



# Teacher's Sport Resource Kit

## Grades K-12



WOOD BUFFALO  
**2023**  
ARCTIC WINTER GAMES

The Arctic Winter Games Host Society acknowledges Treaty 8 Territory, ancestral and traditional land of the Cree, Dene and Métis people.

We are thankful for these borrowed lands along with the traditional teachings and lessons of resilience they offer us in the spirit of maintaining good relations with others for future generations.

As long as the sun shines, the river flows and the grass grows we will honour these lands.

\*Adapted from the 2000 Whitehorse Arctic Winter Games Education Handbook

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## Arctic Winter Games Teacher In-Service

### In-Service Outline

1. **Welcome**
2. **Land Acknowledgement**
3. **Program Rationale**

The Wood Buffalo Host Society is committed to staging and managing a successful games. The games will showcase excellence in sport, vitality in the Arts, cultural diversity, social interchange through youth investment, fiscal responsibility, teamwork, creative and widespread community support. The event will leave lasting benefits for participants and legacies for the people of the Regional Municipality of Wood Buffalo.

Through this in-service we hope to promote opportunities for capacity building in First Nations, Metis and Inuit education, while providing meaningful opportunities to develop an understanding of the diversity of these groups, and how sport can be a celebration of culture.

### 4. **Purpose & Objectives**

#### **Purpose:**

To instruct educators and other school board personnel on the technical requirements of the Arctic Sports and Dene Games offered at the Arctic Winter Games. To allow educators to share their knowledge and experiences with their schools and promote the spread of indigenous history of sport within our school communities.

#### **Objectives:**

- a. Enhance understanding of the technical requirements
- b. Promote the Arctic Winter Games in our community
- c. Increase participation by schools
- d. Help educators develop and apply foundational knowledge about First Nations, Métis and Inuit for the benefit of all students. (TQS#5)

### 5. **Overview of Sport Guide**

### 6. **Games Demonstration**

1. **Please note:** in an effort to maintain the health and safety of all participants, be sure to use caution when performing any and all games and exercises. These are meant to be enjoyable experiences to build knowledge and understanding of the sport, to promote a collaborative environment. Winning is not important, the relationships you build are the takeaway.

### 7. **Recommendations for teachers**



## Introduction

This unit was developed to promote an interest in the 2023 Wood Buffalo Arctic Winter Games. It provides ideas on organizing a Mini-Games Unit and serves as a resource of sport adaptations. Participation of students in physical activity is the goal. The outline will show possible scheduling for the Mini-Games that will range from one half-day to five weeks. Each school will have to determine the format most suitable to meet its needs. The sports or activities chosen have been listed as either team or individual. Where possible, the actual sport should be played; however, sports adaptations have also been provided.

## Sports/Activities:

<b>INDIVIDUAL</b>	<b>TEAM</b>
Alpine Skiing	Basketball
Arctic Sports	Curling
Badminton	Dene Games
Biathlon	Hockey
Cross Country Skiing	Soccer
Dog Mushing	Volleyball
Figure Skating	
Snowboarding	
Snowshoe Biathlon	
Gymnastics	
Speed Skating	
Wrestling	

NOTE: Some of the sports/activities may not be played at the 2023 Arctic Winter Games, however due to their history with the Games, have been included in this resource.



## **Point System (OPTIONAL)**

Many schools already have in place an intramural system of some kind, in which students earn points for their team, class, or house. Awarding points for participating in a Mini-Games Unit may increase the participation and enthusiasm. Other team variations for classes or the entire student body are:

a) 7 groups –representing 1 province, 3 territories, 3 countries

b) 4 groups –Canada, Greenland, Alaska, Sapmi

A large chart indicating points and standing may also promote interest, enthusiasm, and participation in the Games.

## **Format Options**

1. Half Day
2. One full day
3. One week –lunch hour
4. Three weeks –1 morning or afternoon/week (e.g. 3 consecutive Fridays)
5. Two full days –1 or 2 weeks apart
6. Five weeks –lunch hour –Intramural Format



### FORMAT 1

One half-day (based on two and one-half hours)

a) Two time slots of 70 min. each (10 min. break between). Students select one individual activity and one team activity from a given list of activities and rotate from slot 1 to slot 2.

