

Aboriginal P.E. Games (6-12)
Lesson Plan (1 hour)

Materials Needed:

- Aboriginal PE Games Tote
- 2-4 Hoola hoops

Introduction:

1. Introduce Yourself

- Introduce yourself (name, title, where you are from, who you are as an Aboriginal Person)
- Acknowledge the territory. "We acknowledge that we reside on the traditional ancestral unceded shared territory of the Sumas and Matsqui First Nations, Sumas and Matsqui First Nations have lived in the Fraser Valley for at least 10,000 years.
- Ask who are Aboriginal people? (Answer: 3 groups, First Nations Métis and Inuit People).

2. Introduce the Presentation

- Why do people play games today? – To have fun and learn skills
- Aboriginal people many years ago used their imagination to make up games for those same reasons – to have fun and learn skills
- Aboriginal people also used games to improve hunting strategies and survival skills.
- These games that we are going to play today were each created for those reasons.

Stress the importance of safety while playing the games.

Use your whistle or the drum to stop the game and get the student's attention.

Presentation:

These games were played many years ago to show the children how to play fair, how to get along and how to have fun. These games were as practical – they improved hunting (target skills, listening (hear what is around you) and ways to dodge and weave through the forest.

Games:

All 3 games may be played within the hour in an order that you choose.

Game #1: Stealing rocks (like capture the flag)

Players

- whole class – divided into two teams

Equipment

- 2 piles of bean bags (approx. 15 per pile) = rocks
- 2 different colours of bandanas (15 each) = 2 teams
- field or gymnasium

Introduce the Game's teachings

Stealing rocks is a cooperative team game that teaches dodging and weaving (around the forest) to stay alive. It is also a strategic game to gain possession of the opposite team's rocks (bean bags). Many 1000's of years ago the Stó:lō people had no school/gymnasium so they children stayed healthy by running outside in nature and playing strategic games.

Procedure

- divide the group in half, have the students sit on the side of the gym you have designated for them



- give each team a colour of bandana
- pile rocks at each end of the playing area
- show the students the playing area, make the center line obvious
- explain the safety line, once behind the line you are free to take a rock
- explain that the goal is to take one rock at a time from the other team without getting tagged
- if tagged – you start or add to a human chain from the safety line/point by the opposing team’s end line (stretching their body out) reaching toward the safety of the center line
 - players can choose to take their opposing team’s rocks or free their team mate (NOT BOTH)
 - if a player gets to the rock pile and steals a rock he or she is able to walk back to their side of the playing area freely (without getting tagged)
 - if a player gets to the human chain and grabs the first team mate they are able to walk back to their side of the playing area freely (without getting tagged)

The team with the most rocks at the end of the playing time wins!

You may want to play this game a couple times in quick durations.

Watch your clock! Stop the game if it is taking too long for a team to collect all the rocks.

Feel free to stop the game and explain safety if the game is getting too rough.

Game #2: Collecting Eggs

Players

- whole class – divided into small groups of 4-6

Equipment

- 3 bean bags per group (eggs)
- 1 bandana (covers the eyes of the “Mother Canada Goose”)

Introduce the Game’s teachings

Collecting eggs is a silent game that teaches children to listen carefully to the noises around them and to be aware of their surroundings. It also teaches them to move around the forest quietly so that they can hunt their prey.

Procedure

- divide the students into their groups of 4-6
- give them 1 bandana and 3 bean bags (eggs)
- before you move the groups around the gym, explain the game:

Object of the Game:

- One member of the group is the Mother Canada Goose, he or she will be blindfolded. Their job is to protect their eggs, which are placed in front of her, from the fox, eagles and the humans.
- The rest of the group chooses to be a fox, an eagle or a human (can have more than one)
- one by one they try to steal an egg from the mother
- everyone sits quietly, an egg thief is chosen to quietly attempt to steal an egg from the Mother Goose
- if successful the animal sits with the egg, with their team members



- if caught/tagged by the Mother Goose, the animal goes back to their group and someone else has a turn
- change the Mother/Father Goose when everyone has had a turn to collect eggs or when a time frame is up – you choose

After you have explained and shown an example of the game, send the groups to areas around the gym/field where they are able to play without bothering another group.

Use your whistle or the drum to stop the game and get the student's attention.

To increase the challenge: Students must only sneak up from behind the Goose or must collect only the marked egg.

Game #3: Hunting and Fishing

Players

- whole class – divided into 2 groups, can use same groups as stealing rocks

Equipment

- 2 hula hoops per group (animal)
- 2 balls per group (projectile implement)

Introduce the Game's teachings

Hunting and Fishing is a game that teaches and enforces hunting skills. The game teaches the children to observe a moving animal (hula hoop) and work in partners to try and hit the animal before it finishes running out of their sight. (The teams are not playing against each other.)

Procedure

- divide the students into 2 large groups
- line the students on the center line each group facing the opposite wall
- 2 students are chosen to work as a pair to roll the hula hoops to each other – representing the moving animal
- the rest of the students are paired up as they stand in the line, these are the pairs that will work together to hunt the moving animal
- have one group turn to face the same way while you teach and demonstrate the game

Object of the Game:

- the partners are going to work together to try and hit the moving animal, they may throw the projectile at the same time or at different times
- the partners must stay in the center circle when throwing the projectile
- once the partners throw their projectiles they go collect the balls and return them to the next pair in line
- if an animal is hit (hula hoop is knocked over) the partners get 1 "kill"
- when the starting pair is at the front again, they switch places with the partners rolling the hula hoops

After you have explained and shown an example of the game, turn the group around and organize the group that was observing.

Use your whistle or the drum to stop the game and get the student's attention. Play within a time limit or until everyone has had a turn rolling the hula hoops.

To increase the challenge: Roll 2 hula hoops at a time or roll smaller balls (squirrels)

Closure:

- Thank the teacher for inviting you into their classroom
- Thank the students for participating.
- Please turn your eyes to your teacher for further instructions.
- Exit the room.

