

**EXTENSION
ACTIVITY**

LEVEL 7

BOOK TITLE

**Traditional
Inuit Games**

TOPIC

**Physical Activity
and Injury Prevention**



**Essential
Question**

How do you play traditional Inuit games?

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

- **Traditional Inuit Games Instructions (Teacher)**
- **Traditional Inuit Games Instructions (Individual)**
(to be placed at each station)



Large open space for five traditional Inuit games stations

LEARNING CONNECTION

This extension activity teaches the students how to play five traditional Inuit games. It builds on the students' understanding of the book *Traditional Inuit Games*, which demonstrates different traditional games that are fun and that help to develop healthy and positive physical activity habits.

READING VOCABULARY

Healthy, eating, active, strong, Inuit games, one-foot high kick, muskox push, owl hop, back push, kneel jump.

LEARNING ACTIVITIES



Class discussion about the book *Traditional Inuit Games*.



Playing traditional Inuit games.

LESSON PLAN: TRADITIONAL INUIT GAMES

1. Ask the students:



“With a show of hands, who here has played one or more of the traditional games we read about in the book *Traditional Inuit Games*?”

☞ Give the students time to raise their hands.

2. Ask:



“What game(s) did you play?”

Answers might include: muskox push, owl hop, etc.

“Where did you play the games?”

Answers might include: at school, at the community centre, etc.

“Who taught you how to play them?”

Answers might include: a friend, a family member, a teacher, etc.

☞ Let the students respond to the questions and share their experiences with traditional Inuit games.

3. Say to the students:



“Today you are going to get the chance to play the different games we learned about in the book. Some of the games you might be familiar with, and some of them might be new to you.”



4. Using **Traditional Inuit Games Instructions (Teacher)**, go through each of the games as a class. For each game, have a volunteer, or two if needed, demonstrate the game.

5. Next, set up five stations around the room or large open space. Each station will be dedicated to one traditional Inuit game. At each station, have a prepared set of instructions, **Traditional Inuit Games Instructions (Individual)**, for one of the traditional Inuit games.

6. Divide the students into five groups and have them rotate through each of the stations. At each station, give the students time to read the instructions and play the assigned game.

Note: Make sure that you circulate through the stations to answer any questions the students may have and to ensure they are playing the games properly and safely.

LESSON PLAN: **TRADITIONAL INUIT GAMES**

7. When each of the groups has rotated through the five stations, bring the class back together as a group.

8. Say to the students:



“As we learned in the book, staying healthy doesn’t just mean eating healthy foods. It also means being active in order to keep healthy and strong. Playing these Inuit games is a great way to be active with your friends and family. Who here had fun and will keep playing traditional Inuit games?”

☛ The students should answer that they will keep playing the games.

9. These games are a great way to keep the students active. You may decide to have the students play them daily or at various times throughout the week. You may also want to bring in someone from the community who can teach the students other traditional games to play.