

# INUIT GAMES

## • PHYSICAL EDUCATION •



**CURRICULUM AREA:** Physical Education/Society & Environment

**TARGET YEAR LEVEL/S:** Years 3 – 7

**CLASS TIME:** WHOLE DAY

## LESSON BACKGROUND

This is a fun set of activities that allow students to explore and carry out traditional games of the Inuit. Students research different traditional sports and games that people who have lived in the Arctic have played for over a thousand years, and on a specified day, teachers can organise a sort of INUIT OLYMPICS, where students get to play some of these games.

## OUTCOMES

- Demonstrates a wide range of fundamental movement skills, including object-control skills.
- Demonstrates an awareness of rules and other participants in simple games and physical activities.

## PREPARATION

- Preparation and equipment will vary depending the chosen sports by the teacher

## STUDENT ACTIVITY

- 1) As part of a Society & Environment lesson, have students research via the site [Inuit Games](#) different types of games that were played by Inuit Natives.
- 2) Set up a day whereby students can compete in a sort of INUIT OLYMPICS. Teacher should pick sports/games that are most appropriate to their year level. Some example of appropriate sports/games are:
  - Bone Puzzle (more appropriate to use actual puzzle pieces!)
  - Tug-o-war (you will need a strong piece of leather)
  - Aratsaiq or 'High kick' (perhaps use a tennis ball hung up high)
  - Illukitaaq or juggling
  - 'Ball Game' using stones as balls and home-made racquets (a variation of Lacrosse will suffice)
  - Nalukauq or blanket toss – using a doll or soft toy instead of a child.
  - 'Ice-hopping' using hoola hoops or similar marked spaces as ice floes.

## EXTENSION

- Students can explore native or traditional sports/games from a variety of cultures and try them out.
- Students can CREATE or INVENT their own games/sports