

INDIGENOUS SPORT HEROES:

Education Package

Grades 4-8

Activities and Content to Support the Indigenous Sport Heroes Education Experience & Taking the Higher Ground Program

These activities complement the Indigenous Sport Heroes Education Experience and the Taking the Higher Ground program, enhancing their curricular relevance and providing a comprehensive learning journey for your students over several weeks. The activities are general enough to be used for multiple grade levels and can be adapted to fit specific learning outcomes for your class or modified to fit your students' needs. Learn more about our Indigenous Education programs and resources [HERE](#) and our PHE-focused Indigenous Education resources [HERE](#).

I. STEP ONE—BACKGROUND INFORMATION



Subjects: Health & Physical Education, English Language Arts, Indigenous Education, and Social Studies
For Taking the Higher Ground cross-curricular connections click [HERE](#); for Indigenous Education learning outcomes for all provinces and territories, click [HERE](#).

ACTIVITY #1: INTRODUCTORY INFORMATION

Activity Instructions

To gain a deeper cultural understanding of the origins of lacrosse, and an introduction to Indigenous Ways of Knowing and Being read the [Introduction](#) and [Section Summary: Background Information](#) sections of [the Indigenous Sport Heroes Education Experience Land Lesson Plan](#).

ACTIVITY #2: LEARN MORE ABOUT LACROSSE

Activity Instructions

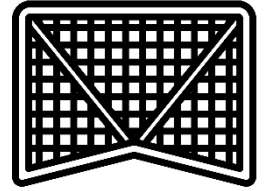
Have students read through the information [HERE](#) so that they can develop an understanding of the game of lacrosse (i.e., history, different disciplines, and rules) in preparation for engaging in the live or on-demand Artefact Talks program (see Step Two - Activity #1). After students have completed the reading have them answer the following questions:

- What cultural and spiritual significance did lacrosse hold for Indigenous peoples in North America during the 12th century?
- What are the three different disciplines of lacrosse and what is a defining characteristic of each?
- Select the rule book for whichever discipline of lacrosse you would like and determine what is required for a goal to count.
- What is lacrosse's impact on historic and contemporary Haudenosaunee Peoples? Canadians?

Upon completion of the questions, students will be able to recognize the significance of different aspects of lacrosse and its impact on society.

2. STEP TWO—INQUIRY-BASED, EXPERIENTIAL LEARNING

Subjects: Health & Physical Education, English Language Arts, Indigenous Education, and Social Studies
Explore Curricular Connections [HERE](#).



ACTIVITY #1: ARTEFACT TALKS — TAKING THE HIGHER GROUND

Activity Instructions

Engage your students in our “Taking the Higher Ground” Artefact Talks program (live or on-demand options available). Using guided questioning, students will learn about the racial barriers Order of Sport Recipients and Hall of Famers Tom Longboat and Gaylord Powless overcame both in their lives and sporting careers.

Students’ exposure to the world beyond their communities through virtual field trips ignites greater curiosity and interest in learning beyond the classroom and a sense of connectedness, while allowing for greater understanding of subject matter being covered within the curriculum.

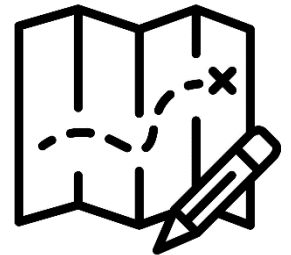
Explore the program [HERE](#)

ACTIVITY #2: TAKING THE HIGHER GROUND — EXTENSION ACTIVITIES

Lesson Plan #1 – Adapt a Game

Take your students’ learning a step further by using the program’s Adapt a Game lesson plan where students will discuss fair play and modify a sport’s rules to make it more inclusive for all participants.

Explore the lesson plan [HERE](#).



Lesson Plan #2 – Indigenous Sport Heroes Scavenger Hunt

Using a ready-to-use scavenger hunt, have your students explore the Indigenous Sport Heroes digital book answering questions after they find the answers while exploring the chapters!

Explore the lesson plan [HERE](#).

Lesson Plan #3 – Reflection Work Sheet

Provide your students with a ready-to-use Reflection Sheet. These Reflection Sheets serve as a valuable tool for students to enhance their understanding, identify areas of growth, and reflect on their personal experiences gained throughout the program.

The Reflection Sheet can be found [HERE](#).

3. STEP THREE—SELF GUIDED EXPLORATION

Subjects: Health & Physical Education, English Language Arts, Indigenous Education, and Social Studies

ACTIVITY #1: EXPLORE THE DIGITAL BOOK & INTERACTIVITIES

Activity Instructions

Have students explore the [Chapters](#) of the [Indigenous Sport Heroes Education Experience digital book](#), and allow them to engage with the Interactivities from the [Lesson Plans](#). During this activity, students will learn more about active living role models and statements that reflect various Indigenous Ways of Knowing and Being.

Explore the Interactivities from each of the lesson plans which can be found here: [Land](#), [Air](#), [Water](#), [Fire](#).

ACTIVITY #2: ALTERNATIVE ACTIVITIES

Activity Instructions

For younger students, consider offering alternative activities such as colouring sheets and word searches to complement their learning experience and cater to their developmental needs. These supplementary materials offer engaging and age-appropriate ways for younger students to reinforce key concepts and vocabulary.

