

Nalukataak (Blanket Toss)

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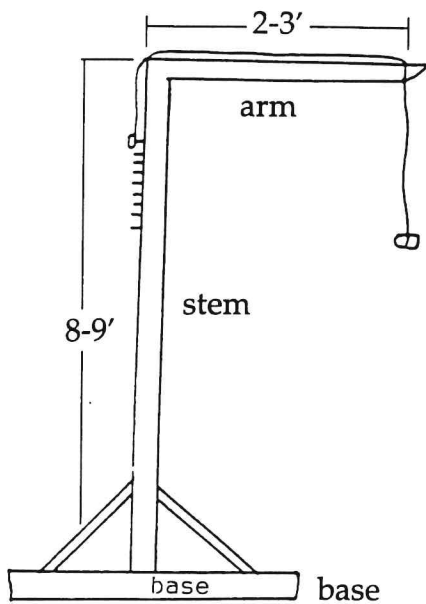


19. NALUKATAAK (BLANKET TOSS)

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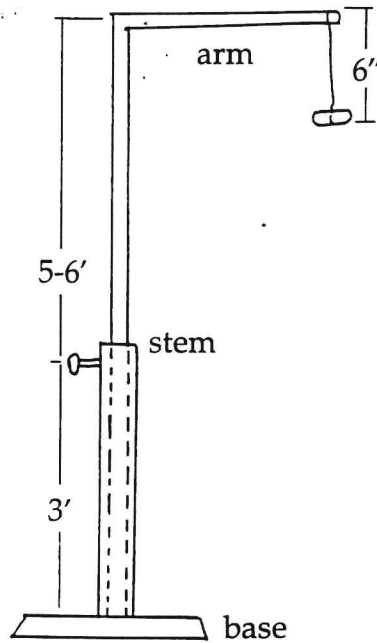
A blanket is made of walrus hide, caribou skin or canvas with loops or grip holds made along the outer edge of the blanket. The blanket is held on the ground while someone climbs into the middle. A number of people are holding the outer edge of the blanket ... the more the better. The blanket is slowly raised by pulling the edges out and up, until the person in the middle is lifted. Everyone pulls together gently so as not to rip the hide. The person standing in the middle gets catapulted higher and higher. The people holding the blanket can move under the jumper should he or she fall more to one side of the blanket.

ᑎᓕᑎᓕᑎᓕ ᑎᓕᑎᓕᑎᓕ ᑎᓕᑎᓕᑎᓕᑎᓕ, ᑎᓕᑎᓕᑎᓕᑎᓕ
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 ᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕ, ᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕ
 ᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕ, ᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕᑎᓕ
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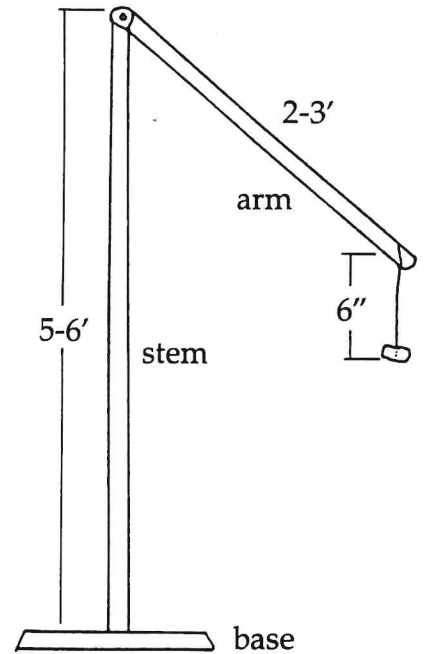
Wooden High Kick Stand

የሞላላ ስራ ለመስራት የሚያገለግል ነው።



Metal High Kick Stand Stem Adjustable

አለም ለመስራት ለመጠቀም የሚያገለግል ነው (የመስራት ስራ)።



Metal High Kick Stand Arm Adjustable

አለም ለመስራት ለመጠቀም የሚያገለግል ነው (የመስራት ስራ)።

1b. Metal High Kick Stand (Stem Adjustable)

This stand is made of heavy metal for the base with a hollow metal pipe into which a stem can be adjusted by a big screw. The arm and target are stationary with stem adjustable.

1c. Metal High Kick Stand (Arm Adjustable)

This stand is similar to the previous one, but the arm is adjusted by a joint at the point where the arm meets the stem. The target remains stationary and the arm is adjusted. Each new height should be measured with a tape-measure for accuracy.