Example:

Individual

Badminton

Cross Country Skiing

Speed Skating

Team

Basketball

Soccer

Volleyball

NOTE: Since the individual activities may be shorter in time, let students select 2 individual activities and rotate after 30 or 35 min.

b) Four time slots of 30 min. each (5 min. break in between). Students select 2 individual activities and 2 team activities from a given list of activities and rotate from slot 1 to slot 4.

### FORMAT 2

One full day (based on five hours or 300 min. with a break for lunch)

a) Organize the day as in Format 1. Offer combinations of team and individual activities.

b) Increase the number of time slots and offer more activities.

### FORMAT 3

One week –lunch hour (based on five days of 60 min.)

a) One time slot of 60 min.

-TEAM Activity

Two time slots of 25 min.

-INDIVIDUAL activity

10 min. Break

One different team activity and two different individual activities are offered each day for five days.

b) Same time slots as part (a)

Students select one team and two individual activities from a given list of options as the week progresses.



#### **FORMAT 4**

Three weeks –one morning or afternoon per week.

Based on three afternoons of 150 min.

Follow FORMAT 1 a) and b).

Offer students different activities for each half-day. Could be organized for more or less than 3 weeks.

#### **FORMAT 5**

Two full days –1 or 2 weeks apart (based on 2 days of 5 hours each).

Follow FORMAT 2 a), b), c), and d). Offer students different activities for each day, if possible.

Could be organized for more than 2 full days over a three-to-five-week period.

#### **FORMAT 6**

Five weeks –lunch hour –Intramural format (based on five weeks of five days with a lunchtime of 60 min.).

a) Follow FORMAT 3 a) or b). Offer some team activity all week long and several individual activities.

b) Follow FORMAT 3 a) or b). Offer same team and individual activities for each Monday. Change the activities. Offer the same team and individual activities for each Tuesday. Continue through the five-week period. Could be organized for less than five weeks.

\*Please take all precautions when teaching students these exercises/games. There is potential for harm, so please be sure you are supervising your students.



## Alpine Skiing

### SLALOM

Formation: Mark the racing course with pylons, teams or individual races

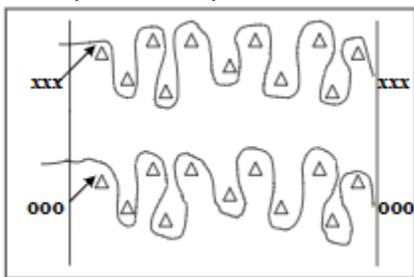
Equipment: Enough pylons to set up one to two courses

No. of Players: Varies (Individual or Teams)

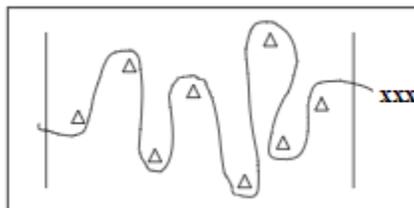
Skills: Running

Play: Players run in and out between the pylons (or some other object to mark the racing course) over a prescribed distance. Players may run against the clock, and the player with the lowest time wins, or players may run as part of a relay team with the first team crossing the finish line winning. Pylons should be close together to make players do sharp turns.

#### Example 1: Relay Race



#### Example 2: Individual Timed Races





## Arctic Sports

Note: The activities that follow are the games that are used in the Arctic Winter Games, some of the games are left out due to the danger of the game. Direct supervision is required.

### ONE-FOOT HIGH KICK

Formation: Individual Competition

Equipment: Target Seal (Can be a waffle ball, sponge ball, etc, must be soft), a self-supporting stand with rope (Can be a string hanging from the Basketball net), and a tape measure

No. of Players: Varies (Individual or Teams)

Skills: Jumping, landing, balancing, coordination

Play:

1. Each player has three attempts to kick the target at each height. An attempt is taken if the kicking knee is placed on the ground during a jump, the player misses the target or is off balance upon landing.
2. Players can start from a standing or running approach.
3. Players take off on two feet.
4. Players try and kick the target with one foot and then must land in a controlled balanced position on the kicking foot.
5. Starting height in the Arctic Winter Games for open male competitors is 6 feet 6 inches, open female and junior males starting height is 5 feet 6 inches and junior female is 5 feet (start height in accordance with skill level.)
6. In the Arctic Winter Games the target is moved up 4 inches at a time for open male competitors and 2 inches for the rest. (Raise the target in accordance with skill level)

Variation: Have a team event where you combine the total individual heights kicked to determine a winner.

