

EXTENSION
ACTIVITY

BOOK TITLE

**Ingilraarnittat
Ulapqiuhiit
(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

- Ingilraarnittat Ulapqidjutit Ajuiqhautit, Ilihaiji (Traditional Inuit Games Instructions, Teacher)
- Ingilraarnittat Ulapqidjutit Ajuiqhautit, Ilihaqtuq (Traditional Inuit Games Instructions, Student)
(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 *Ingilraarnittat Ulapqiuhiit (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 *Ingilraarnittat Ulapqiuhiit (Traditional Inuit Games)*.



Playing traditional Inuit games.

LESSON PLAN: TRADITIONAL INUIT GAMES

1. Ask the students:



“Ihagluhi, kitkut hamani ingilraarnittat ulapqiuhiinnik ulapqihimavat taiguaqtaptingnit taiguagakhami *Ingilraarnittat Ulapqiuhiit?*”

☞ Give the students time to raise their hands.

2. Ask:



“Kitu(t) ulapqiuhiq(t) ulapqivakpiuk(-git)?”

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

“Humi ulapqihimaviuk?”

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

“Kia ajuiqhautivatit?”

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:



“Ublumi ulapqiniaqtuhi aallatqiinik ulapqiuhinik ajuiqhaqtavut taiguagakhami. Ilangit ulapqiuhiit ilihimajungnaqhijahi, ilangittauq ilingnut nutaangujungnaqhijut.”



4. Using **Ingilraarnittat Ulapqidjutit Ajuiqhautit, Ilihaji (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, **Ingilraarnittat Ulapqidjutit Ajuiqhautit, Ilihaqtuq (Traditional Inuit Games Instructions, Student)**, 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:



“Ajuiqhaqtaptingni taiguagakhami, inuuhiqattiarnahuarnirmut niriinnarniunngittuq inuuhiqattiarnaqtunik. Imaa itturlu ingutaaqattaqhuni inuuhiqattiariami hakugigiamilu. Ulapqigaangat Inuit ulapqiuhiinnik nakuujuqtauq ingutaaqatigiblugit ilannatit ilatillu. Kitkut aliahukpat ulapqihimmaarlutiglu ingilraarnittat Inuit ulapqiuhiinnik?”

☛ 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.

Ingilraarnittat Ulapqidjutit Ajuiqhautit (Ilihaiji)

1. Quppaqtaq

Quppaqtaq kanaangnik hakugikhaivaktuq puvangniglu. Quppaqtariami, tamangnik itikkakkik mihiutigijukhaujuk, iglua hiitkut ikitittugu, mihiqlutit itingmingnahuarlugu nivingajuq itigangnut taaffumunga, tulvigilugu taamna itigat.

2. Umingmaujaq

Umingmaujaq ikajuutaujuq hakugikhaqhugit tuikkik, kanaakkik, puvakkiglu. Uvani ulapqiuirmi, malruuk innuk umingmaunnnguaqhutik tuikkik aktuutittugik. Upalungiarunmik, taadjautiliqhutik tuingmikkut, unaguqtailijautaujuq hakugikhautaujurlu.

3. Ukpiktut Mihiktaqtuq

Ukpiktut mihiktaqtuq, iglupiaqtuqhuni, hakugikhautaujuq kanaarnik puvangniglu. Uvani ulapqiuirmi unghahiktillaaqtautijut (kina unghahitqijaujaanut mihiktaakhaa), imaaluunniit qanuq unaguqtailijautaujuq (kina mihiktakhaatqijautijut).

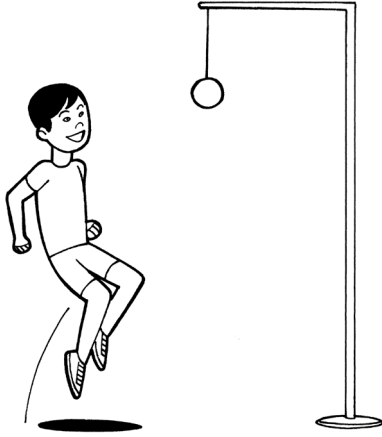
4. Taadjautijuk

Taadjautijuk nakuuhaqhautaujuq tallangnut kanaangnullu. Malruk innuk ikhivablutik tunudjutiblutik hiitquktik iqittugik itikkaktik natirmut patikti'lugik, tamangnik kanaaktik algaktiglu taadjautigiblugit, akirani taadjaqhugu.

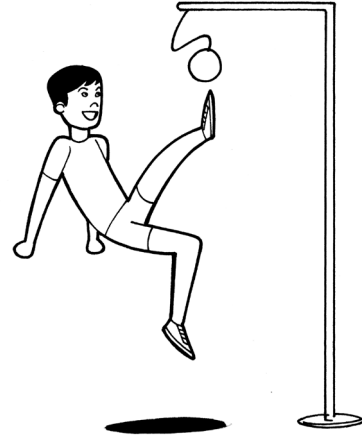
5. Aquffiktaqtuq

Hiitkumigaqhuni timit tamaat aturlugu. Hiitqumikhimalutit, tallakkik aturlugik mihiqlutit tunnahuarlutit nangipajumik. Unghahitqijamut mihingnahuaqhutik aqvinganirmingnit.

