

ARCTIC WINTER GAMES & INDIGENOUS WAYS OF KNOWING

Subject: Physical Health & Wellness

Teaching Games for Understanding (TGFU): Target Games / Individual Pursuits

Outcomes:

- Demonstrate the skills of jumping, kicking, and balance.
- Entry points into non-mainstream / traditional Indigenous Games.
- Entry points into Indigenous Ways of Knowing, Being & Doing.

INSTRUCTIONS:

1. Lesson Planning Prep / Grow Your Knowledge:

- a. Prior to your class, familiarize yourself with the [Indigenous Sport Heroes Education Experience's AIR Lesson Plan](#) and [Indigenous Games](#) chapter.
- b. Then, learn about entry points to Indigenous Ways of Knowing, Being & Doing in the "It's Our Time Toolkit" developed by the Assembly of First Nations. [Read Plain Talk 9: First Nations Holistic Lifelong Learning Model, section 9.4. Ways of Knowing.](#)
- c. Go to the [General Resources](#) section of the Indigenous Sport Heroes Education Experience, and click on the [Arctic Winter Games](#) link. Under "Website Links," click on the [AWG Education Manual](#). Choose a few activities in advance, and set up the required equipment either in the gym or outside. (*Note: Choose Arctic Winter Games' sports that were mentioned in the Indigenous Games chapter to reinforce the students' learning and connection to Indigenous Ways of Knowing & Being – see a list below.*)

Arctic Winter Games in [Indigenous Games](#) Chapter

- Traditional Inuit Games: Knuckle Hop, One Foot High Kick, Two Foot High Kick, and Blanket Toss.
- Traditional Dene Games are: Stick Pull, Finger Pull, Snow Snake, Pole Push, and Hand Games.

2. Class Application:

- a. Sitting or standing in a circle, teach students about the eights Ways of Knowing, as defined by the Assembly of First Nations. To reinforce the outcomes of this lesson plan, discuss *Knowing the Body* (physical literacy), *Knowing People* (teamwork, sportsmanship), *Knowing the Self* (fair play, sportsmanship), and *Knowing Music* (connection to drumming and the heart beat/Indigenous Games).

- b. Then, have students read the “CIRCLE” excerpt from the [AIR Lesson Plan's](#) background information. Below is a shortened excerpt specific to this lesson i.e., the sections that speak to the significance of circles and drumming.
- c. Introduce your students to some non-mainstream sports using the [Indigenous Games](#) chapter in the digital book. Individually, in pairs, or as a class, explore the Chapter to learn about the history of the Arctic Winter Games and some of the Indigenous Games played at these Games.
- d. If you use the [TGFU model](#) in your approach to curriculum mapping, connect the Indigenous Games you've selected to the appropriate categories. For example, the One Foot High Kick is mentioned in the Indigenous Games chapter. It can be taught alongside other *Target Games* and can be used to demonstrate the skills of jumping, kicking, and balance.
- e. Using the Arctic Winter Games' Education Manual, explain the [rules of the selected Games](#) to your students, and play/compete in some of the traditional Indigenous Games. To reinforce the Ways of Knowing, ensure you connect your instructions back to the Ways of Knowing, specifically *Knowing the Body* (physical literacy), *Knowing People* (teamwork, sportsmanship), *Knowing the Self* (fair play, sportsmanship), and *Knowing Music* (connection to drumming and the heart beat/Indigenous Games).

THE CIRCLE

Circles are very significant to many Indigenous Peoples. The [AIR Lesson Plan](#) and [interactivity](#) provide an in-depth explanation on the cultural meanings and significance of the circle. It also speaks to drumming not only in the sense of your heartbeat when you're active, but also how drumming is an integral part of traditional Dene hand games, which are played at the Arctic Winter Games.

The circle is a symbol of interconnectivity and holistic wellness of the self, family, community, and society within many Indigenous cultural ways. The drum is a circle and plays an important role in bringing people together and in ceremonies.

The heartbeat is like the rhythm of the drum. The first drum song you ever hear or feel is that of your mother's heartbeat when you are growing inside her. The heartbeat is powered by the rhythmical nature of our breathing. When you are active, your heart beats to the rhythm of your overall level of health. When you are active, you are running to the beat of your own drum song, while your feet connect with the earth and your breath connects with the clean air that trees and plants provide for us. Drumming and singing within Indigenous circles have been passed down for generations and have several purposes. Traditionally, Mohawk men create a song to sing to their newborn baby, which the child carries through their life. Songs provide self-regulation, attachment, empowerment, teachings, and spiritual connections. Drum and song continue to play a key role in traditional sports and games for example the drum is an integral part of traditional Dene hand games, which are played at the Arctic Winter Games.