1፡. አለም ለመስራት ለመጠቀም የሚያገለግል ነው (የመስራት ስራ)

አለም ለመስራት ለመጠቀም የሚያገለግል ነው። ለመስራት ስራ ለመጠቀም የሚያገለግል ነው። ለመስራት ስራ ለመጠቀም የሚያገለግል ነው።

1፡. አለም ለመስራት ለመጠቀም የሚያገለግል ነው (የመስራት ስራ)

ደጋግሞ ለመስራት ስራ ለመጠቀም የሚያገለግል ነው። ለመስራት ስራ ለመጠቀም የሚያገለግል ነው። ለመስራት ስራ ለመጠቀም የሚያገለግል ነው።

3. Attention and Control

- As a teacher, you want to maintain order and control, yet allow for the natural spirit of play to develop. Allow noise and shouting during the game, but be sure that you can get the attention of the group when you need it.
- Stop any fooling around when it first starts.
- Establish the rules from the start. (Respect for the rights of others, safety, respect for property.)
- Be consistent with discipline.
- Never attempt to explain anything until quiet and attention are absolute.
- Train the players to STOP, LOOK and LISTEN instantly upon blowing the whistle. Do not overuse the whistle. Blow firmly with loud, short blasts.
- Don't allow poor sportsmanship such as booing in the class.
- Try to get the larger, more skilled students to help the smaller ones.
- Use the trouble makers as the leader, it sometimes helps solve the problem.
- Be fair with rules. What applies to one student applies to all, even yourself.

4. Presentation

- The principle element in successful leadership is making the play continuously snappy and vigorous.
- Make the games fun.

ጥጥቻዎች ለጥያቄ

ሌሎችን ለመቆጣጠር ልማድ ማሳተፍ ሲቻል ግንኙነት ይፈጥራል። ጥያቄዎች ለመሰጠት ማጠቃለያ ማድረግ አለብዎትም። ሌሎችን ለማሰቃሰብ ማድረግ ይቻላል። ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል።

ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል።

ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል። ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል።

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ለጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል።

ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል። ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል።

ጥያቄዎች ለማሰቃሰብ ማድረግ ይቻላል።

WARM UP ACTIVITIES

It is important to begin each session with a proper warm up. This consists of a number of exercises that are designed to:

1. Stretch the muscles to prevent injury such as muscle strain or tear.
2. Increase the blood and muscle temperature ... to loosen up.
3. To improve flexibility and performance.

A good warm up should take about 15-20 minutes and is the most important part of any physical activity class.

Following is a list of some general warm-ups followed by more detailed exercises.

1. **Light jog** of 5-10 minutes.
2. **Neck rotation** - Stand feet apart, back straight, hands on hips. Rotate the neck slowly first one way and then the other.
3. **Trunk rotation** - Same position as above. Rotate the trunk (at waist) slowly in one direction and then the other.
4. **Arm circles** - Extend arms out from your sides to form a 90 degree angle. Elbows must be straight at all times. Begin to rotate arms slowly from small circles to big circles. Change direction.
5. **Toe touching** - With feet apart, touch toes. Don't bend knees or wrench muscles. Hold the stretch for a few seconds and then relax.

ᐸᐸᐸ-ᑦᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ

ᐸᐸᐸ-ᑦᑲᐸᐸᐸ ᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ.

1. ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ.
2. ᐸᐸᐸ ᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ ... ᐸᑲᐸᐸᐸᐸ.
3. ᐸᐸᐸᐸ ᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ.

ᐸᑲᐸᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ 15-20 ᐸᑲᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸᐸ.

ᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸᐸ ᐸᐸᐸᐸᐸᐸ ᐸᐸᐸᐸᐸᐸᐸ.

1. ᐸᑲᐸᐸᐸᐸᐸ 5-10 ᐸᐸ ᐸᐸᐸᐸᐸᐸᐸᐸ.
2. ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᐸᐸᐸ ᐸᐸᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ.
3. ᐸᑲᐸᐸ ᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ (ᐸᑲᐸᐸ) ᐸᑲᐸᐸᐸᐸ ᐸᐸᐸᐸᐸᐸ ᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ.
4. ᐸᑲᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸ ᐸᑲᐸᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ, ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸᐸ.
5. ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸᐸ ᐸᑲᐸᐸᐸᐸᐸ.

3. Shrug shoulders.
4. Stand feet apart and have partner gently pull arms back.
5. Hang onto a rope or towel and move arms forward and back over head.
6. Do handstand. Bend and straighten arms while still in handstand. Snap down from handstand to feet.

