

Inuit Games

Division 1 and Two

Package Includes:

Stretching Routine

Side Reach

Back Extension Kick

Hand Pull

Inuit Baseball

One Foot High Kick

Match Stick Pull

Stick Pull

Inuit Games Instructions

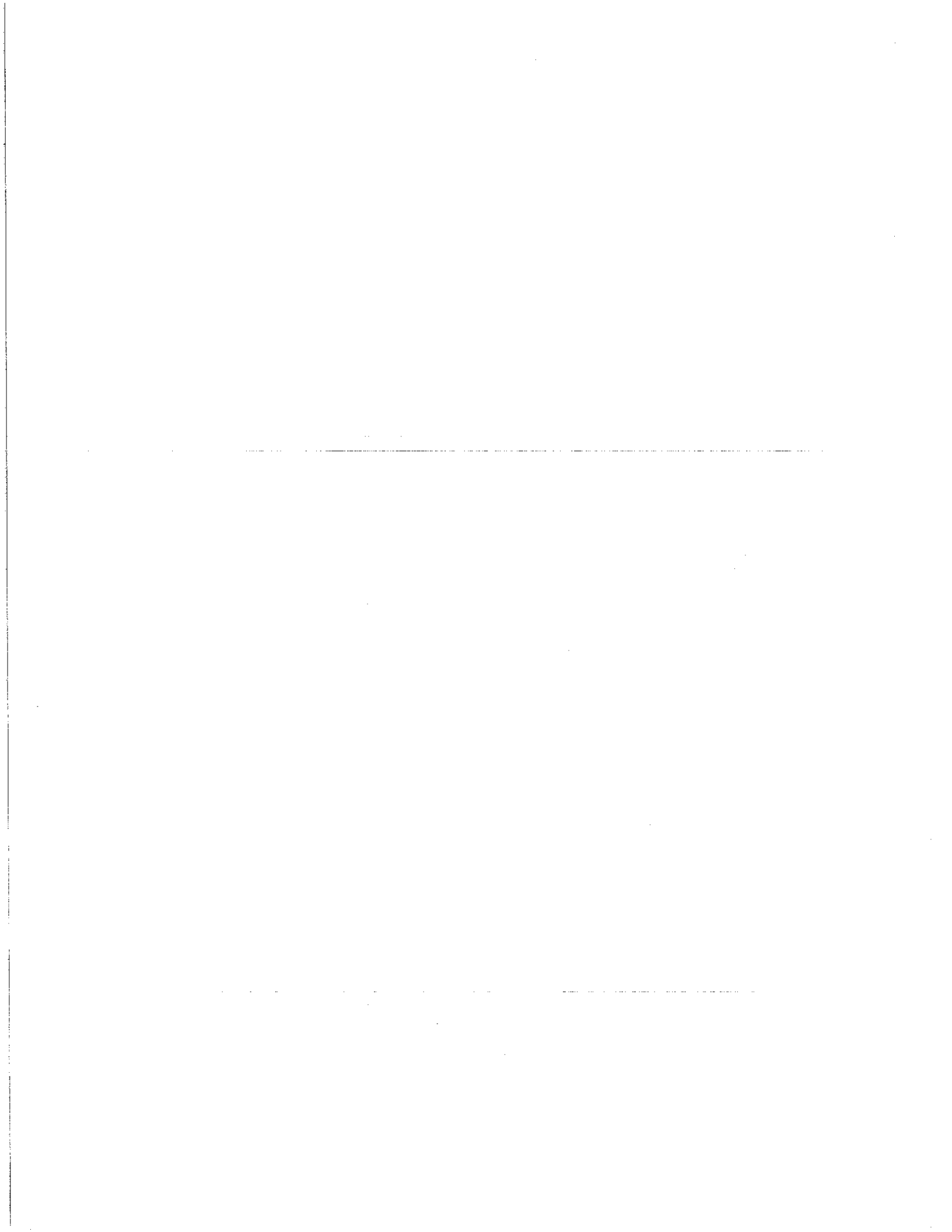
Pair Activities/Group Activities

Knee Walk

Foot Pull

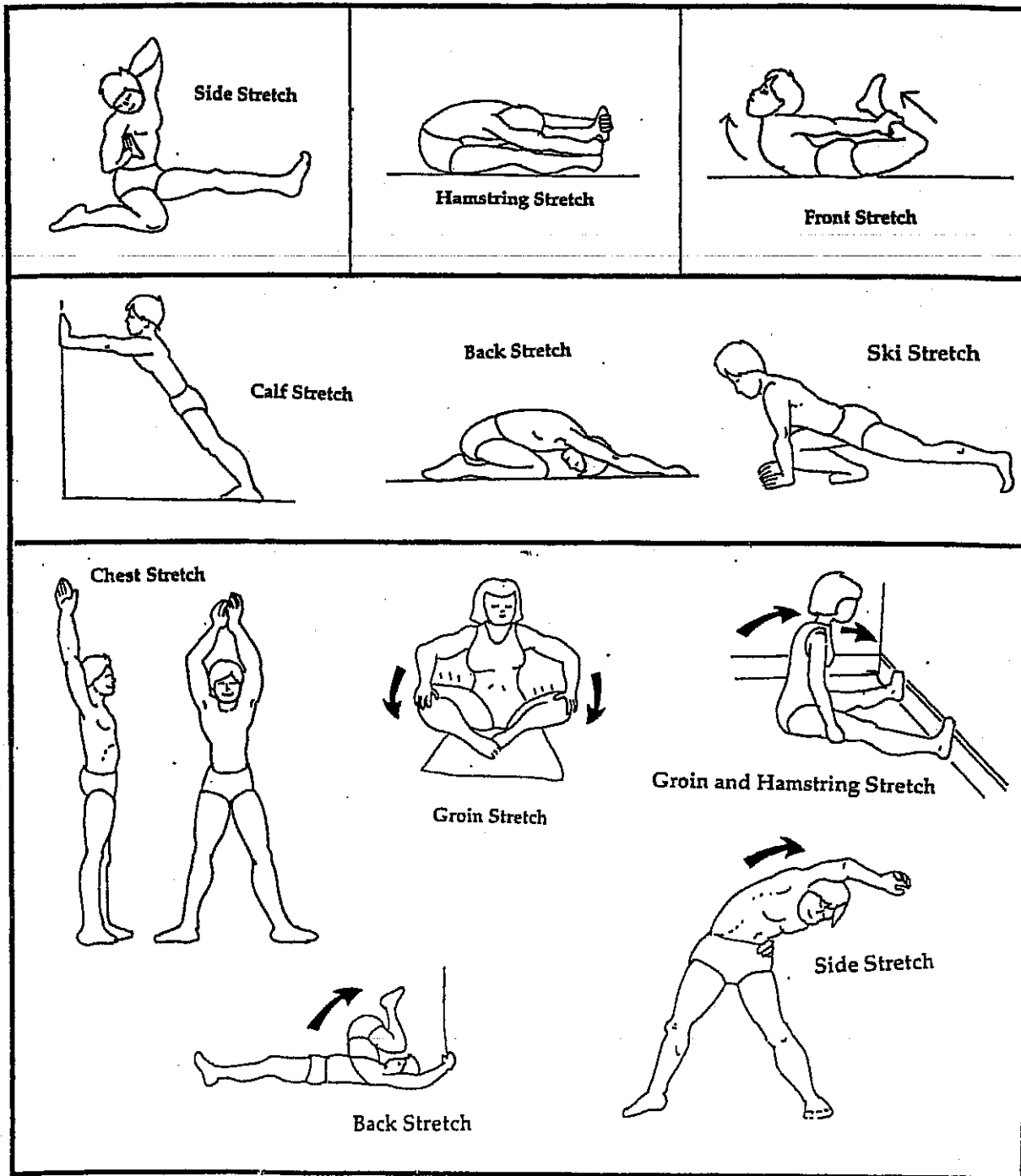
Nuglukutug (games based on hunting skills)

Diagram of game



Stretching Routine

Have students go through a thorough stretching routine each time before starting. Many of these activities require lots of flexibility. It is important so that students do not pull any muscles. Below is a chart which could be used as a starting point but a teacher or student's ideas could easily be added.







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Side Reach

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
	Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communi-cation	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor: - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting: retaining: e.g., dribbling, bouncing, trapping: sending: e.g., throwing, kicking, striking

Safety Considerations:

Make sure students maintain their balance. Make sure there are no objects near student.

