



Games Celebrating Indigenous Ways of Knowing



Indigenous Sport,
Physical Activity
& Recreation Council



SCHOOL PHYSICAL ACTIVITY AND PHYSICAL LITERACY PROJECT

www.schoolpapl.ca



Introducing **PLAYBUILDER**

PLAYBuilder is a platform and tool that provides educators with **700+** games and **100+** lesson plans that are aligned with the B.C. Physical and Health Education Curriculum. It is **free to use** for all B.C. educators!

The following is a sample of quick, fun and engaging activities, and lesson plans that are available through PLAYBuilder that have been shared with permission from our Indigenous communities in B.C.

Want more activities?

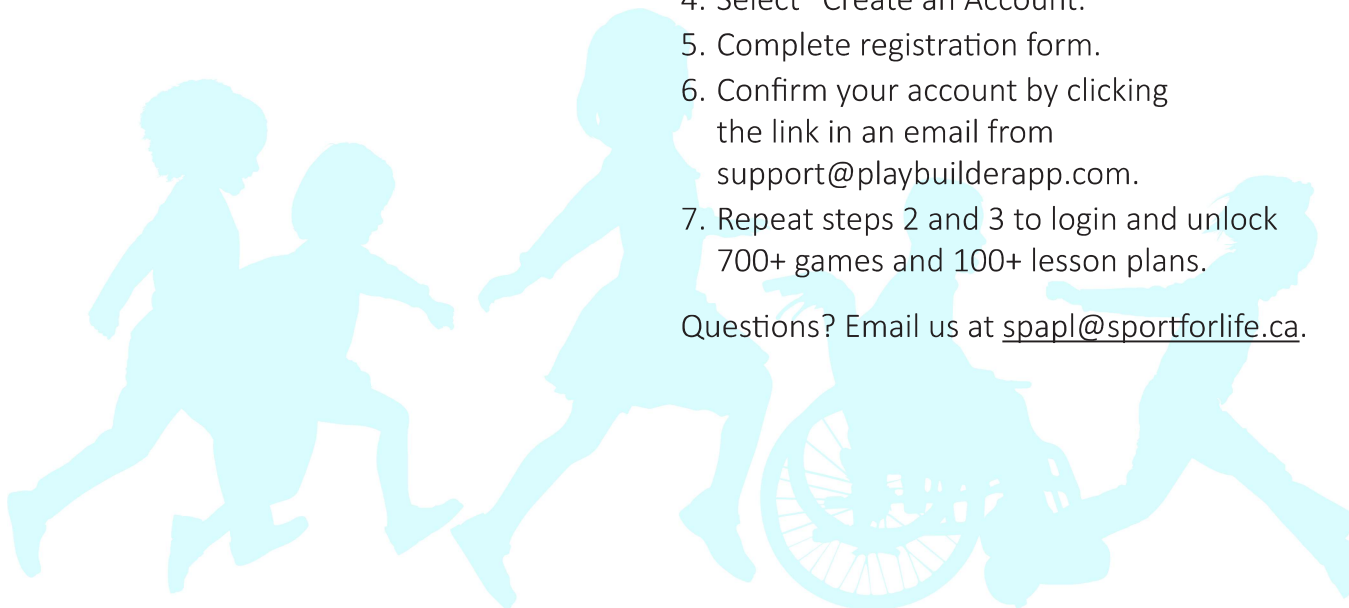
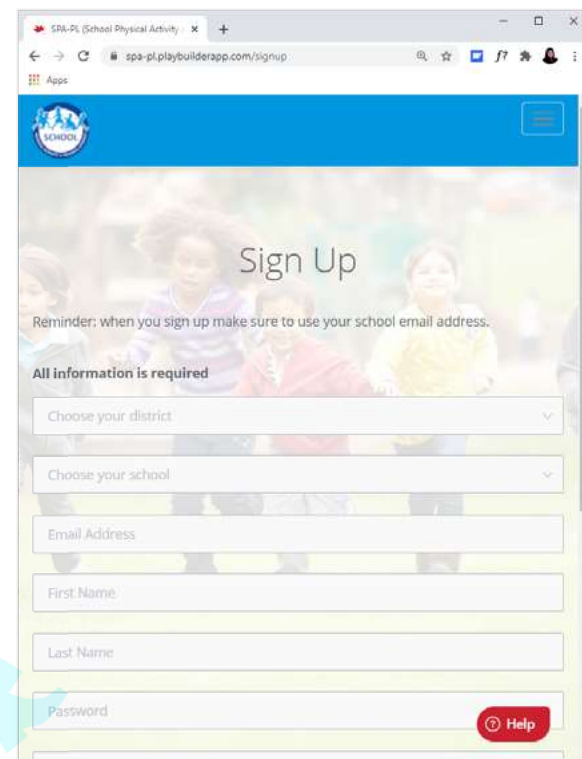
By registering for PLAYBuilder for free, you can access, share and organize games, activities and lesson plans.

Create an account today to save time and revolutionize how you develop physical and health education!

Access **PLAYBuilder** Now:

1. Watch this quick two minute video – www.vimeo.com/458785363.
2. Scan the QR code or click the link to access PLAYBuilder: schoolpap1.ca/resources-home/playbuilder.
3. Select “Access PLAYBuilder Now.”
4. Select “Create an Account.”
5. Complete registration form.
6. Confirm your account by clicking the link in an email from support@playbuilderapp.com.
7. Repeat steps 2 and 3 to login and unlock 700+ games and 100+ lesson plans.

Questions? Email us at spapl@sportforlife.ca.





Outside Games



Ant Trail

Building awareness while on a walk.

Setup

- Talk to the class about ants and their amazing world, their different roles in the colony, and how they work as a team.