### TWO-FOOT HIGH KICK

Formation: Individual Competition

Equipment: Target Seal (Can be a waffle ball, sponge ball, etc, must be soft), a self-supporting stand with rope (Can be a string hanging from the Basketball net), and a tape measure

No. of Players: Varies (Individual or Teams)

Skills: Jumping, landing, balancing, coordination

Play:

1. Each player has three attempts to kick the target at each height. An attempt is taken if knees are broken during a jump, the player misses the target or is off balance upon landing.
2. Players can start from a standing or running approach.
3. Players take off on two feet.



4. Players must kick at target and come in contact with the target with both feet simultaneously and then must land in a controlled balanced position on both feet.
5. Starting height in the Arctic Winter Games for open male competitors is 6 feet and 5 feet for open female competitors. For junior male the starting height is 5 feet 6 inches and for the junior female is 4 feet 6 inches (start height in accordance with skill level.)
6. In the Arctic Winter Games the target is moved up 4 inches at a time for open male competitors and 2 inches for the rest. (In accordance with skill level, raise the target 1-inch at a time).

Variation: Have a team event where you combine the total individual heights kicked to determine a winner.

### **KNEEL JUMP**

Formation: Individual competition

Equipment: Tape measure, masking tape, and ropes to mark off playing area.

No. of Players: Varies (Individual or Teams)

Skills: Jumping

Play:

1. Player starts in a kneeling position, with the buttocks resting on the heels and the toes pointing back.
2. Player begins by rocking to gain momentum, swinging the arms is permitted.
3. The players then thrust themselves forward as far as possible.
4. The landing must be balanced and controlled on two feet in the squat position with the arms forward.
5. Each player has three attempts, and a player is charged with an attempt if they do not land in a squat position with arms facing forward.
6. The player must stay in the landing position until the measurement has taken place, or the attempt will not count.

Variation: Have a team event where you combine the total individual jumps to determine a winner.

### **ONE HAND REACH**

Formation: Individual Competition

Equipment: Target Seal (Can be a waffle ball, sponge ball, etc, must be soft), a self-supporting stand with rope (Can be a string hanging from the Basketball net), and a tape measure

No. of Players: Varies (Individual or Teams)

Skills: Concentration, balance, strength

Play:



1. Player starts under the target with the elbow of the bracing arm tucked under the body.
2. The player lifts off the floor and balances on their hands
3. With one hand the player reaches out and strikes the target while the other hand maintains balance on the floor.
4. No part of the body other than the hand may touch the floor in the attempt, once the target is touched the hand returns to the floor to help maintain balance.
5. Each player is allowed three attempts at each height, with an attempt being committed when the hand reaches towards the target. A player is charged with an attempt if the target is not touched, and if any part of the body touches the ground before the player retains balance with the striking hand.

Variation: Have a team event where you combine the total individual heights reached to determine a winner.

### **HEAD PULL**

Formation: One vs. One tug-o-war type competition

Equipment: Head band or loop 2 feet long and no less than 4cm wide (Can be a piece of thick rope)

No. of Players: Two at one time

Skills: Strength endurance

Play:

1. Place the loop above the ears on both competitors.
2. Players start by facing each other lying stomachs down, a center line is drawn between the competitors with two additional parallel lines 3 feet from the center line.
3. Players rise up to a push up position with only hands and feet touching the floor.
4. When the judge signals players start pulling backwards with their head. The pull must be straight back and parallel to the ground. (Continuous pulling only, no sudden movements or jerks)
5. The object is to pull the opponent clearly over the line parallel to the center line.
6. The winner is declared if they pull their opponent over the line parallel to the center line, if the opponent allows the loop to be pulled off the head or if any part of the body touches the floor other than the feet and hands.
7. Only one pull determines the winner of the match.



### **ARM PULL**

Formation: One vs. One tug-o-war type competition.

Equipment: No equipment required

No. of Players: Two at one time

Skills: Strength

Play:

1. In pairs players' face each other sitting on the floor. The players have one leg straight and the other bent over the opponent's straight leg.
2. Competitors lock right arms at the bent elbow, with their left hand holding the other players right ankle or foot.
3. At the official's signal the players pull slowly and steadily at the elbow and the action must be inward from the elbows towards the chest.
4. The object is to pull the opponent over or touch the opponent's hand to the chest.
5. The competition consists of the best out of three pulls, with the right arm pulling first, the left arm pulling second and the third if necessary, chosen by the winner of a coin flip.

