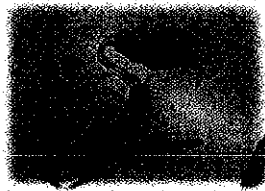


# Leather and Stick Toss Game

(First Nations)



The objective of this game is to hold the stick in your hand, swing the wooden rectangular leather piece stick through one of the



beads and up and get the holes.

If you get good, try to catch a bead then through a hole in the leather. Take turns, if you miss let the next person try. This game was originally made with a stick, sinew, small bones and left over leather.

**Materials:**

3-5 large wooden beads, leather lace (15-30cm long), large diamond shaped leather piece cut out with 5-7 holes cut into it, narrow stick approx. 15 cm long



materials: 3-5 large wooden beads, leather lace (15-30cm long), large diamond shaped leather piece cut out with 5-7 holes cut into it, narrow stick approx. 15 cm long

# Bone Pull Game

(Inuit)



The objective is to be the person who can win a tug - o - war using this small stick. Opponents stand facing each other, arms at 90 degrees; the small **stick is locked**

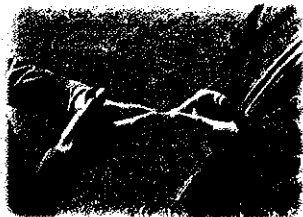
between their index fingers. On the signal both try to pull the stick out the grip of their opponent. This



**start  
of**

game was originally made using a **small animal bone**. To

make it  
with



more difficult it was covered  
seal oil.

## Materials:

small, round smooth stick approx.  
4 cm long

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# Side Reach

(Inuit)



This game is designed to test flexibility and balance. The one who can reach the furthest without losing their balance is the winner. Draw a line and then place your feet right up against the line. It can be either the right foot or left foot, it makes

difference. The hand opposite/furthest away from the holds the rock. The person reaches their legs and places the rock down dropping it or losing their balance.

measurement. Originally, just a rock or bone was used and a line was drawn in the ground or on the snow.



no  
line  
behind  
without  
Take a

Materials: small flat rock, ruler to measure distance



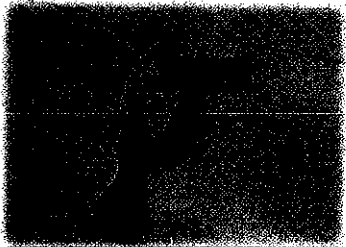
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# Pull Game

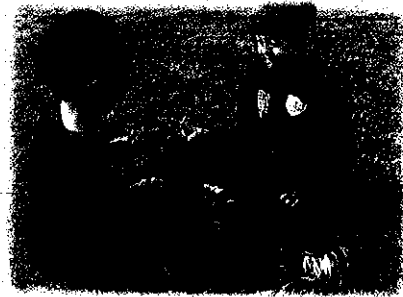
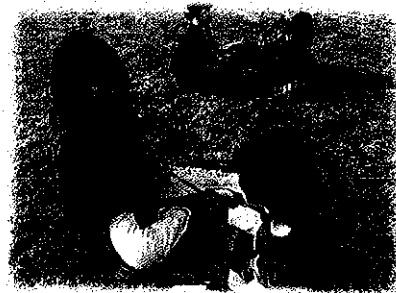
(Inuit)



**Materials:**

antlers approximately 12 cm long  
with rectangular hole drilled in  
centre of each, thick leather lace  
sewn between the 2 antlers

The objective of this game is to be **the one who can tug on the handle** with enough force, causing their **opponent** to straighten their arm, losing the "L" shape. Opponents sit facing each **having** the same leg bent. Hold the bone handle in either hand; arm maintains an "L" shape. On the "go" signal, both people start to pull. When a person is able to make their opponent lose their "L" shape the round is over. You cannot switch hands while pulling. Both players must keep backs straight and their free hand has to be to the front or side. It can't be used to gain leverage. This game was originally made from left over bones and left over hide.



