**Arctic Winter Games**

Monthly Campaign Announcements:

|  |  |
| --- | --- |
| Day 1 | This month we are going to learn about an event called the Arctic Winter Games. The Arctic Winter Games is a world-wide competition for athletes who live in northern Canada and the arctic. The Games celebrate sport, social exchange, and cultures from around the world. Canada has hosted the games more than any other country in the world! |
| Day 2 | The symbol for the Arctic Winter Games is 3 connected rings. Organizers decided that the rings in the logo should represent the three components of the games – sport, culture, and friendship. Check out our Arctic Winter Games bulletin board insert location here to see the logo. |
| Day 3 | There are around 30 different sports and games played at the Arctic Winter Games. We are going to learn about 5 of them: Kneel Jump, Snow Snake, One-Foot High Kick, Side Reach, and Sledge Jump. Listen closely tomorrow to learn all about Kneel jump! |
| Day 4 | Today we’re going to learn about our first Arctic Winter Game called Kneel Jump. An Elder once said that Kneel Jump was used to prepare hunters for conditions they may face on the land or frozen water. If ice started to break, hunters needed to move quickly and jump to safety. Ask your teacher to search YouTube for a video of Kneel Jump so you can see it in action. |
| Day 5 | Has anyone tried Kneel Jump yet? If there’s fresh snow outside, this is a fun game to play during recess. To make sure you play the game safely, start in a squat position and jump forward. You won’t even need a measuring tape because the snow will make an imprint where you started and where your feet land. Try it out at recess today! |
| Day 6 | Today we’re going to learn about our second Arctic Winter Game called Snow Snake. The goal of Snow Snake is to throw your wooden snake the farthest along a groomed snow track. Athletes at the Arctic Games can throw their snow snakes over 90 meters! Ask your teacher to search YouTube for a video and see it in action. |
| Day 7 | Snow Snake is well-known in many Indigenous cultures across Canada. The game helped to develop technical skills that were important for the hunt, and it was often only played by men and the older boys. At the competitions today, the game is played by all. Distance competitions like Snow Snake are popular among Dene cultures such as the Dogrib, Chipewyan, and Slavey. |
| Day 8 | The first Arctic Winter Games were held in 1970 at Yellowknife, Northwest Territories, Canada. Athletes from Alaska, Yukon and Northwest Territories participated in the first games. Today athletes from sixteen different districts across the globe participate. |

|  |  |
| --- | --- |
| Day 9 | Today we’re going to learn about a third Arctic Winter Game called One-Foot High Kick. This game is considered one of the most important Inuit games played at many sports gatherings. There are different styles of the One-Foot High Kick, and the best competitors can reach kicking heights of almost 3 metres! Ask your teacher to search YouTube for a video and see it in action. |
| Day 10 | One-Foot High Kick was often played in the communal house during the long winter months, where it was a popular part of the entertainment organized when several family groups came together. |
| Day 11 | Today we’re going to learn about a fourth Arctic Winter Game called Side Reach. Side Reach is one of the many Inuit games that helped to develop physical skills such as flexibility and a sense of balance. These skills are important in the land-based traditional way of life. Check out the bulletin board to see a picture of what Side Reach looks like! |
| Day 12 | Side Reach is one of the many self-testing games played in Inuit communities. Having long winters and small playing areas, even in the large communal houses, explains why there were lots of indoor and self-testing games. Test yourself - how far can you side reach? |
| Day 13 | The Arctic Games have a distinct and unique medal called the "Ulu medal." It is modeled on the all-purpose knife traditionally used by Inuit people. Athletes are awarded gold, silver and bronze Ulus for winning first, second and third place in their sporting events. |
| Day 14 | Today we’re going to learn about a 5th Arctic Winter Game called Sledge Jump. Though it is somewhat new to the Arctic Winter Games, the Sledge Jump is a traditional physically challenging event. Sledge jump is a test of an athlete's endurance. For Northern communities, good endurance could - and did - save lives in the harsh Arctic Climate. Ask your teacher to search YouTube for a video and see it in action. |
| Day 15 | Traditional living in the Arctic and northern Canada was and still is a tough environment. Staying healthy, being active and connecting with friends and family is very important to survival and overcoming the long winters. Today, the Arctic Winter Games helps people reconnect with those traditional values. |
| Day 16 | Many of the Arctic Winters Games we’ve learned about this month are self-testing skills. That means you aren’t competing against someone else, but instead you’re trying to improve yourself. Competition isn’t always a measure of how you compare to another person - setting goals to do better than your last attempt is like a competition against yourself! |
| Day 17 | How many Arctic Winter Games have you played this month? Did you play all five, or just a few? Which game was your favorite? After the announcements are over, ask your teacher what their favorite game was and why. |

|  |  |
| --- | --- |
| Day 18 | How high do you think the world record for One-Foot High Kick is? Currently, the record is 2.9 meters, or 9 feet 6 inches. Not sure how high that is? Ask your teacher to use a meter stick and show you how high this world record holder can kick. |
| Day 19 | How far do you think the world record for Kneel Jump is? Currently, the record is 1.55 meters, or 5 feet 1 inch. Not sure how far that is? Ask your teacher to use a meter stick and show you how far this world record holder can jump from a kneeling position. |
| Day 20 | The Arctic Winter Games is proud to provide lasting experiences and legacies for everyone involved. The doesn’t just mean the athletes, but includes the viewers and host communities who have an opportunity increase community development, confidence and pride. Maybe you will get a chance to watch the Games or even compete in them! |
| Day 21 | I hope everyone enjoyed learning about, and playing, the Arctic Winter Games we showcased this month. Can you remember all five games we talked about? At the end of the announcements see if your class can remember all five! |