### **SLEDGE JUMP**

Formation: Individual Competition

Equipment: 10 sledges (50-cm high obstacle, with a 50-cm wide top and 70 cm wide bottom).

Adjust height to meet the needs of the individuals.

No. of Players: Varies (Individual or Teams)

Skills: Jumping, endurance

Play:

1. The player stands behind a line marked in front of the course with both feet together.
2. When the referee signals the player starts and jumps over the 10 sledges, then turns around and jumps back over the sledges.
3. The player continues until they displace one of the sledges with their body, lands or takes off without both feet together, touches apart of the sledge with their body above the waist or falls to the ground.
4. The jumps should be in a continuous action with no applicable time allowed between each jump.
5. A maximum of 5 seconds is allowed to turn at the end of the 10 sledges.
6. Each player will be allowed 3 attempts and the greatest number of sledges jumped over is scored as the best attempt.

Variation:



1. Play as a relay event where the player has to jump over the ten sledges turn around and jump back over the sledges, then the next person in line goes. The greatest number of sledges jumped over is the winner. Have teams of 2 to 4.
2. Timed relay event the same as variation # 1.

Source:

Arctic Sports A Training And Resource Manual NWT Arctic Sports Association (1998)



## **Badminton**

### **TWO-ON-ONE BADMINTON**

Played in-groups of three where the person serving plays against the other two. The server must hit every other shot whereas the other two play as partners against him/her. (They don't necessarily have to take alternate shots.) Only the server can score points. The server continues to serve until the other two beat him/her on a point. Each time a new server takes over, the other two players become partners against him/her. Each player keeps his/her own score.  
Intramural Series: Intramurals in the Elementary School. CIRA, 1986, page 63.

### **BATTLEDORE & SHUTTLECOCK**

Formation: Two players that try to keep the Shuttlecock (bird) in the air for as long as possible by hitting the shuttlecock with a battledore (racket).

Equipment: A Battledore and Shuttlecock (Racket and Bird)

No. of Players: 2 players

Play:

1. The object is to keep the shuttlecock in the air as long as possible.
2. Players hit the shuttlecock back and forth and count the number of times they hit the shuttlecock.
3. Have a time limit with the team that hits the bird the most times wins the game. Each team has as many opportunities as possible to start over until the time limit is up. Once the time limit is up teams can't start again but can continue if they still have the shuttlecock in the air.
4. Or have teams sit down once the shuttlecock hits the floor, with the last team standing winning.

Variations: Add a net to the game and have the players hit the shuttlecock over the net but keep it off the ground.



## Basketball

### BASKETBALL GOLF

Formation: Arrange players on designated spots around the key.

Equipment: 2 basketballs

No. of Players: 5 to 6 on each team

Skills: Shooting

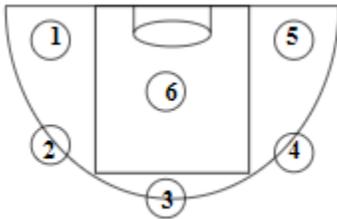
Play:

1. Each player, in turn, tries to make a basket from each shooting mark.
2. Rotate players and teams after each team has had five shots.
3. Each shot is counted as one point and the team with the highest score wins.

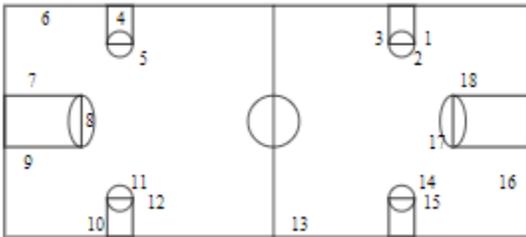
Teaching Suggestions:

1. Be certain there is sufficient shooting practice before attempting this game.
2. With increased proficiency, extend shooting distance.

Example 1



Example 2



### BOUNDARY BALL

Formation: Arrange students in equal teams on each side of the center line.

Equipment: 2 to 4 basketballs, soccer balls or volleyballs

No. of Players: 8 to 16 on each team

Skills: Passing and catching

Play:



1. Players may move about freely in their own area but may not enter opponents' territory.
2. On signal, members of each team attempt to throw the ball so that it will roll or bounce over opponents' goal line. (Balls going over in the air do not count.)
3. Players try to prevent balls from crossing their goal.
4. Players securing a ball must throw it themselves.
5. After a goal is scored, the ball is returned to the captain and put into play again.
6. Play may be timed or play in innings, with each legal goal constituting one-half inning.
7. One point is scored for each goal.
8. If a player steps on or over the center line, one point is given to the opposing team.