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# Walrus Push Game

(Inuit)

The objective of the game is to push your opponent to a designated line. Opponents sit back to back equal distance from a line marked either side of the playing area. Push back to back until one of the players has been pushed to their line or until someone falls over or gives up. This game mimics the behaviour of walrus when they are trying to dominate in a herd.



On



Materials: none required

# Seal crawl

(Inuit)



The objective of this game is to be the first one to cross over a designated finish line. Have students line up on the start line, take the appropriate position, on the start signal, make their way to the finish line as fast as they can, pulling themselves with their arms only. Do not drop the feet (back flippers). This game mimics the movement of the seal and tests upper body strength.

Materials: none required



# Sling Ball Toss

(First Nations)



The objective of this game is to be the person who can throw the ball and cord the furthest. Have participants



lay down on the floor at a designated start line one person at



a time. That person places the cord between their feet; the thrower whips/launches the ball and cord from their position on the floor over their head. Use a marker or name tag to indicate the thrower's distance. Repeat for next participant. His game was originally made from let over hide and animal hair

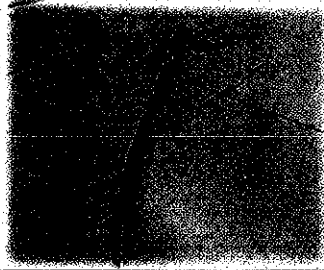
For complete details see:

<http://www.traditionalnativegames.org/>

Materials: yarn to make tassel,  
hacky sack, needle and thread to  
sew tassel to ball

# Ring and Pin Game

(First Nations)



The objective of this game is to be the person who can get the ring to go through the end of the stick on the fewest number of attempts. To make the game more difficult, make the hoop smaller, sinew longer or the handle longer. This game helped developed eye hand coordination. It was made from sinew and sticks.

**Materials:**

willow approx. 60 cm long, hoop made from willow, artificial sinew; the longer you make the stick the harder it is, the smaller you make the hoop the harder it is

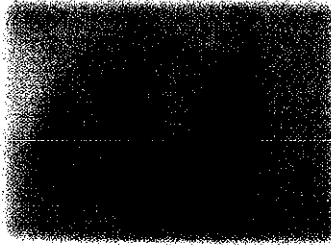
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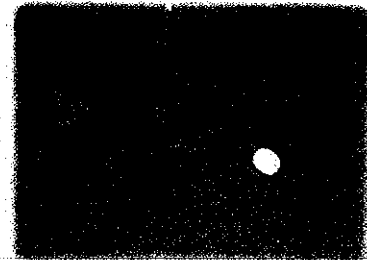


# Log Roll

(First Nations)



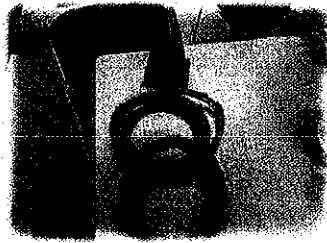
The objective of this game is to be the person who can roll the “log” through the markers without knocking the markers over. Set up the playing area by designating a starting line and a finishing line where pylons or markers will act as the goal. Participants roll the log and try to get it through the goal. To make it more difficult have the starting line further away or make the goal narrower. It was originally made from a small log and sticks stuck into the ground. It helped with upper body strength and accuracy when throwing.



Materials: 2 pylons, small wooded wheel

# Hoop Toss (Like horseshoes)

(First Nations)



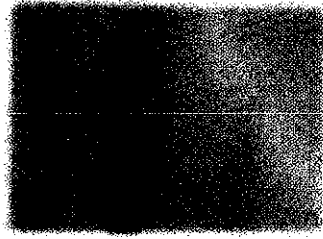
The object of the game is to be the first to get the hoop around the ring. Players line up equal distance from the hoop. They throw the hoop one at a time and try to get it to land over the pylon. Players can choose their own system of keeping points. To increase the difficulty, make smaller hoops or move the pylons further away. This game helped to develop throwing accuracy. It was originally made from a branch wrapped around to make a hoop and then tied with sinew. A stick stuck into the ground was used as the target.

