Owl Hop

Why?: Inuit people would play this game around a fire, to both warm themselves up, and build endurance in their legs. This was played as a competition, with the goal to be the last person jumping.

Instructions: Bring one leg around your other leg, and raise your arms to shoulder level. One person will say “go”, and then everyone will start jumping until they cannot. The winner is the last person up.



Seal Crawl

Why?: The seal crawl was played to practice moving both quickly and effectively while crawling, in order to efficiently move and hunt.

Instructions: Lie down on your stomach, keeping your feet crossed and arms in front. On a start command, students will race to a finish line, only being able to use your arms to crawl.



Stick Jump

Why?: The stick jump was an activity that helped the Inuit people practice their ability to maneuver over obstacles, which would help them be better hunters.

Instructions: Hold onto the pool noodle, and try and jump over it with both feet. To make it more challenging, bring your grip closer. The Inuit people would compete to see who could jump over the stick as many times as possible, and to see who could have the most narrow grip.



Situraq

Why?: This activity was used to develop balance, which is an essential skill for hunting and surviving.

Instructions: Crouch down as far as you can, and then on a "go" command, everyone will stretch one leg out completely. You will hold that for 1 second, and then bring it back in, and then stretch the other leg out completely. You will continue this until you fall. The winner is the person who lasts the longest without falling.



Stick Pull

Why?: When the Inuit people would fish, they would tie the fishing string around their fingers. If they did not have a strong grip, they would not be able to pull the fish in.

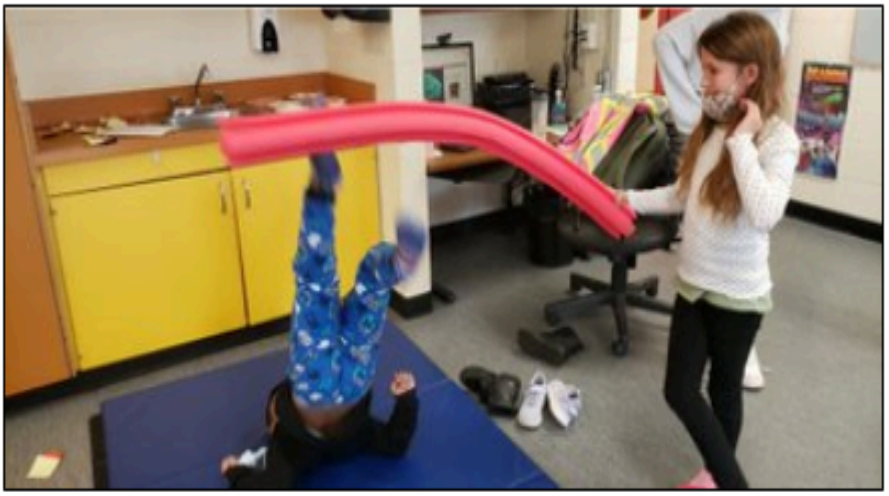
Instructions: 2 students will compete against each other. They will hold onto a tennis ball, one vertically, one horizontally. On the "go" command, they will try and pull the ball out from the other student's hand. The winner is the one who either gets the tennis ball, or gets the opponent to move. You cannot physically push your opponent.



One Foot High Kick

Why?: This activity practiced and improved flexibility and strength.

Instructions: One student begins by laying on their back, and another will hold up the pool noodle. The student laying down has 3 attempts to kick the pool noodle, with one foot, which is held above them by another student. Their two shoulders cannot come off the mat. If they kick the pool noodle, it is raised. This continues until they cannot kick it, and then a new student tries.



Knuckle Hop

Why?: This activity helped to build endurance and tolerance, and to help survive the cold weather in Nunavut.

Instructions: Students will begin in a push up position, with their hands in fists. They will then push their body up, and land on their fists. You will continue this until you can no longer complete the movement. The winner is the person with the most hops.



Bone Pull

Why?: This activity helped to build grip strength, for when the Inuit people had to pull seals out of the water.

Instructions: Two students will face each other, with their own hands connected. Their pointer fingers will be pointed out. They will put a stick in between them, and on “go”, they will try to pull the stick out of the other person's hand. The winner is the person with the stick.

Back Push

Why?: Inuit people would play this game to develop their strength and agility, while also improving their survivability.

Instructions: Two players sit on the floor back to back, with arms interlocked. With knees bent, players begin to push against each other, and try to push each other out of a designated area.



Foot Tag

Why?: Inuit people would play this game to develop their coordination and agility, which translated into their hunting skills.

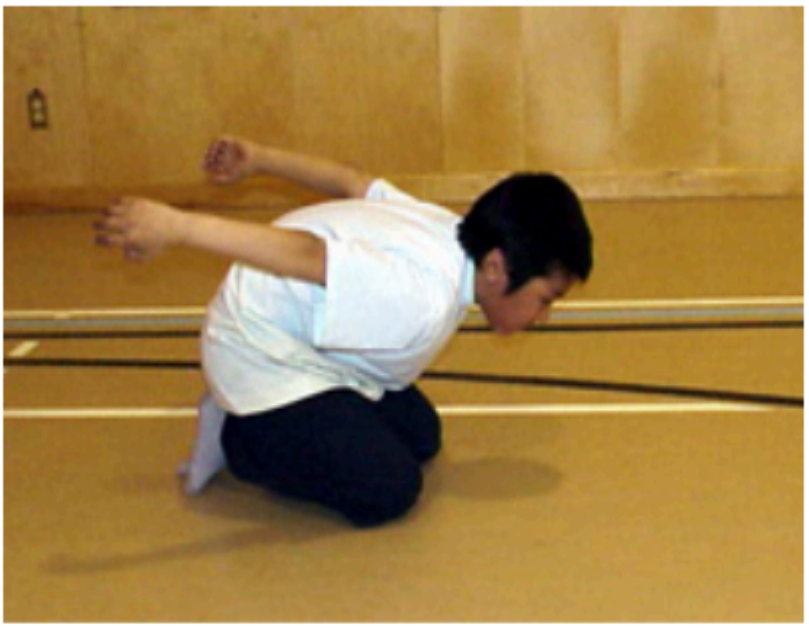
Instructions: One player is designated as “it”. The person who is it needs to try to tag the other opponents foot, using only their foot. The goal is to remain untagged for a predetermined time period.



Kneel Jump

Why?: Inuit people would play this game to develop their explosive movement abilities, which translated into improving their hunting.

Instructions: Athletes start in a kneeling position, with the tops of their feet flat on the floor, and then jump up and forward. Each athlete gets 3 tries, and the winner is the one who can jump the furthest, while landing on their feet.



Make the Stick Jump (Blackfoot Game)

Why?: Inuit people would play this game to develop their accuracy through aiming, which translated into improving their hunting.

Materials: 3 Tennis Balls

Instructions: This game is played between two people. Each gets a tennis ball, and both players decide where to put the third. They will then stand in the same spot, and take turns trying to hit the tennis ball by throwing theirs at it. The winner is the one who hits the tennis ball. If both players hit it during the same round, another round is played.



Hang / Finger Hang

Why?: Inuit people would play this game to develop their forearm strength, which translated into their fishing ability.

Instructions: The goal is to hang off the pullup bar for as long as you can. The winner is the individual who can hang the longest.

For an extra challenge, try hanging on with only two fingers on each hand, or using only one arm.