Teaching Suggestions:

1. Stress rolling or bouncing the ball.
2. If ball passes beyond the field of play, have the child nearest the ball recover it.



## Biathlon (Snowshoe & Skiing)

### WINTER OLYMPICS: OBSTACLE COURSE

Formation: Set up a course inside a gym that has at least three stations, one with ring toss on to a cone, one with ball toss into a container, and one with basketballs and a basket.

Equipment: A stopwatch, throwing rings, balls –variety of sizes, cones, a container for balls, basketballs, and a basket.

No. of Players: Individual timed competition

Skills: Throwing accuracy and running

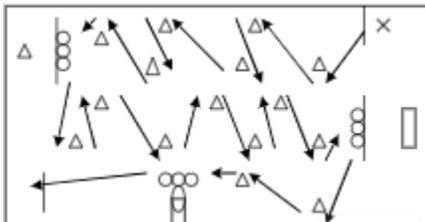
Play:

1. Set up a course that has a variety of pylons that a player must run around and set up three stations within the course where the person has to take three shots at targets. One with ring toss and a cone; one with balls and a container; and one with basketballs and baskets.
2. Have one timer and the rest of the players picking up rings.
3. If a player misses a shot or a target with the balls and rings add two seconds to the individual's time at the end or have them do a penalty lap at the end for every time they missed a shot. It is up to the instructor to which rule they use for missed shots.
4. The individual with the fastest time wins the race.
5. Everyone has three chances at the course or as many as time permits with the fastest time out of the three chances taken as the time for the individual.

Teaching Suggestions: Set the course to the skill level of the participants, it should be long enough to challenge the participants.

Variations: Make the course outside and only have two stations- leaving the basketball station out. Have players go through the course on skis or snowshoes. Same rules as above.

#### Example 1





## Dene Games

The following games are the actual games that are used in the Arctic Winter Games.

### HAND GAME

Formation: A team game consisting of 4 players that involves deceiving and guessing. The object is to hide an object in one of your hands and try to make your opposition guess the wrong hand.

Equipment: Twelve small sticks approximately 1 inch long (anything can be used as long as there are twelve objects and a small token for hiding (rock, coin, marble, etc.)

No. of Players: 8 players, 4 on each team

Skills: Deceiving

Play:

1. Start by the teams kneeling facing one another in pairs. The game is accompanied by drumming.
2. Teams take turns on hiding and guessing, with the team captains squaring off against one another to determine who hides first. (The first player that deceives their opponent in making the wrong choice first gets to hide first).
3. Players may kneel on mats and may use a blanket or other cover to help conceal their hands when hiding. When hiding the token, they have no more than eight seconds to conceal the object.
4. When trying to deceive the opponent the hiding team cannot cross and uncross their arms they only can do one or the other.
5. The opposition guesses the hand by giving a hand signal and giving a sound with the call. This sound can be a sharp whistle or a call such as "Ho!" or "Hutch!" The hiding team must show both hands.
6. Players who have their arms crossed are called in the same manor, with the side the object is actually located in counting for the purpose of the call. Or players may touch the ground or floor and call "Diya!" when using the crossed arm position to indicate opposites. In this case a caller must identify the position of the object as if the arms were not crossed (opposites).
7. The captains on each team are the only players that are allowed to guess, with all players on the opposing team hiding at the same time. Each time a captain is unsuccessful in guessing the correct hand the captain gives the opposition one stick from the middle. A player that successfully deceives the opposing captain continues to play until caught. If everyone on the hiding team is caught before the sticks are removed from the middle the opposing team hides.
8. Play continues until all sticks are removed from the middle. The captains then draw on the sticks that they have already won in the game. The game continues until one



team has won all twelve sticks. The team that wins all twelve sticks gets to hide first in the next round.

9. Games consist of the best two out of three rounds (12 + 12 or 24 sticks).

### **FINGER PULL RULES**

Formation: Two players compete against one another in a tug-o-war type game.