3. ጋልዎ ካላንብራኛ.
4. ልብሆ ላይ ለሌላ ሰው ለረጅም ጊዜ ርሎ ጋራ ላይ ሲሆን ሌላው ሰው ልጎችን ወደ ምሽት ወይም ምሽት ወደ ምሽት ይሰብራል.
5. ላይ ላይ ለግንብ ወይም ለግንብ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
6. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.

Back

1. Kneel and do back arches.
2. Lie on floor arching back so that weight falls on head and feet only. Arms may take some pressure as well.
3. Lay on stomach, bend knees and grasp ankles. Rock back and forth.
4. Lie on stomach, have partner hold ankles down and place your hands behind your head. Raise and lower shoulders.

ጋራ ልጎች

1. ስርዓቱን ለግንብ ላይ ይሰብራል.
2. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
3. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
4. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.

Abdomen and Waist

1. Lie on your back. Lift feet and head off the floor. Rock back and forth.
2. Lift one or two legs off the floor while lying on back. Hold for a count of 10. For variation, do flutter kicks and straddles. Leg raises should be done resting on elbows since the back gets strained lying flat.
3. Bend at waist and do circles with body.
4. Bend sideways stretching arm up over the head.
5. V-snaps. Lying on the back, bring legs and arms together in pike position at the same time. Body forms a V shape.

ላይ ላይ ስርዓት ልጎች

1. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
2. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
3. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
4. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.
5. ላይ ላይ ሲሆን ርሎ ስርዓቱን ለግንብ ላይ ይሰብራል.

Legs

1. Running.
2. Stretch leg muscles with leg stretches and splits.
3. Sit on floor with legs together and straight in front. Bob head down to knees.
4. Hurdle stretch.
5. Wall sits.
6. Rabbit hops.
7. Jumping jacks.
8. Work on feet and ankles by rotating them and standing on toes. Hold.

መደጋ ልጅናጋ

1. ስራቅኑትጭጭ.
2. መደግ ልጅናጋ ጊርፍ ጭጭጋጋዳጭ።
3. ልጅጊርፍ ጭጭጋጋ ጊርፍጭጭጭጭጭጭ።
4. ጊርፍጊርፍጊርፍ ልጅጭጭ ልጅናጋጊርፍ።
5. ልጅጊርፍጊርፍ ጊርፍጭጭጭጭ ልጅጊርፍጊርፍ።
6. ስራቅኑትጭጭጭጭ።
7. ጭጭጭጭጭጭ።
8. ጊርፍጭጭ ልጅጭጭጭጭ ጊርፍጭጭጭጭ ጭጭጭጭ ጭጭጭጭ።

ጭጭጭጭ ጊርፍጊርፍጊርፍ

1. ጭጭጭጭጭጭ ጭጭጭጭጭጭ ጭጭጭጭጭጭጭ ልጅጭጭጭጭጭጭ።
2. ጭጭጭጭጭ ጭጭጭጭ ጭጭጭጭ።
3. ስራቅኑት ጭጭጭጭጭጭ ጭጭጭጭ ጭጭጭጭ ጭጭጭጭ።

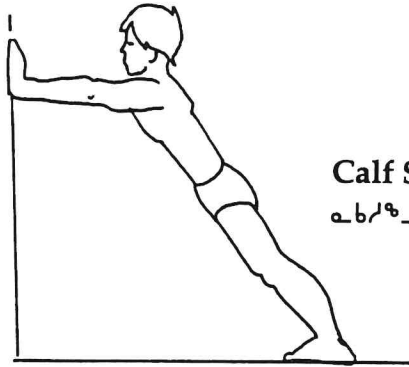
Hips

1. Lie on side and lift top leg in air. Raise slowly and lower. Change legs.
2. Straddle legs standing. Lean forward and down as far as you can go.
3. Cross legs over in front and behind while running sideways in a circle.

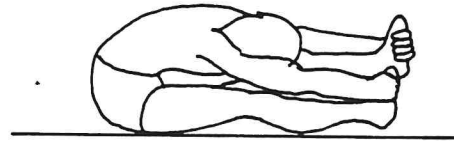
Pre-Game Stretching: Each exercise 3-5 minutes

All exercises should be slow and controlled with relaxation in mind.

የቦገብ ማብቃት ለጥቅም ላይ ላይ ለውሎ 3-5 ምኒት ለውሎ ለራሱ ለውሎ ማብቃት ለውሎ ማብቃት.