Materials: ring made from willow  
or straw, pylon



# Run and Scream

(First Nations)



The objective of this game is to be the person who can run the furthest on one long breath while maintaining an intimidating scream. Participants start one at a time on a designated start line. The first person holds the



stick and takes a deep breath then runs as fast as he or she can. Once out of breath, that person puts a marker down and the next person gets the stick and tries to beat that person's mark. A bone

or stick was originally used.

Materials: small baton  
approx. 20 cm long

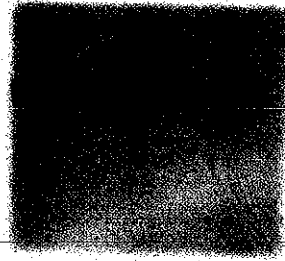
For complete details see:

<http://www.traditionalnativegames.org/>



# Bone Foot Throw Game

(First Nations)



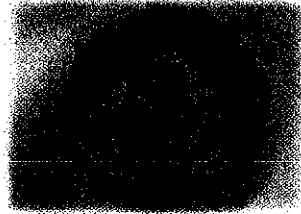
The objective of this game is to be the person who can balance the stick on your foot and flick it the furthest or place it in a target area. Students stand on the start line one player at a time; balance the stick on their foot, then flick the stick. Each participant should put a marker on the spot where their attempt lands. A bone or stick was used originally. It was a game to help develop balance and coordination.



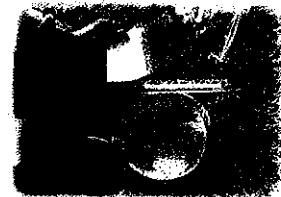
Materials: small baton  
approx. 20 cm long

# ANTLER BUTTON BASKET TOSS

(First Nations)



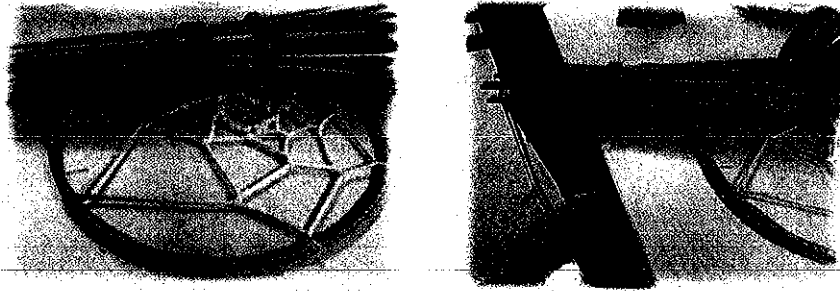
The game begins with three to ten sticks on the ground and players standing in a circle around the sticks. A basket holds five cut antler buttons with various markings on one side. Buttons are tossed into the air (above the rim) and caught in the basket. Scoring is done according to the table. If you score, you take the sticks from the middle of the circle or from another player until one person has all the sticks. You lose your turn if you drop any buttons or don't count any points on your throw if the pattern does not match any pattern on the counting card.



Materials: small basket, 5 wooden chips, sharpie, counting card

# Target Game

(Salish Hoop and Dart Game)



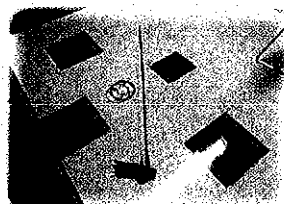
The objective for this target game is for a person to get their “spear” or “arrow” through the hoop and get it to stay. Students stand on two parallel lines about 3 metres apart facing each other. Have a student roll the hoop down the middle of the two rows. The students throwing their “spear” or “arrow” must remain where they are with their feet behind the line. Colour code the sticks so the students can recognize their throw. This game helped develop throwing accuracy by hitting a moving target.