Instructions

- Line the students up in a single line and go for a walk.
- Explain to the students that they are worker ants foraging for food and building materials to take back to the anthill.
- The first ant picks up an object that attracts them on the trail and gives it to the ant behind them; then, the first ant runs to the back of the line.

- The object gets passed down to the end of the line where the first ant is; the first ant then keeps it.
- Continue with the lead ant picking up objects until the end of the walk.
- In a circle, share why each object was collected and how they might help the colony.

Cultural Awareness

- Although Indigenous Nations are diverse, we all share the value that everyone is included and plays a role in our community.



Creeping Coyote

A group game that brings awareness to the surroundings around you.

Setup

- Find a place outside with fallen leaves and branches.
- Blindfold a student and have them stand in the middle of the group.
- Place a flag or object at the foot of the blindfolded student.

Instructions

- Have the coyotes (or the other students forming a circle around the blindfolded student) at some distance.
- Quietly, the coyotes try to get the flag and make it back to the outside circle without being heard by the blindfolded student.

- If the blindfolded student hears a noise, they point in the direction of the sound; if the blindfolded student points at a coyote, the caught coyote must return to the outside circle to begin again.
- The winner is the coyote who captures the flag unheard.

Cultural Awareness

- This is a great game to enjoy outside, taking in all the senses.



Throwing Games



Make the Stick Jump

Students develop throwing skills and learn how to throw on/at a target.

Setup

- Collect sticks from the land.
- Students can colour, paint or glue feathers to the sticks; students are much more engaged when they know that the sticks are something that they embellished as a class.
- Using cones, mark the start line for students to throw from.
- Set sticks/poles at 3-5-7-9 metres away from the start line.
- Divide students into teams of 4-6 students. Each team should have enough beanbags for all students and one set of poles at 3-5-7-9 metres in front of them.

Instructions

- This activity starts with the first students throwing beanbags at the poles; they are trying to hit the poles out of the ground, causing them to jump.

- Teams are awarded points based on which stick they make jump.
- ### Cues for Throwing
- Point your non-throwing shoulder at the target.
 - Take the beanbag in your throwing hand back to your throwing shoulder.
 - Step with the non-throwing foot towards the target as you follow through with the throwing arm, releasing to the target.

Safety

- Students should only retrieve their beanbags once all students have thrown them.
- Students should be at least two metres apart when throwing.

Cultural Awareness

- This is a traditional game used by hunters to practice aiming at targets.



Sky Battles

Students develop hand-eye coordination, timing and locomotor skills.

Setup

- Use cones to mark start line.
- Divide students into two teams.
- Sky battle starts with the first student on each team running away from the start line looking back at the thrower for the throw.
- The frisbee is thrown towards the students in the air above their heads.
- Students cannot put their hands on their opponent when sky battling.
- Points are awarded to the team of the student that catches the frisbee.
- Educator picks a thrower from each team. Educator will alternate picks from each team.

Instructions

- The first student on each team runs away from the start line, looking to catch the frisbee before their counterpart from the other team.
- If the throw is caught, two points are awarded to the team of the student that caught the frisbee.
- If the throw is not caught, one point is awarded to the team of the student that retrieves the frisbee from the ground.
- The game is complete and points are

- tallied when all students from both teams have attempted to catch a pass.
- At the end of every game, a spirit circle is created by both teams; students express gratitude for each other and discuss one's:
 - **spirit:** connecting with land, teammates, coaches (something greater than you);
 - **heart:** how do you feel?;
 - **head:** what was learned that day?; and
 - **feel:** what will you take away from this experience?

Safety

- Students cannot put their hands on their opponent when sky battling.

Cultural Awareness

- The 4 components of the spirit circle are part of the ultimate game in which teams gather to express their gratitude for each other and to allow individual team players to express their thoughts and feelings in a safe space.
- Ultimate frisbee is a game refereed by players, not a referee.
- Each team has a spirit captain who addresses any concerns the team has.



Lacrosse Games



Cradle the Rock

Using an obstacle course to develop agility, balance and endurance.

Setup

- Using mats, cones and hurdles, create an obstacle course designed with numerous directional changes; the obstacle course should be no more than 20 metres in distance.
- Divide students into teams of 3–4.
- All students should have lacrosse sticks.
- Each team has one lacrosse ball.

Instructions

- On the educator's signal, the first student on each team races through the obstacle course cradling the lacrosse ball in their lacrosse stick.
- If the ball is dropped, the student must pick up the ball, return to the start position, and start over.

- Once that student successfully completes the course, they make a pass to the next teammate in line.
- The first team to have all their team members complete the course once wins that round.

Cues for Making a Pass

- Students should have their hands close together with their dominant hand slightly above the other:
 - Raise the lacrosse stick over your dominant shoulder.
 - Point the lacrosse stick end at your target.
 - A pass happens with your dominant hand pushing the lacrosse stick towards the target and your non-dominant hand bringing the stick end away from the target.

Cues for Receiving a Pass

- When receiving a pass, students should have their hands apart with their dominant hand at the top of the lacrosse shaft. Their non-dominant hand should be close to the bottom of the shaft:
 - Hold the lacrosse stick out in front of your body with the cradle of the lacrosse stick facing the student that is making a pass.
 - Cushion the ball as it lands in the cradle.
- Educators may consider starting the activity with passes made by rolling the ball on the ground.

Cultural Awareness

- Lacrosse was started thousands of years ago by the Haudenosaunee.
- The traditional name for lacrosse is Tewaarathon (little brother of war).
- The game is more than just an athletic sport; it is a highly ceremonial event with deep-rooted spiritual significance.
- The game of lacrosse is considered medicine for an individual or community to honour the Creator.
- Lacrosse is often played when there has been a loss in the community.