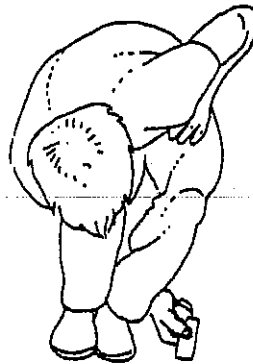
Equipment:

Small nerf block (or something similar, just so long as the object being retrieved is soft)





Start and Stance: Stand on a set line with feet together. Side of left foot is also placed on a side marker. Using the right arm, grab the nerf block and put the left hand behind back.

Movement: The right hand with the nerf block in it goes behind the knees and the student places the block as far on the left parallel to the toes as possible. The distance is measured and next competitor tries to better it.

Judging and Scoring: Three attempts each try. If the nerf block is dropped, it counts as a try. It must be placed parallel to the toes on the line.



Back Extension Kick

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily... For Life			
	Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor: - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting; retaining: e.g., dribbling, bouncing, trapping; sending: e.g., throwing, kicking, striking

Safety Considerations:

Make sure of a safe landing on feet, maintain body control.

Equipment:

An adjustable high kick stand, small seal hanging from string, floor mat underneath landing area.

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Start and Stance: Laying flat on your back, place hands beside your head with palms down and bring both legs together and up to the chest in pike position. The target should be directly up above the competitor approximately where the belly button is.

Movement: In pike position, spring up in a kicking movement thrusting legs up to kick target. Land on feet if you can.







Start

Action



Judging and Scoring: Three tries at each height. Target is raised 2.5cm at a time.

Hand Pull

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
	Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/Personal Challenge

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting; **retaining:** e.g., dribbling, bouncing, trapping; **sending:** e.g., throwing, kicking, striking

Safety Considerations:

Emphasize control when pulling, no jerking. When opponent loses balance or gives up, students should be careful not to let the device go.

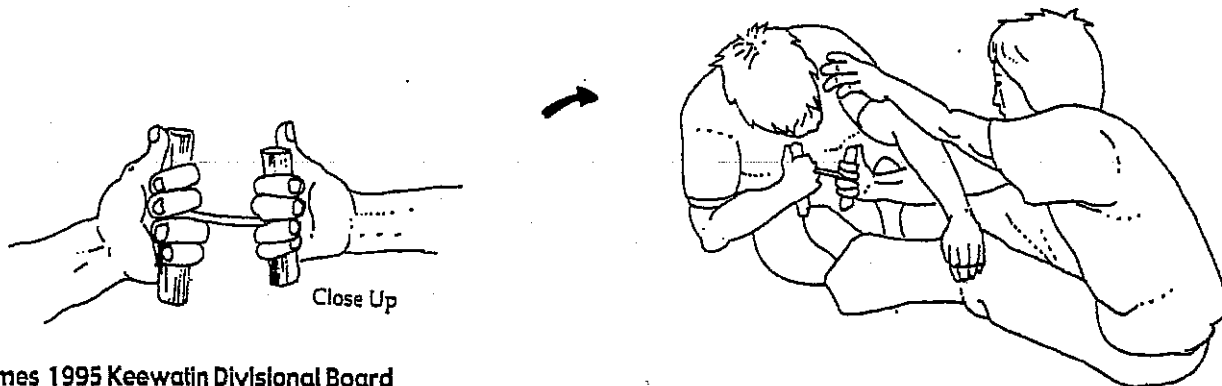
Equipment:

Two small pieces of antler about 10 cm long with small holes drilled in the middle. A leather strip is threaded through the holes and measures about 8 cm.





Start and Stance: In pairs, competitors face each other sitting on the floor. One leg is bent and other is straight. Using both right hands or both left hands, grab the hand pull antlers.

Movement: On signal, competitors pull slowly and steadily until their opponent's arm is fully extended, or the opponent gives up or their opponent is pulled off balance. Switch hands.

Judging and Scoring: Best out of three tries for each hand.



Anauligak (Inuit Baseball)

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily... For Life			
	Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor: - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting; retaining: e.g., dribbling, bouncing, trapping; sending: e.g., throwing, kicking, striking

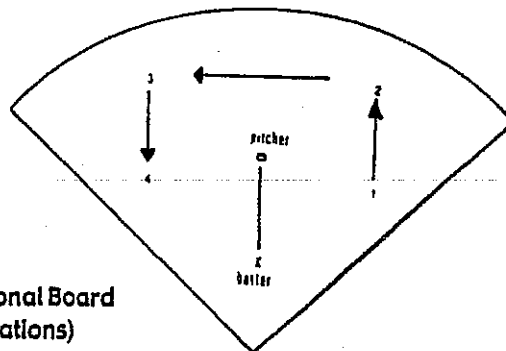
Safety Considerations:

Make sure ball hits the runner below the waist. Be aware of others so there are no collisions between students.