Materials: small hoop made like a dream catcher, enough arrows for each participant colour coded

For complete details see: <http://www.traditionalnativegames.org/>

# Target game

(Blackfoot hoop and long arrow version)



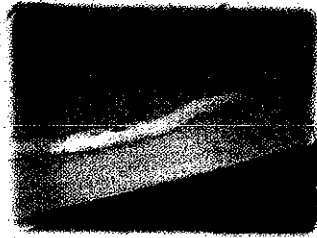
The object of the game is to have the hoop fall on the arrow in order to score a point. Three points for the centre hole and one point for anywhere else in the netting. If the arrow goes all the way through the hoop, there are no points awarded. The game is played by rolling the hoop down the alleyway as two players run beside and try to throw the arrow into the netting. Players go once down the alleyway and then back on their same side for the next round.

Materials: "arrow" made from a long narrow piece of doweling (approx. 90 cm long), small ring and large ring, beads, string

For complete details see: <http://www.traditionalnativegames.org/>

# Shinny

(First Nations)



This is played with a leather ball stuffed with fur and it is just like hockey that is played on any street in Canada.

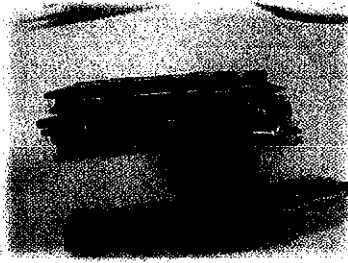
Materials: branch that has the  
general shape of the hockey stick,  
the bark gets shaved off

For complete details see: <http://www.traditionalnativegames.org/>



# Make the Stick Jump

(First Nations)



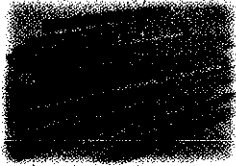
The objective of this game is to get the most points by knocking down the sticks with the most value. The distance a student stands away from the sticks is equivalent to their height. Stab the pointed sticks into the ground. Determine how many throws each student will have. The first student takes the ball and throws it at the opponent's sticks. When he or she hits a stick will jump into the air. When the predetermined number of throws has been reached, count the points by looking at how many strips are carved into the stick. For this game the ball was made from left over hide and bison or horse hair. The sticks were decorated according to the owner's preference. It helped develop throwing accuracy.

Materials: small sticks sharpened at the end (approx. 20 cm long), hacky sack ball

For complete details see: <http://www.traditionalnativegames.org/>

# Guessing the Sticks

(First Nations)



Materials: 15 small willow sticks or  
doweling, approx. 15 cm long

The objective of this game is to be the person who can most accurately guess how many sticks your opponent has hidden behind their back in a designated hand. Students determine who will guess first and who will hide first. The hider has all 15 sticks behind their back. He or she then starts to divide them up behind their back without dropping any. When he or she is ready, the guesser points to an arm and says a number (their guess). Remember, there are only 15 sticks. If the guesser is within one of the actual number, (either over or under), the guesser gets the points; the number of sticks held in the hand he or she guessed. If not, the hider gets the points. Have a predetermined number of guesses and keep score. This game was originally made from small twigs decorated according to the owner's preference.

For complete details see: <http://www.traditionalnativegames.org/>

# Sticks in the Fist

(First Nations)

The objective of this game is to be the person who can locate the black tipped stick in the fewest number of guesses. Students determine who will hold the sticks first and who will guess first. The holder has all the sticks in one hand. Use a coloured marker to colour the end of one stick. The guesser starts to take out one stick at a time until the one with the coloured end has been located. Count the number of guesses required, the guesser now becomes the hider and the hider

becomes the guesser. This game was originally made from small twigs decorated according to the owner's preference.



Materials: 15 small sticks or twigs,  
one tip coloured black, black  
sharpie

For complete details see: <http://www.traditionalnativegames.org/>

# Rock in the Fist

(First Nations)

Players sit across from each other. On the floor between them are one small rock and three small sticks. The first person hides the rock in one of their hands behind their back. The player then shows both hands and the other player points to the hand that they think holds the rock. If the player guesses wrong, the hider gains a stick, which is placed in front of him/her. If the player guesses correctly, no stick is awarded, but the "guesser" now gets the rock and he/she will now be the "hider."