- Click [HERE](#) for colouring sheets by Cree/Dene/Métis artist and educator Crystal Clark who also developed all of the lesson plans; these colouring sheets are from the Fire Lesson Plan.
- Click [HERE](#) for colouring sheets/artwork created by Mushkego Cree Artist Hawlii Pichette who also created all the artwork for the interactivities and lesson plans based on the graphic concept by Crystal Clark.
- Click [HERE](#) for Word Searches.



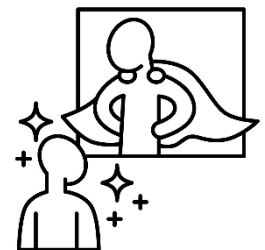
4. STEP FOUR—LEARN FROM INDIGENOUS ROLE MODELS

Subjects: Health & Physical Education, English Language Arts, Indigenous Education, and Social Studies

STORYTELLING SERIES: CELEBRATING INDIGENOUS SPORT HEROES

Activity Instructions

As you learned from Taking the Higher Ground program, the Tom Longboat Award was established to recognize Indigenous athletes for their outstanding contributions to sport in what is now known as Canada. For a deeper understanding of the Tom Longboat Award's origins and connections to sport click [HERE](#), and to learn more about recent Tom Longboat Award winners click [HERE](#).



Register your class for the Storytelling Series: Celebrating Indigenous Sport Heroes, which will be livestreamed in real-time in June 2024. Students will have the opportunity to learn from Cindy Martin, the great-great-great niece of Tom Longboat, and Kerri Einarson, a distinguished Tom Longboat Award recipient. These educational keynotes will also be available on-demand after the livestreamed presentations.

Click [HERE](#) to register. Click [HERE](#) to access on-demand post-June 2024.

5. STEP FIVE — EXTENSION ACTIVITIES

Subjects: Health & Physical Education, English Language Arts, Social Emotional Learning, Indigenous Education, and Social Studies

Explore Themes and Education Highlights [HERE](#).

ACTIVITY #1: EXPLORE LESSON PLANS FROM THE INDIGENOUS SPORT HEROES EDUCATION EXPERIENCE

These activities, from the Indigenous Sport Heroes Education Experience's [lesson plans](#), offer entry points into Indigenous Ways of Knowing and Being, and more broadly Education for Reconciliation. They are intended to inspire further learning and relationship-building with Indigenous Peoples. They were designed to help integrate holistic teaching methods into the classroom that recognize the many distinct Indigenous histories, cultures, pedagogies, traditional languages, and traditional knowledge systems. Each lesson can be downloaded by grade range (e.g., Grades K-3, 4-8, & 9-12).



Activity Instructions

Lesson Plan #1 – Land Lesson Plan

If you haven't already done so in Step One, have students read the [Introduction](#) (p. 2) and [Section Summary: Background Information](#) (p. 3) sections from the Indigenous Sport Heroes Education Experience [Land Lesson Plan](#) to learn more about relationship to land, gratitude and reciprocity, and lacrosse.

Once the readings are complete have students complete activities [one](#) (p. 7) and [four](#) (p. 12).

Explore the lesson plan [HERE](#).

Lesson Plan #2 – Water Lesson Plan

Have students read the Section Summary: Background Information [Origin Stories](#) (p. 4) section from the Indigenous Sport Heroes Education Experience [Water Lesson Plan](#). Here students will learn more about the Turtle Island creation story, traditional land uses, sacred sites, and places of cultural significance across Turtle Island (Canada).

Explore the lesson plan [HERE](#).

Lesson Plan #3 – Fire Lesson Plan

Have students read all of the [Background Information](#) (p. 3) sections from the Indigenous Sport Heroes Education Experience [Fire Lesson Plan](#) to learn about light, fire, and connection to spirit.

Don't forget to refer to the Identity/Naming section, with a special focus on the part that lists Original Indigenous Languages' names, such as [Tom Longboat](#) (p. 6). Once you have finished the reading have students complete activities [one](#) (p. 8), [two](#) (p. 10), and [three](#) (p. 12).

Explore the lesson plan [HERE](#).

Lesson Plan #4 – Air Lesson Plan

Have students read the [Background Information Sport](#) (p. 7) section from the Indigenous Sport Heroes Education Experience [Air Lesson Plan](#) to learn about how air sustains our bodies and connects us all.

Explore the lesson plan [HERE](#).

6. STEP SIX — EXPLORING INDIGENOUS GAMES

Subjects: Health & Physical Education, Social Studies, Indigenous Education

Themes & Outcomes: Fundamental Movement Skills, Entry Points to Indigenous Games & Indigenous Perspectives

ACTIVITY #1: ARCTIC WINTER GAMES & INDIGENOUS WAYS OF KNOWING

This lesson plan offers entry points into Indigenous Ways of Knowing and Being through the lens of sport; specifically, traditional Arctic Winter Games.

Activity Instructions

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.

Then, sitting or standing in a circle, teach students about the [eight Ways of Knowing](#), as defined by the Assembly of First Nations. Finally, choose a game from the [Arctic Winter Games' Education Manual](#) and go outside and play it as a class!

Explore the lesson plan [HERE](#).