Equipment:

Four bases, one large plastic bat, one 16 cm gatorskin ball (like a nerf ball) or anything similar.





Set the playing field up like the diagram below. If playing in the gym modify as necessary. The batter stands between first and fourth base with the team lining up behind. The pitcher throws the ball and the batter hits it. There is a lot of freedom given the runner as he can run anywhere he can to avoid being hit by the ball. Players out in the field must throw the ball at the runner to tag him out. Once a player reaches fourth base, he is "home". If the ball, once hit, bounces on the ground more than two times before being picked, it is thrown at the runner. If, however, it is picked up *before* two bounces (in air or off ground), the batter is out. The person who caught the ball must throw it into the air giving the batting team a chance to retain their batting position. The batting team must rush over and try to get the ball before it bounces twice. If unsuccessful, they lose and must go into field position. But, if successful, the ball is thrown once again into the air until one of the team loses. As soon as one batter is out, the whole team is out. There are no strikes or balls, but the ball is pitched until hit. All players participate, even the back-catcher, in throwing the ball into the air when caught before two bounces.



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One Foot High Kick

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living In the Community

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor: - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting; retaining: e.g., dribbling, bouncing, trapping; sending: e.g., throwing, kicking, striking

Safety Considerations:

Emphasize control when landing. Have mats around the stand in case a student loses their balance.

Equipment:

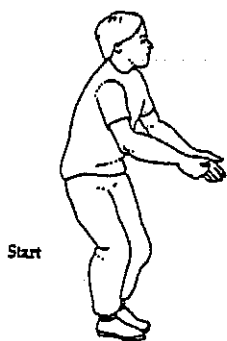
An adjustable high kick stand, floor mats, seal dangling from string.

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Stance and Start: Start from a standing position under the target or up to 3m from the target.

Movement: Walk or run toward the target. Jump from two feet, kick target with one foot only (left or right) and land on the same foot you kicked the target with. Maintain balance on the one foot that landed before dropping the other foot to the floor.

Judging or Scoring; Starting height is established by the competitors, taking into account their skill level. Three tries are given to each competitor at each height. The target is raised 5 cm at a time. When it begins to get difficult the competitors may decide to only have the target raised 2.5cm. The target must be clearly hit by one foot. If there is a tie, the number of failed kicks at all attempted heights is counted. The person with the least number of failed kicks wins.



Match Stick Pull

General Outcomes	 Activities	 Benefits Health	 Cooperation					 Do It Daily... For Life					
Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge	Active Living in the Community

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor: - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting; retaining: e.g., dribbling, bouncing, trapping; sending: e.g., throwing, kicking, striking

Safety Considerations:

None

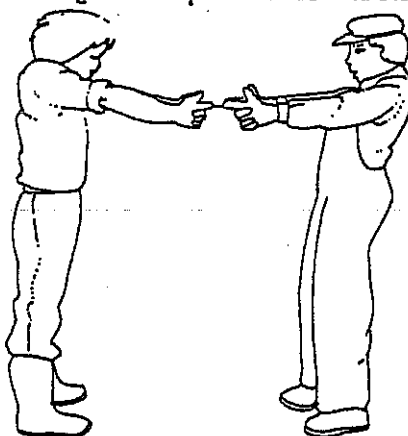
Equipment:

Small stick about the size of a match stick

Start and Stance: Competitors stand facing each other within arms reach. Each player clasps his hands together with index (pointing) fingers out. Players hold the same match stick between their index fingers.

Movement: Each player pulls match stick without bending index fingers.





Judging and Scoring: Three chances are given to pull the match stick out of the opponent's hand. Best out of three.



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Stick Pull

General Outcomes	 Activities		 Benefits Health			 Cooperation				 Do It Daily...For Life			
	Specific Outcomes	Basic Skills	Application of Basic Skills	Functional Fitness	Body Image	Well-being	Communication	Fair Play	Leadership	Teamwork	Effort	Safety	Goal Setting/ Personal Challenge

Basic Skills: Locomotor - e.g. walking, running, hopping, jumping, leaping, rolling, skipping, galloping, climbing, sliding, propulsion through water

Nonlocomotor: - e.g. turning, twisting, swinging, balancing, bending, landing, stretching, curling, hanging

Manipulative: receiving: e.g., catching, collecting; retaining: e.g., dribbling, bouncing, trapping; sending: e.g., throwing, kicking, striking

Safety Considerations:

Be sure to remind students to not pull a muscle and don't let go causing the opponent to fall back.

