

Indigenous Education Resources – PHE General Learning Outcomes

Description: The following serves as an overview of the Indigenous education programs and resources available through the Beyond the Win Education Programs Platform and the Indigenous Sport Heroes Education Experience platform. The outcomes are intended to be general enough to support all provincial and territorial curricula and can be used as a springboard to bring Indigenous perspectives into the classroom.

Beyond the Win Education Programs		Physical Education Activities and Sports	Health and Physical Education	Social and Emotional Learning	Teaching Games for Understanding
Indigenous Sport Heroes Education Experience	Hall of Famer Chapters	<ul style="list-style-type: none"> - Para Nordic - Athletics - Cross-Country Skiing - Water polo - Lacrosse - Soccer - Canoe/Kayak Sprint - Ice Hockey 	<ul style="list-style-type: none"> - Goal setting - Physical literacy - Active living role models - Holistic wellness and balance - Teamwork - Leadership - Volunteerism and community service - Sports events (i.e., Olympics, national, provincial, or regional amateur athletic games.) - Heritage objects (e.g., Lacrosse stick from the 1960s.) - Character development - Growth and development 	<ul style="list-style-type: none"> - Self-awareness, self-control, social awareness, relationship skills, responsible decision making - Perseverance and resilience - Community - Recognizing emotions - Assessing strengths and challenges 	<ul style="list-style-type: none"> - Individual Pursuits - Zone Games - Net/Wall Games - Racing Games
	Tom Longboat Award and Award Winners Chapters	<ul style="list-style-type: none"> - Athletics - Canoe/Kayak Sprint - Ice Hockey - Basketball - Rugby - Volleyball - Curling 	<ul style="list-style-type: none"> - Holistic wellness and balance - Evaluate the impact that a diverse variety of Canadians have on the options for participation in movement activities 	<ul style="list-style-type: none"> - Perseverance and resilience - Motivation and hope 	<ul style="list-style-type: none"> - Individual Pursuits - Racing Games - Zone Games - Target Games

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Indigenous Sport Heroes Education Experience	Indigenous Games Chapter	<ul style="list-style-type: none"> - Arctic Winter Games (i.e., Traditional Inuit Games: knuckle hop, one-foot-high kick, and blanket toss.) - North American Indigenous Games 	<ul style="list-style-type: none"> - Physical literacy - Holistic wellness and balance - Teamwork - Strategies and tactics used in First Nations, Métis, and Inuit games honour place and can be understood through generational knowledge - Modifications for game situations - Safety, engagement, and inclusion of all participants - Manage conflict and resolution - Opportunities to develop skills through engagement in unique and diverse movement patterns 	<ul style="list-style-type: none"> - Community and social responsibility - Self-motivation and hope - Perseverance and resilience - Social awareness 	<ul style="list-style-type: none"> - Individual Pursuits - Net/Wall Games - Zone Games - Target Games
	Land Lesson Plan	<ul style="list-style-type: none"> - Lacrosse 	<ul style="list-style-type: none"> - Holistic wellness and balance - Role of environmental awareness and stewardship in outdoor recreation and conservation - Experiences on the land are significant to learning and personal development 	<ul style="list-style-type: none"> - Mental and emotional health 	<ul style="list-style-type: none"> - Zone Games
	Air Lesson Plan	<ul style="list-style-type: none"> - Arctic Winter Games (i.e., Traditional Inuit Games: knuckle hop, one/two-foot-high kick, and blanket toss.) 	<ul style="list-style-type: none"> - Physical literacy - Teamwork 	<ul style="list-style-type: none"> - Responsible decision-making - Healthy relationships 	<ul style="list-style-type: none"> - Individual Pursuits - Net/Wall Games - Zone Games - Target Games

