

A Bite of Health

As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

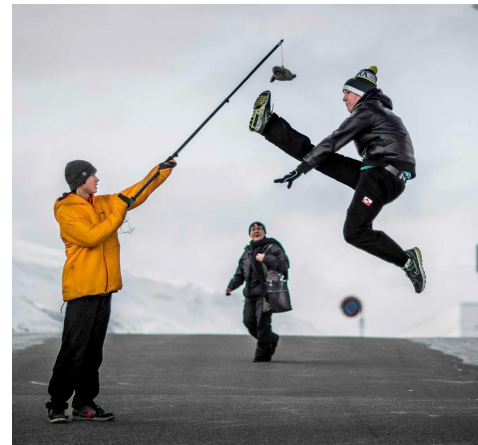
Arctic Winter Games

This month, students will be getting active and having fun with traditional games through a campaign called Arctic Winter Games. Here is a summary of the activities.

What are the Arctic Winter Games?

The Arctic Winter Games is a biannual international event that formally began in Canada on January 18, 1968. The Games strengthen sport development, promote the benefits of sport, build partnerships, and promote culture.¹

The Games include a wide variety of sports, including dog mushing, volleyball, and snowshoeing. This month, students will learn how to play 5 different traditional games.



Traditional Arctic Winter Games in the classroom

Side Reach – one of many Inuit games that helped to develop physical skills like flexibility and balance, important for a land-based, traditional way of life.²

Kneel Jump – an Inuit game used to get people ready for life on the land. An elder stated that this game was used to prepare hunters for conditions they may face on land or frozen water.¹

Snow Snake – well-known game in many indigenous cultures across Canada. It helped develop technical skills used for hunting.²

One-Foot High Kick – considered one of the most important Inuit games played today. It was often played in the communal house during long winter months.²

Sledge Jump – a physically challenging activity. Rather than a test of power, Sledge Jump is a test of an athlete's endurance.¹

Go to www.youtube.com to see any of these games in full action.

References

¹ <http://www.arcticwintergames.org/index.html>

² <https://www.participaction.com/en-ca/programs/participaction-150-play-list>