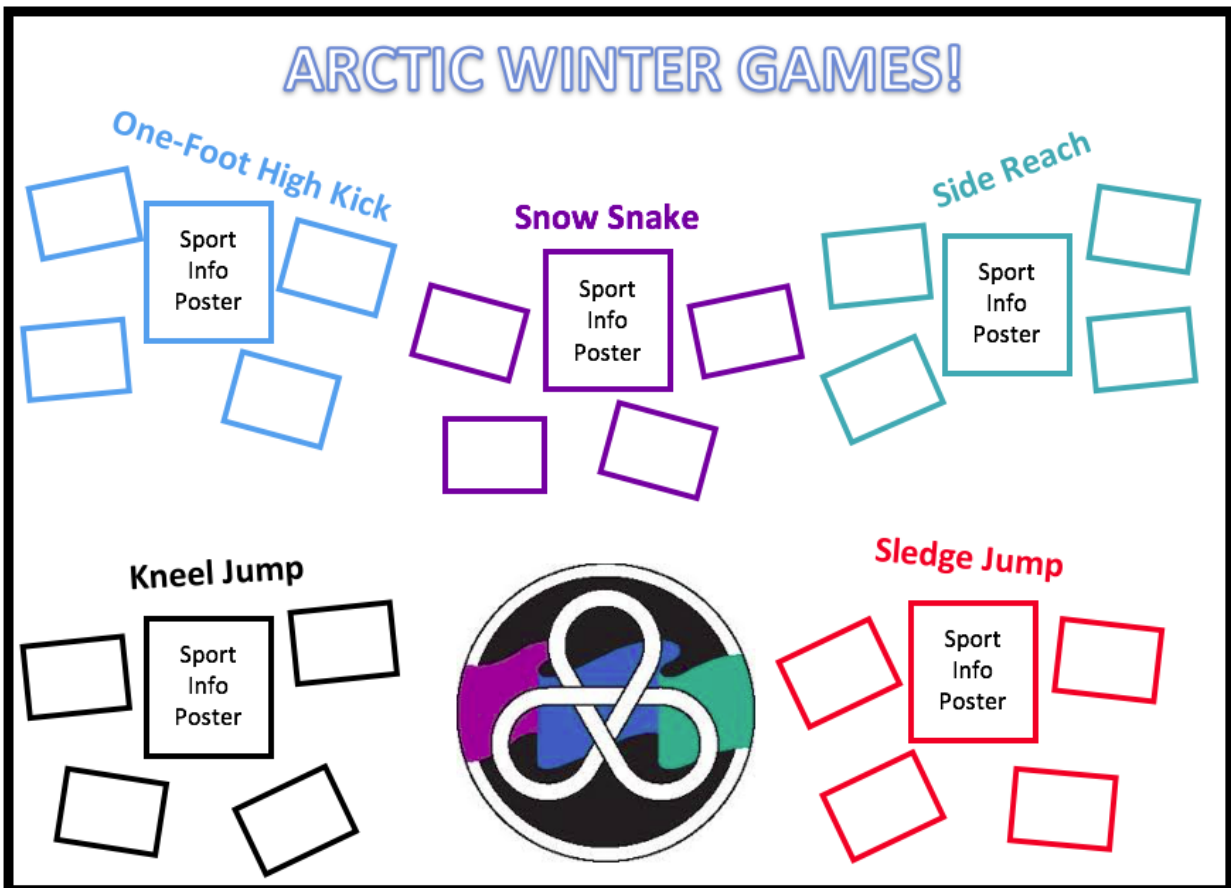


## Arctic Winter Games

### Monthly Campaign Bulletin Board:

**Theme:**

This campaign introduces students to the Arctic Winter Games, which is a high profile international competition for northern and arctic athletes. The games provide an opportunity for athletes to compete in a friendly competition while sharing cultural values from northern regions around the world.

**Example Bulletin Board:****Classroom Instructions:**

Introduce the Arctic Games with the students by comparing them to the Winter Olympic games. Brainstorm with the students all the winter sports that are played in the Winter Olympics. Explain that this month, students will have the opportunity to learn about games that are part of Northern Canada's culture and are played in the Arctic Winter Games.

Visit <https://awg2018.org/> for a complete list of games played at the Arctic Winter Games. The 5 games highlighted in this campaign fall under either Arctic Sports or Dene Games.

A great way to have students interact with this campaign is to play these games during scheduled gym class or add them to your winter carnival activities.

**Bulletin Board Instructions:**

The official Arctic Winter games logo is provided below. You can print the logo and use it as the center piece for the bulletin board. Another option is to have students craft or paint the logo themselves.

Games summary documents are provided with information on culture, where to play, how to play and suggested equipment for each game. Use these documents to learn about the five different Arctic Winter Games discussed in this monthly campaign.

In the pages that follow, sport information posters are provided that can be printed and posted on the bulletin board.

- |                       |                |
|-----------------------|----------------|
| 1. Kneel Jump         | 4. Side Reach  |
| 2. One-Foot High Kick | 5. Sledge Jump |
| 3. Snow Snake         |                |

Division One: Choose one of the five games and create your bulletin board around that one Arctic Winter Game. Give students a description of the game by reading the information on the game summary document. You can also watch a clip of the game on YouTube. Using the template below, have students draw their interpretation of the game. Pin their pictures to the bulletin board next to the sport information poster for the chosen game.

Division Two or Three: Equally distribute the five games among students. Provide students with the game summary document for the game they have been assigned. Have students read the sport information document and watch a YouTube clip of their assigned game. Using the template below, have students draw their interpretation of their assigned game. Pin their pictures to the bulletin board next to the corresponding sport information poster.



**This is the Arctic Winter Game called**

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# SIDE REACH

This recreational activity is one of the many Inuit games that helped to develop physical skills such as flexibility and a sense of balance that was important in the land-based traditional way of life. The Side Reach is a self-testing game played in Inuit communities in order to build their strength and endurance. Traditionally, there were more self-testing games than team games due to the limited indoor spaces and the areas harsh winters.



# KNEEL JUMP

The Kneel Jump as with many of the Inuit Games was used to get people ready for life on the land. One Elder mentioned that this game was used to prepare hunters for conditions they may face on the land or frozen water.

Skilled hunters were able to move quickly when ice started to break. From a squatting position, the hunter would jump up to a span of water to get to safety. The winner is the person that jumps the farthest while keeping their balance.



# SNOW SNAKE

The Snow Snake is well known in many Indigenous cultures across Canada. It was sometimes played between entire communities. The game helped to develop technical skills that were important for the hunt, therefore traditionally only played by men and older boys. At the competitions today, the game is played by all. Strong competitors can throw the snow snake long distances between 60 and 100 m. The distance competition described here is popular among Dene cultures such as the Dogrib, Chipewyan, and Slavey.



# ONE-FOOT HIGH KICK

Today, the One-Foot High Kick is considered one of the most important Inuit games played at many games and sports gatherings. There are different styles of the One-Foot High Kick, with the best competitors reaching kicking heights of almost three metres! The game 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 met.





# SLEDGE JUMP

The Sledge Jump is relatively new to the Arctic Winter Games. This traditional game is one of the most physically challenging events. Rather than a test of power, Sledge Jump is a test of the athlete's endurance. For northern communities, good endurance could – and did – save lives in the harsh Arctic climate. Traditionally the game was played using sleds that were used during the arctic winters to move people and materials from one place to another.