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Indigenous Sport Heroes Education Experience	Water Lesson Plan	<ul style="list-style-type: none"> - Baseball - Football 	<ul style="list-style-type: none"> - Holistic wellness and balance 	<ul style="list-style-type: none"> - Self-control - Mental and emotional health 	<ul style="list-style-type: none"> - Zone Games - Striking/Fielding Games
	Fire Lesson Plan	<ul style="list-style-type: none"> - Olympic Games - Water Polo - Athletics - Soccer - Canoe/Kayak Sprint 	<ul style="list-style-type: none"> - Holistic wellness and balance - Stress Management 	<ul style="list-style-type: none"> - Self-regulation - Motivation and hope - Sense of Identity 	<ul style="list-style-type: none"> - Zone Games - Racing Games
	Arctic Winter Games (Bonus Lesson Plan)	<ul style="list-style-type: none"> - Arctic Winter Games (Traditional Inuit Games: knuckle hop, one/two-foot-high kick and blanket toss; Traditional Dene Games: stick pull, finger pull, snow snake, pole push, and hand games.) 	<ul style="list-style-type: none"> - Physical literacy - Holistic wellness and balance 	<ul style="list-style-type: none"> - Community and social responsibility - Motivation and hope - Perseverance and resilience - Social awareness 	<ul style="list-style-type: none"> - Individual Pursuits - Net/Wall Games - Zone Games - Target Games
Artefact Talks - Taking the Higher Ground	Live Program and Pre-Recorded Version	<ul style="list-style-type: none"> - Lacrosse - Athletics - Movement break (Running on the spot and learning how to play lacrosse.) 	<ul style="list-style-type: none"> - Physical literacy - Holistic wellness and balance - Teamwork and relationship skills - Leadership - Volunteerism and community service 	<ul style="list-style-type: none"> - Community and social responsibility - Motivation and hope - Perseverance and resilience - Social awareness 	<ul style="list-style-type: none"> - Zone Games - Individual Pursuits

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	Lesson Plans	<ul style="list-style-type: none"> - Adapt a Game Activity 	<ul style="list-style-type: none"> - Active living role models - Teamwork - Physical literacy - Game modification - Fair play 	<ul style="list-style-type: none"> - Critical thinking - Problem-solving 	<ul style="list-style-type: none"> - TGfU category dependent on chosen sports
Conversation Starters	#MyCanadianMoment: Colette Bourgonje	<ul style="list-style-type: none"> - Cross-Country Skiing 	<ul style="list-style-type: none"> - Leadership - Community service - Goal setting 	<ul style="list-style-type: none"> - Ethics and inclusion - Community and social responsibility - Social awareness - Responsible decision-making 	<ul style="list-style-type: none"> - Individual Pursuits - Racing Games
	We Will Do Better: Waneek Horn-Miller	<ul style="list-style-type: none"> - Water Polo 	<ul style="list-style-type: none"> - Holistic wellness and balance - Active living role models - Leadership 	<ul style="list-style-type: none"> - Self-regulation - Motivation and hope - Self-esteem, self-efficacy, and control over lives 	<ul style="list-style-type: none"> - Zone Games - Individual Pursuits
	Sportsnet Conversations with the Class of 2020-21: Ross Powless	<ul style="list-style-type: none"> - Lacrosse 	<ul style="list-style-type: none"> - Physical literacy - Holistic wellness and balance 	<ul style="list-style-type: none"> - Community and social responsibility - Motivation and hope - Perseverance and resilience - Social awareness 	<ul style="list-style-type: none"> - Zone Games

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	CBC Beyond the Win: Waneek Horn-Miller	<ul style="list-style-type: none"> - Water Polo 	<ul style="list-style-type: none"> - Physical literacy - Holistic wellness and balance - Teamwork & relationship skills - Leadership - Volunteerism and community service 	<ul style="list-style-type: none"> - Community and social responsibility - Motivation and hope - Perseverance and resilience - Social awareness 	<ul style="list-style-type: none"> - Zone Games - Individual Pursuits
	CBC Beyond the Win: Colette Bourgonje	<ul style="list-style-type: none"> - Cross-Country Skiing 	<ul style="list-style-type: none"> - Teamwork - Physical literacy 	<ul style="list-style-type: none"> - Critical thinking - Problem-solving 	<ul style="list-style-type: none"> - Individual Pursuits - Racing Games
National Indigenous Peoples Day	Alwyn Morris Keynote	<ul style="list-style-type: none"> - Canoe/Kayak Sprint - Raised hand exercise (Shows what it feels like to row for 3 minutes and 24 seconds.) 	<ul style="list-style-type: none"> - Active living role models - Physical literacy - Evaluate the impact that a diverse variety of Canadians have on the options for participation in movement activities 	<ul style="list-style-type: none"> - Community and social responsibility 	<ul style="list-style-type: none"> - Racing Games