Materials: small rock, three sticks  
or straws

For complete details see: <http://www.traditionalnativegames.org/>

# **Dog Sled Relay**

**(Inuit)**

**The objective of the game is to be the first team to finish the relay without letting go of each other's hand. Teams line up in relay formation. Number of teams and number on each team can be determined by the teacher. The students line up at a determined starting line. The "go" signal is given by the teacher, the first student in each line runs towards the end line. He or she touches the end line, runs back, and grabs the hand of the next person in their line, the two of them run, hand in hand to the end line again. If they let go of each other, the team must start from the beginning again. But, if they can hold hands the whole way, they grab the third person and repeat the route, then the fourth and so on. Keep doing this until the whole dog sled team has finished the course. When finished, they must all cross the finish holding hands as a team. This game helped develop team work, cooperation and endurance.**

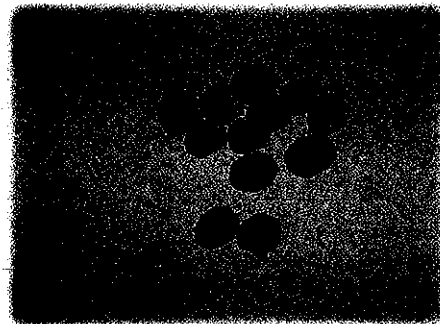
**Materials: none required**

# Gathering the Stones

(Inuit Versions)

The objective of this game is to be the person who can catch the greatest number of “bones” (tape rapped into a tight ball) in one toss. The student who starts begins by throwing up one “bone”, tap their hand on the ground and catch the bone again. If he or she catches it, the next person tries the same thing. When the whole group has had a chance to catch one, add a second bone; they now must catch both to remain in the round. Watch that the height of the throw remains somewhat consistent. Each participant in the group now tries two “bones”. Add a third, fourth, fifth, etc. as the rounds progress until you have eliminated all but one person. Originally, small bones were used. This game helped develop eye hand coordination.

Materials: 12 small stones or black hockey tape rolled into small stones

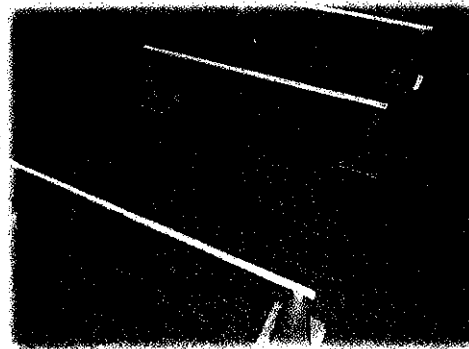


# Sled Jump Game

(Inuit)

This is a relay game and the objective is to be the first team to finish the course. Students complete the course using a two foot take off and a two foot landing. Each student jumps the stick that is balanced on the pylons, make a two foot landing and move onto the next pylon and so on. Once he or she has completed the course he or she must run to the side of the course all the way back to their team, touch the hand of the next person in line. The next person does the same

thing; as each completes the or she sits down at their respective line touching the next line. Originally,



student course, he the end of after person in small piles

of snow were made to act as the hurdle that children had to jump. This game was good for developing balance and leg strength.

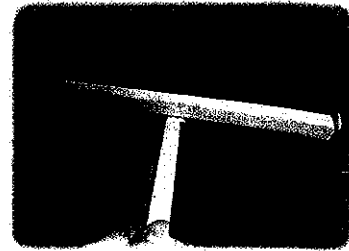
Materials: one long stick for every two pylons

# Bone Balance Game

(Including Modified Version)

(First Nations)

The objective of this game is to balance a "bone" (stick) on another stick and move as fast as you can through a course. Students are divided into relay groups. The number of teams and numbers in each team can be determined by the teacher. The first person in each line balances one stick on top of another. When the teacher signals "go", they move as quickly as they can to the end line and return the same way. They pass the sticks off to the next person in line and the next person goes. As each finishes the relay they sit down behind their team in single file. For students who might have trouble with this version, they can balance the wider stick on their hand instead. This game helped developed coordination while moving quickly and quietly and it was made from either sticks or bones.



Materials: small stick, two if you're going to have them do the more difficult way.