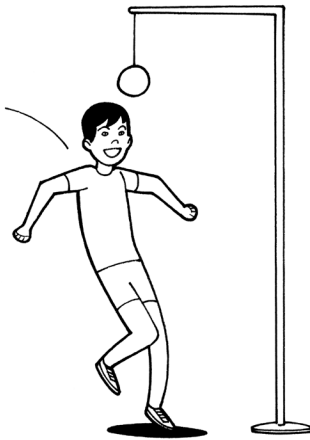
Quppaqtaq



1) Mihiglutit aturlugik tamangnik itikkakkik.

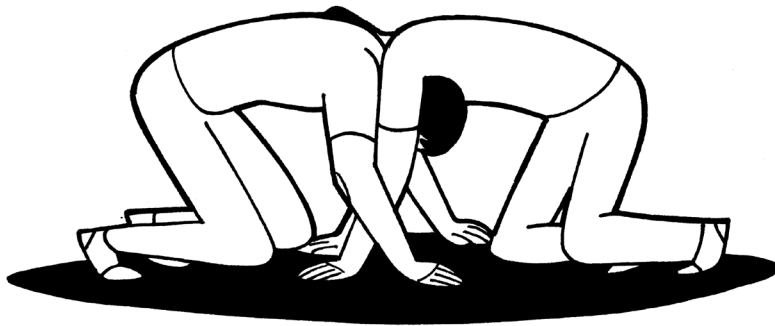


2) Iglua hiitqut iqillugu. Itingmiglugu nivingajuq itigangnut.



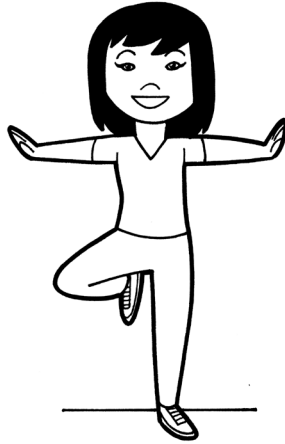
3) Midjutigilugu itingmiutigijat.

Umingmaujaq

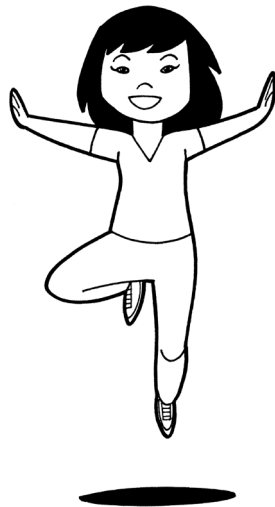


**Uvani ulapqiuirmi, malruuk innuk
umingmaunnnguaqhutik tuikkik
aktuutittugik. Upalungiarunmik,
taadjautiliqhutik tuingmikkut,
unaguqtailijautaujuq
hakugikhautaujurlu.**

Ukpiktut Mihiktaqtuq

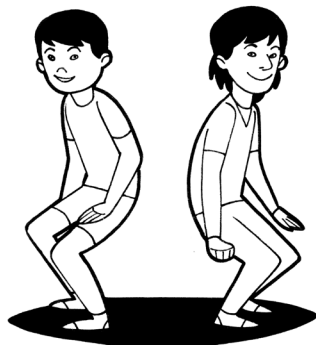


1) Ulruttaililuni iglupiaqtuqhuni.



**2) Mihiutigilugu nangiutigijani.
Tallakkik ulrutailidjutigilugik.**

Taadjautijuk



1) Ingillutik.

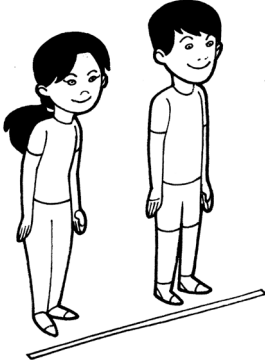


2) Algaktik kanaarmi haniraanungarlutik.

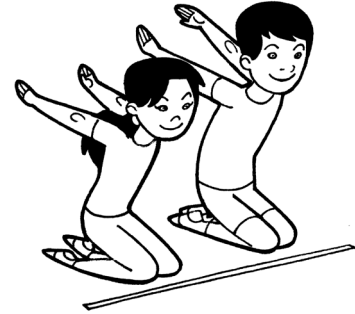


3) Kanaaktik algaktiglu taadjautigilutik kingumut taadjarlutik aqirarmingnik.

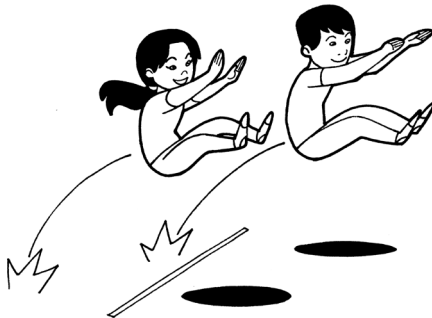
Aquffiktaqtuq



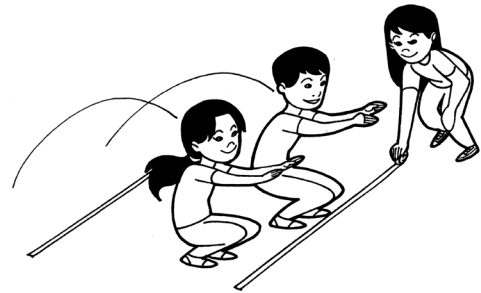
1) Natirmi nipitqihimanianit upalungaihimaluni.



2) Hiitqumingaluni, tallakkik hanirangniilutik.



3) Hiitqurnit mihiglutit, tallakkik aturlugik qulvanahuariarni.



4) Minnahuarlutit tamangnut itikkangnut. Kinaliqaak naunaiqhaittaqtuq nipitqihiluni milvianut.