Equipment: No equipment needed

No. of Players: 2 players

Skills: Pain resistance and strength endurance

Play:

1. Two players sit facing each other, one player with the right leg bent and the second player with both feet braced against the shin of the first player's bent leg. The first player, leaning slightly backward, braces their right elbow against their bent right thigh and places his left hand on the opponents left knee. The second player braces their left hand on the first players left shoulder and the two players lock their middle fingers.
2. On the signal from the referee, the players pull slowly and steadily, no jerking, re-gripping, or twisting motion allowed.
3. The object is for the second player to pull the first players arm out slightly, straighten the first player's finger, or making them give up.
4. Competition consists of the best of three pulls. The second pull has the positions reversed, with the third pulling positions determined by a coin flip, with the winner of the coin flip selecting the position.
5. The defensive player wins if they do not straighten their arm/finger or give up in 15 seconds.
6. A player may be disqualified if they twist or jerk in a way that may cause injury.

### **STICK PULL RULES**

Formation: Two players compete against one another in a tug-o-war type game.

Equipment: A stick that is birch or spruce and is shaved so that it can be gripped properly (12 inches long and 1 inch in diameter at the center and tapered to approximately ½ inch diameter at each end. The center point of the stick is marked with a notch or line. (Can use an athlete's baton or a cut off broomstick). The stick is to be greased with common grease to make it tougher to grip. Competitors must use their bare hands.

No. of Players: 2 players

Skills: Strength and strength endurance

Play:



1. Two players start facing one another, and on the signal from the referee, each player pulls with a hard steady pull, trying to pull the stick out of the others hand.
2. No body contact between the two players is allowed and players are not to try and twist or turn the stick from their competitor. The proper technique is a hard steady pull with the hand braced against the hip.
3. A taped line will be placed on the floor for the feet, movement of the feet passed the line will result in the player being disqualified.
4. The grip is set at the beginning of the pull; players cannot initiate movement of the hands forward after the grip is set.
5. The stick must be horizontal during the pull at all times.
6. The competition consists of the best out of three pulls. The first pull is with the right hand, the second pull is with the left hand and if necessary, the pulling hands of the last pull will be determined by a coin flip.
7. The winner of the pull is declared when the stick is pulled from the hands of the opponent.

### **SNOWSNAKE**

Formation: An Individual game that is played by throwing a long spear along the surface of the snow for distance.

Equipment: A spear that is a straight spruce stick 4 feet 6 inches in length and  $\frac{3}{4}$  inches in diameter with a sharpened end. The surface of the spear must be varnished. (A javelin or a sharpened wood handled can be used in the spruce stick place)

No. of Players: Individual Competition

Skills: Underhand Throwing

Play:

1. Object is to make the spear slide as far as possible along the top of the snow.
2. Players must use an underhand throw to deliver the spear.
3. Players are allowed to take a 20-foot run prior to throwing the spear.
4. Each player has three attempts at throwing the spear with the longest throw counting as the competitor's score.
5. The distance is marked by where the spear exits the trough.

### **POLE PUSH**

Formation: A team game that involves trying to push the other team outside of a marked ring.

Equipment: A dry spruce or pine pole 20 feet long and 5 to 6 inches in diameter, marked at its center. A marked ring should be placed on the ground and be 30 feet in diameter, shoes and spikes are not allowed. But competitors are permitted to wear gloves or mittens.



No. of Players: 4 per team

Skills: Pushing and strength

Play:

1. Each team of 4 players grasps the opposite ends of the pole. The center mark of the pole is positioned over the center point of the marked circle.
2. On the signal from the referee, each team pushes forward, with the object of trying to push the entire opposite team out of the circle.
3. Teams must push forward at all times and are not allowed to swing the pole or let go, both cause disqualification.
4. The matches consist of the best out of three pushes.



## **Dog Mushing**

### **MUSHERS BASEBALL**

Formation: Baseball type game played by two teams on a outdoor playing field

Equipment: Snow, three bases, home plate, bat, tennis ball or small/medium sized soft rubber ball, carpet type sleds or sturdy pieces of cardboard

No. of Players: 7 or more players on each team

Skills: Hand eye coordination, batting, jogging

Play:

1. The same rules as baseball but cannot throw the ball to other teammates.
2. Pitcher pitches the ball underhand or overhand depending on the skill level of the players. (Teacher decides what type of pitch is used).
3. Batters hit the ball then two designated sled people pull the batter around the bases.
4. The outfielders try to tag the batter with the ball (not the people pulling the sled), the batter cannot be tagged out if they are in contact with a base.
5. Everyone except the pitcher, batter and sled people stay in constant motion, by jogging on the spot or doing jumping jacks, etc. in the snow, if anyone is caught standing still the opposing team receives a run.
6. Play as many innings as time permits or up to a maximum of nine innings unless the game is tied following the ninth inning.