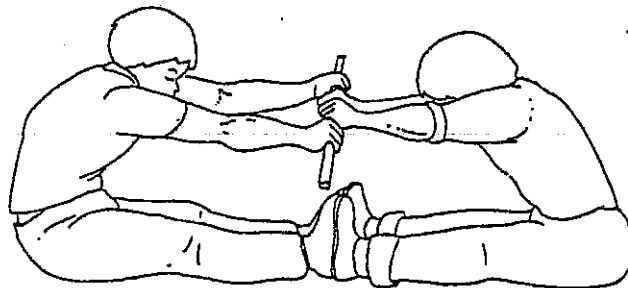
Equipment:

One broom stick per pair of students, both players should be sitting on a mat in case he/she falls back.

Start and Stance: In pairs, competitors sit on floor facing each other with legs straight out in straddle position. Feet match up. Competitors grab the same broom handle so that one man has the outside grip and the other has the inside grip. Knuckles must always be facing up.

Movement: Using arm and leg strength, try to tip the opponent over either on the left or right side until he/she loses their balance.

Judging and Scoring: Best of three tries. Flip a coin for first position of hands then alternate grip for next try.



Inuit Games instructions

Have students complete a warm up and stretch routine (examples provided)

Individual activities:

Seal crawl

Procedure- racers pull themselves along the floor with only their arms and hands to crawl forward with their feet crossed at the ankles with legs pulled up and body trailing.

Duck race

Procedure- bend down and grab feet at the ankles and then walk as fast as you can while racing others.

Owl hop

Procedure- instep of one foot must be placed behind the knee of the hopping leg. Each hop must clear the floor during the race. Raise and extend arms sideways with hands clenched and thumbs up.

Toe Jump

Procedure- stand behind a line grabbing your toes. Knees must be bent. Jump forward as far as you can without letting go and maintaining balance. Record distance from the line.

Knee jump

Procedure- sitting on your knees, jump forward and land on your feet. Measure the distance you have jumped.

Stone toss

Procedure- toss the five small black balls into the air with one hand (above your shoulder) and catch with same hand before they hit the ground.

Finger balancing

Procedure- players line up and balance (6 in) stick on their forefinger or palm and see who can walk the farthest without it falling.

Biboquet (leather toss)

Procedure- students take leather rectangles attached to sticks and toss the leather in the air and attempt to catch it in one of the holes. Try to get it in each hole and keep track of the number of attempts.

Pair activities:

Trapped

Procedure- two players of about equal weight are on their hands and knees facing away from each other with the soles of their feet touching. A 30 inch piece of rope tied at the ends is looped around the right foot of each player, so it covers the ankle. Players then try to drag the other backward for a few feet to win. Could change to left foot or both feet

Walrus push

Procedure- Two players sit on floor with their backs against each other. With hand, feet and bum on the floor, try to push your partner backwards across a target line.

Group activities:

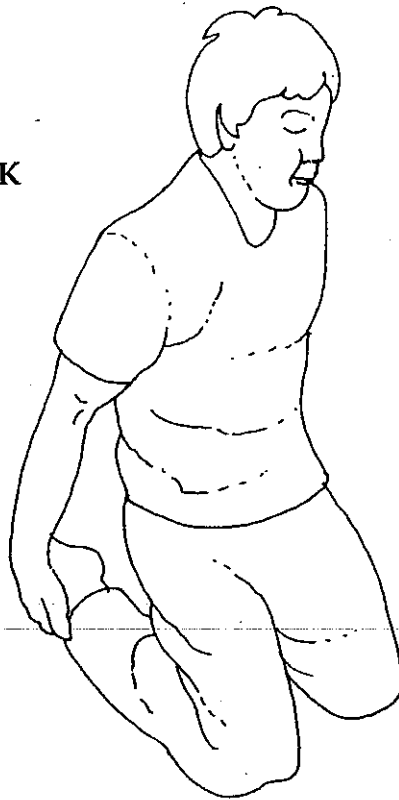
Dog sled race

Procedure- students are lined up in teams at one end of the gym. The first person on each team runs down the length of the gym, touches the line with their foot and then runs back to the next person in line and takes their hand. Together they run down to the same line and back, picking up the next person in their team and continue until the whole team is running together. Teams must start over if the hand chain is broken.

