

---

# PHYSICAL ACTIVITY AND INJURY PREVENTION

---

# LEVEL 7

## Level 7: Traditional Inuit Games Lesson Plan

- Traditional Inuit Games Instructions (Teacher)
- Traditional Inuit Games Instructions (Individual)

---

# ICON LEGEND



TEACHER SCRIPT



CLASS DISCUSSION



IMPORTANT INFORMATION



INDIVIDUAL ACTIVITY



PAIRS/SMALL GROUP ACTIVITY



PHYSICAL ACTIVITY



LARGE OPEN SPACE REQUIRED

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*.



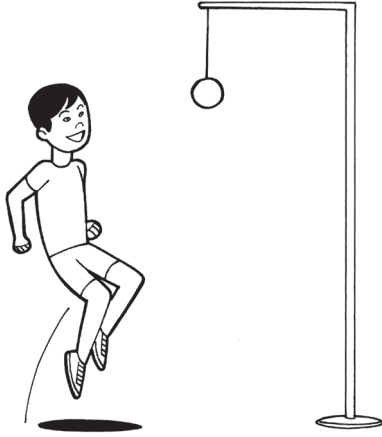
Playing traditional Inuit games.



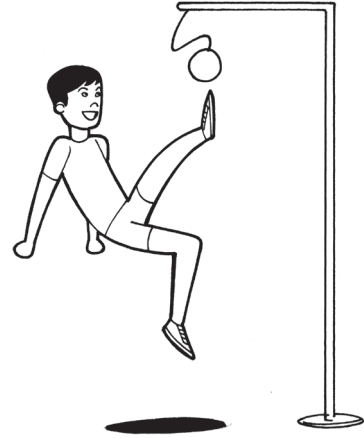




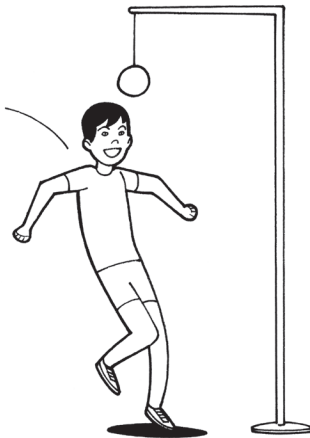
# ᐱᑕᐅᑦᑕᑦ-ᐃᑦᑕᑦ ᑦᐃᑦᑕᑦᑕᑦ ᐱᑦᑕᑦᑕᑦ



1) ᑦᑕᑦᑕᑦᑕᑦ ᐱᑕᐅᑦᑕᑦ  
ᐃᑦᑕᑦᑕᑦ ᐱᑦᑕᑦᑕᑦ.



2) ᐱᑕᐅᑦᑕᑦ ᑦᑕᑦᑕᑦ  
ᑦᐃᑦᑕᑦᑕᑦ ᐱᑦᑕᑦᑕᑦ  
ᐱᑦᑕᑦᑕᑦ ᐱᑦᑕᑦᑕᑦ.



3) ᑦᑕᑦᑕᑦ ᐃᑦᑕᑦᑕᑦ  
ᐱᑦᑕᑦᑕᑦ.

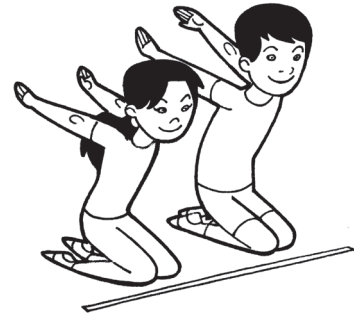
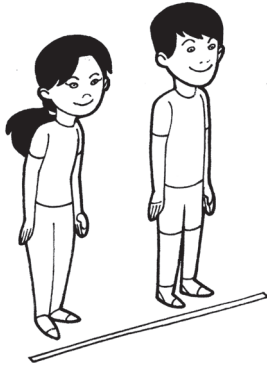






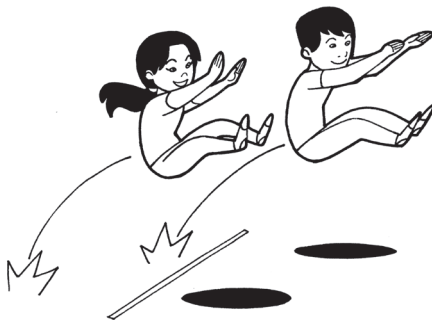


# ՀԻՆԺՈՍ ԳՐԱՐԳԹԵՑ



1) **Ճրճածվածից հեծարված թա ընկնելից Գրարքազլենից Վճա Ճրճածից ՈՒՐԷՐԸ Արճհից շՈՒ ՍԱՒԳից ԼԷԴՐ ԵՂԵՃԻՃԻՐԸ Արճհից ՆԵՍԵՑԻ:**

2) **ՀԻՆԺՆԵՂՈՒ ՎԻՍՐՆԵՂՈՒ, ՇԻՑՐԻ ԿՏՎԵՎԻՃԱՐԸ:**



3) **Արճից ՎԵՒԻՆԿՐՁԻ Գրարճճից ՀԻՆԺՆԵՑԻ, ՇԻՑՐԻ ՎճԻՃԱՐԸ ԿՃԵՐԻՎՐՐԼՏԻՃԸ:**

4) **ԴՆՈՒ ՇԼԻՐՐԸ ՃՐՆԵՐԸ ՎԷԼՆ ՎՐՎԵՐԸ Ճրճածից ՈՒՐԸ ՍԱՒՈՐԸՆԸՃԸ ԵՂԵՃԻՐԸ ՎճԻՃԱՐԸ ԵՂԸ ԵՏԵՆԸ:**