Variation:

1. All players wear snowshoes to make it harder to run.
2. Play indoors and have the batters be pulled on shuttle boards.

### **DOG & SLED**

Formation: 3 teams of equal number of players situated at one end of the gym with a safe distance in between. Have cones set up 30 feet away, game is played in the gym.

Equipment: 3 scooter boards, 3 strong jump ropes or rope, and cones

No. of Players: 3 or more on each team

Skills: Pulling, running, balance and communication skills

Play:

1. Have three teams of three or more players on each team. Have them line up one behind another at one end of the gym.
2. Have one player being the dog while the other being the Musher on the sled. The musher sits on the sled and holds the two ends of the rope, the other end of the rope goes around the waist of the player who is the dog.



3. Play the game as a relay type game where the dog and sled go out and around the cone and back to the line. The dog goes to the back of the line and the musher becomes the dog. The next person in line becomes the musher.
4. When a player wants the horse to go or speed up the musher yells "MUSH". If you want the team dog to slow down yell "Whoa".
5. If a sled is knocked over or falls apart players must do 10 of some type of exercise, then they can resume the race.
6. First team to go through their entire team with each player being the musher and the dog once is determined the winner.

Variations: Have two scooters with a set of folded up mats on top. This makes for bumper cars, and can either be pulled or pushed around an obstacle course. The format is the same as above which is a relay type race.

Teaching Suggestions: Encourage safe play, where the dog has to listen to the musher, or else the dog has to do some type of exercise for example, pushups, sit ups, jumping jacks, etc



## **Hockey**

### **TWO BALL HOCKEY GAME**

Formation: Individual races through a slalom course

Equipment: 2 Hockey Sticks, 2 balls or sponge pucks, 4 chairs, and six pylons

No. of Players: 3 or more on each side or team

Skills: Stick handling

Play:

1. Have two equal sized teams on each side of the playing field or gym. Two chairs are set up at both ends of the gym, with pylons set up between.
2. Number each player on a team from one to however many players there are.
3. The teacher then calls out a number and the two players with that number race through the pylons and put the ball into the goal.
4. Continue to play this way until one team wins 10 or more races, must win by two. Increase the number if there is over 10 on each team.

Variations: Play as a relay race. Once you have scored you pass the ball back to the next player in line where they go through the course, continue the sequence until the entire team goes through the course. The team that has all its players through the course first, wins.

### **REVOLUTIONARY WAR STICK HANDLING**

Formation: Two equal teams with each team designated to one end of the playing field. The object is to get all you team to the other teams end before they get to your end.

Equipment: Sticks, and balls or pucks for each player

No. of Players: Two equal teams of 5 or more players

Skills: Stick Handling

Play:

1. Divide the participants up into two equal teams and assign the teams to the different sides of the playing field.
2. Each player gets a stick and a puck. The object of the game is to have the players stick handle to the other teams end zone. Players must stay within the designated playing area.
3. Players can be captured by the other team by taking the ball away. If a player is captured they go to a designated area and must stay there until they are freed or the referee calls jailbreak.
4. To free players a teammate must stick handle into the designated captured area, then all players in the area are free. They cannot be captured if they are in the jail, but once they leave the designated area they can be caught.



5. The first team to have their entire team in the other teams end zone wins.
6. Once players are in the end zone, they are safe from capture, but if they travel out of the end zone they can be caught.

Variation: Use Soccer Balls instead of sticks and pucks.



## **Indoor Soccer**

### **SQUARE SOCCER**

Divide the participants into four equal teams and line them up along four goal lines in a square formation. Each player is given a number. The leader calls out a number and the player with that number from each team runs to the ball at the center of the square. All other players become goalies. The purpose of the game is to score a goal on any one of the other three teams by putting the ball across their goal lines. Modify the game by calling two different numbers at one time or by providing two balls.

### **CENTIPEDE SOCCER**

Formation and Playing Area: Playing field or gym

Aim is to score more goals than the opposing team while being linked to two or more players on your team.