Dog sled jump relay

Procedure- Students are lined up behind starting line in teams. First player in line jumps over each pylon and stick hurdle, taking off and landing with their feet together. After jumping each hurdle, without knocking the stick off, they will pick up the harpoon and throw it at the target. They will then jump over the hurdles again on their way back to their team, touch the next person in line and sit down at the end of the line and wait for the rest of the team to finish. If a stick is knocked off, the player must stop and replace the stick to the original position and then continue. First team to finish is the winner

KNEE WALK



Movement: Competitors get down on knees and grab feet behind back lifting them off the floor. In this position, competitors walk on knees for as far as possible. The farthest knee walker is the winner. The feet cannot touch the floor.

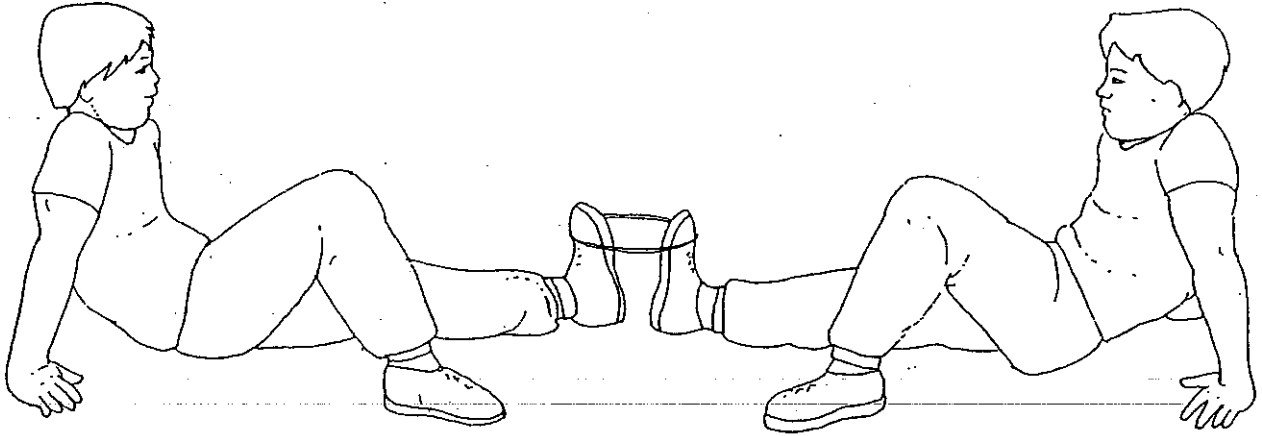
15. MISIQTUKTUT (SKIPPING)

Equipment: Long skipping rope

Movement: One or more jumpers may skip at a time. Jumpers hop from one leg to the other, alternating feet at each turn of the rope.

Judging and Scoring: The person who jumps the longest and fastest wins.

FOOT PULL



Equipment: Leather thong or belt

Stance and Start: Competitors sit on floor with line between them equally. One leg is thrust straight out in front and the other leg is bent at the knee. Either leg may be used. A belt or thong is placed around the upturned feet about 2-3 feet apart.

Movement: On a signal, opponents pull back with foot using full body strength and arms. Opponent who pulls competitor over the line or causes the thong to come off foot wins.

Judging and Scoring: Best out of three attempts.

Play an Inuit Game

Nuglukutug is a game based on the skills needed for hunting. It was played in the igloos on long Arctic nights.

What You Need:

- a long piece of string and a short piece of string
- a diamond-shaped piece of wood about 12 cm long with a 4-cm hole in the centre
- a piece of wood or small stone for weight
- a plastic straw for each player

What to Do:

1. Tie one end of the long string to the ceiling or a tree limb and the other end through a small hole at one end of the diamond-shaped object plate.
2. Tie one end of the short string to the bottom of the object plate and the other end around the wood or stone weight. Give the weight an easy swing.
3. Two or three players sit around the suspended object plate with their straws ready. When the signal "Go!" is given, each player tries to thrust the straw through the hole. The player who is first to do so gets one point. The first player to score ten points is the winner.

