

BOOK TITLE

**Hakugiktunga
(I Am Strong)**

TOPIC

**Physical Activity
and Injury Prevention**



**Essential
Question**

What are some activities I can do to make my body strong and healthy?



Teaching Strategy

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

REQUIRED MATERIALS

- ☛ **Piannat Pinnguurutit, Ilihaiji (Deck of Cards for Bingo, Teacher)**
- ☛ **Pinnguurutit, Ilihaqtuq (Bingo Card, Student)**
- ☛ Writing utensils (pencils or markers)

LEARNING CONNECTION

In this lesson, the teacher will focus on having the students relate the material to their own experiences, and it requires hands-on, active participation from both the teacher and the students.

READING VOCABULARY

Healthy, body, mind, strong, running, climbing, singing, reading, playing, eating.

LEARNING ACTIVITIES



Class discussion about the book *Hakugiktunga (I Am Strong)*.



Class discussion about the students' favourite activities to do at school.



Bingo game.

PRE-LESSON PREPARATION

1. Cut out the cards from the **Piannat Pinnguurutit, Ilihaiji (Deck of Cards for Bingo, Teacher)** so the cards are ready to be used for bingo.

LESSON PLAN: I AM STRONG

1. Ask the students:



“Taiqqaqtaaqqit aallatqiinik hulidjutinik taiguqtaptingnit taiguagakhami Hakugiktunga?”

Answers: running, climbing, singing, reading, playing, and eating.

2. Ask the students to name some of their favourite activities. Say:



“Kitut hulilukaarutit aliagivigit ilihariaqhimablutit?”

Answers might include: playing tag, playing soccer, reading books, learning new things, etc.

☞ Allow the students to talk about their favourite activities.

3. Say to the students:



“Tamaita hulilukaarutit taiguagakhami, taapkualu taiqqaqtatit, nakuujut ihumaqattiariami, timihi hakugigianganilu aanniaqhimaittumik. Ublumi, timikput ingutaaqtitpaktaqqut, pinnguerniaqtugut! Qaffiuvat pinnguuqhimajut?”

☞ If any of the students have played bingo before, invite them to explain the game to the rest of the class.

4. Hand out the **Pinnguurutit, Ilihaqtuq (Bingo Card, Student)** to a volunteer. Say to the students:



“Una pinnguuqpauhiffi aadjikkitarinngitaa. Una aallangajuq! Una angijuk piannaq piksaqaqtuq nainik aallatqiinik hulilukaarutiqaqhuni, atiillu hulilukaarutit titiraqhimajut ataani. Tiguhiniaqtunga qujaginnaq piannamik piannautimnit. Takupkaqhimaniaqtara piannaq takujakhaqi.”

“Aadjikkutaa hulilukaarut qinirniaqtaqhi piannautiffingni tiggummijara angijumi pinnguurutini. Havaqatigiigluhi paqinniarlugu ilihagtut pinnguurutainni. Paqitkungni hulilukaarut, titirlugu. Imaatut, tiggummigupku piksalik qilgiqtaqtuq, paqinahuarniaqtat taamna pinnguuritingni.”

☞ Make sure the students understand these rules.



“Titirungni taamna hulilukaarut, nangippangniaqtutit pinnguaruiaqtat taamna hulilukaarut. Pinngualimaitkungni hulilukaarut, uutukaffuniarlutit! Imaatut, titirungni qilgiktaqtuq, nangippangniaqtutit qilgikqarlutit. Titirungni nirijuq, pinnguarlugu nirijuq inuuhiaqtiarnaqtunik. Hulidjuhitit, pinnguaqtukhaujutit 30 sakani.”

LESSON PLAN: I AM STRONG

- ☛ For each activity, have the students either do the activity or act out the activity (e.g. jumping jacks, push ups, run on the spot, etc.) Afterwards, say:



“Ulapqattarniaqtugut uuminnga tamaita titirnahuarlugit hulilukaarutit narlungajut titirniarlugit.”

- ☛ Make sure you demonstrate for the students that they can have three in a row vertically, horizontally, or diagonally.
- ☛ Another option is to play the game until their entire card is full.

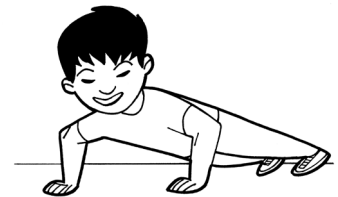
5. Tell the students:



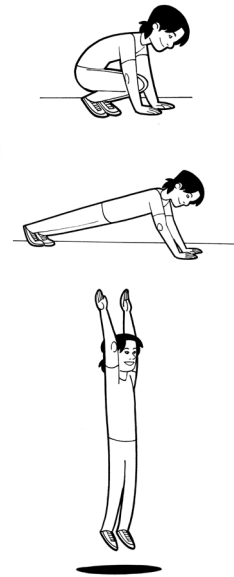
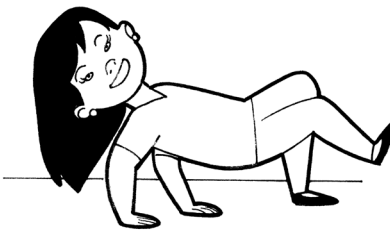
“Pingahunik titiqhiguvit nalungajunik, irialalutit ‘PINNGUU!’”

6. When you are finished the game, remind the students that there are many different activities they can do every day at school that will help keep their bodies and minds strong.

Piannat Pinngurutit (Ilihaiji)



Piannat Pinnguurutit (Ilihaiji)



Pinnguurutit

B I N G O