No. of Players: 2 teams of thirteen or more players

Equipment: Long socks or strips of inner tube, about five centimeters wide, to tie wrists together. Goal posts, pylons, or cardboard boxes set up as goals, pinnies or marked T-shirts to identify teams

Play:

1. Follow the general rules of soccer.
2. Pick one goalie for each team.
3. Players take turns playing goalie, changing every five minutes or so.
4. Form "centipedes" by grouping together into twos, threes, or fours (depending on the total number of participants) and tying pairs of wrists together.
5. Put the best foot forward to move the ball up the field and score on the opponent's goal.

Variation: Instead of tying wrists together, link arms.



## **Snowshoeing**

### **RELAY RACES**

Formation: Relay race where you race against other teams and the clock.

Equipment: Cones for marking the course, stopwatches, batons, and snowshoes No. of

Players: 2 or more on each team

Skills: Snowshoeing

Play:

1. Divide students into relay teams
2. Have students carry a soft object (baton) around the course and hand off to teammates.
3. Team that crosses the finish line first wins or the team with the fastest time wins

Variations: If no snowshoes are available, provide a running course, or use skis

### **CAPTURE THE FLAG**

Formation: Players are assigned to two teams with the teams assigned to different territories. Each team sticks a flag in the ground, with the object of the game, being to capture the other teams' flag

Equipment: Flags, pinnies, snowshoes and boundary markers

No. of Players: 4 to 20 on each team

Skills: Snowshoeing

Play:

1. Teams stick the flags in the ground in plain view of the opposing team or hidden from the opposing team. This is agreed on beforehand. Play can be on an open field, gym or treed hilly terrain.
2. Players must stay within the boundary lines.
3. The object is to capture the other teams' flag and bring it back to your territory without being caught and not letting your flag be captured.
4. You are caught when someone holds on to you and yells "Caught" three times. When caught you go to a designated marked off jail area.
5. You can be freed from jail if someone runs through the jailed area and yells "Free" three times. Or if the referee yells jailbreak. Anytime you are freed from jail you must go back to your territory before you are allowed to capture the flag.
6. If the captured player has already nabbed the flag the flag can be replaced in its original location or moved to a new location.
7. The first team to capture the flag and bring it home wins the game.

World's Best Outdoor Games. Glen Vecchione, 1992, page 108-109



## **Speedskating**

### **CHASE THE RABBIT**

**Formation :** A game of speed where the participants (Pack of Wolves) chase a single participant (rabbit)

**Equipment:** Gymnasium, field or track

**No. of Players:** Two teams of 4 or more

**Skills:** Running and endurance

**Play:**

1. One team is the pack and one player from the opposite team is the rabbit.
2. On the word go the pack takes off after the rabbit to catch it.
3. The pack has two laps to see how many of the pack can catch (pass) the rabbit. The pack is not allowed to hold or touch the rabbit.
4. Each time a player from the pack catches the rabbit it count's as 1 point. (4 pack runners = possible 4 points)
5. If no one from the pack catches the rabbit the rabbit's team receives 5 points.
6. Once the rabbit is caught the teams trade places and goes again.
7. This continues until all players from both teams have a chance to be the rabbit once.
8. The team at the end with the most points wins the game.

**Variations:** The game can be played on the ice during speedskating, figure Skating or Hockey practice. Same rules apply as above. The pack starts on the goal line and the rabbit starts on the hash marks of the face off circle. This game is great for conditioning and warming up.



## **Wrestling**

Note: Partners should be evenly matched where possible.

### **TIGER TAILS**

Partners face each other. Each has a strip of cloth tucked into the back of the waistband of his/her gym shorts. The object of the game is to be the first to take the “tiger tail” from the opponent.

### **KNEE BOXING**

Partners face each other in semi-crouch position with left hands grasped. They attempt to touch the opponent’s right knee with the right hand while preventing their own from being touched.

### **BACK-TO-BACK PUSH**

Partners sit back-to-back on opposite sides of a line on the floor or on a mat. On signal, they push with their feet and attempt to cross the line and end up on their partner’s side of the line.

### **FEET FIRST**

Players are divided into pairs. They sit, feet first, facing each other from opposite ends of a mat. On a signal, they must move in and attempt to remove the socks from their partners. The first partner to do so wins the contest.

### **HANDS AND KNEES**

Players are divided into teams. Each is given a number. When a number is called, players with that number crawl on their hands and knees to the center of the mat where there is a large utility ball. The object of the game is to roll the ball back over the goal line (where teammates are lined up). The other three players try to wrestle the ball away to accomplish the same thing. A point is awarded to the successful player’s team.