Calf Stretch
ግራም ማብቃት ለውሎ ማብቃት

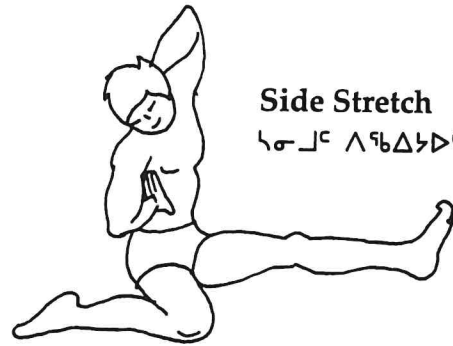


Hamstring Stretch
ምድብ ማብቃት ለውሎ ማብቃት

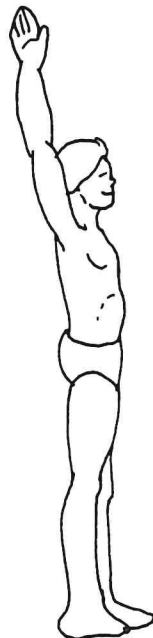
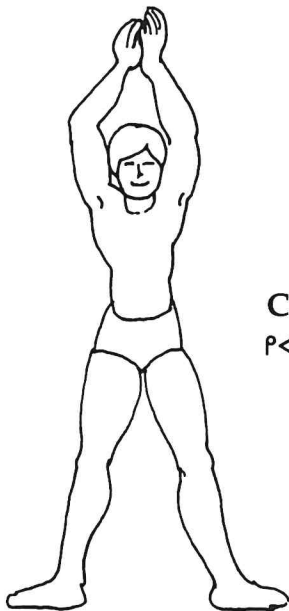
Back Stretch
ጋራ ማብቃት ለውሎ ማብቃት



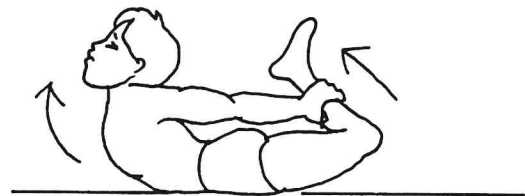
Side Stretch
ካም ማብቃት ለውሎ ማብቃት



Chest Stretch
የገራም ማብቃት ለውሎ ማብቃት

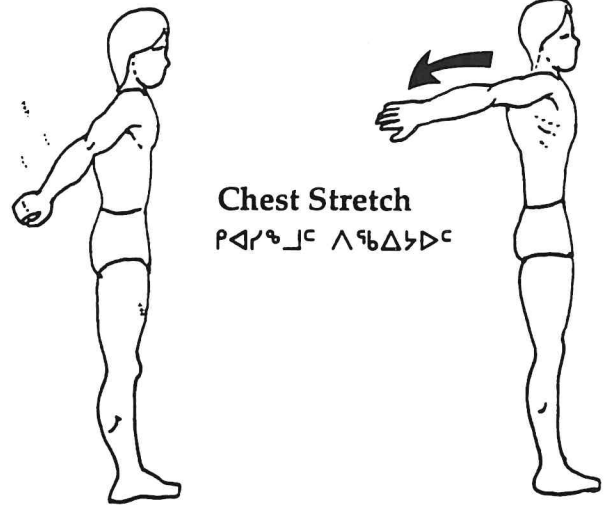


Front Stretch
ካም ማብቃት ለውሎ ማብቃት

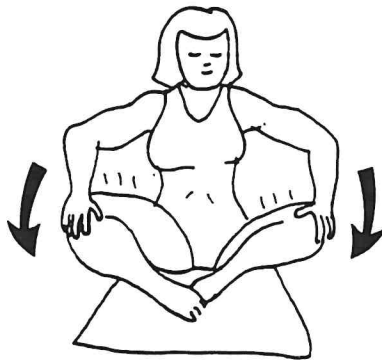




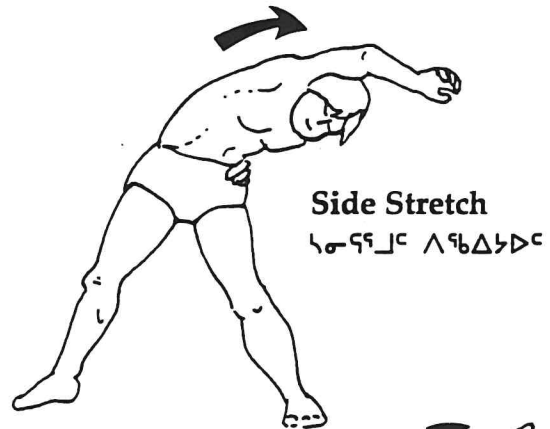
Ski Stretch
 የጋራ ልግጋ ለግግ ልግግ



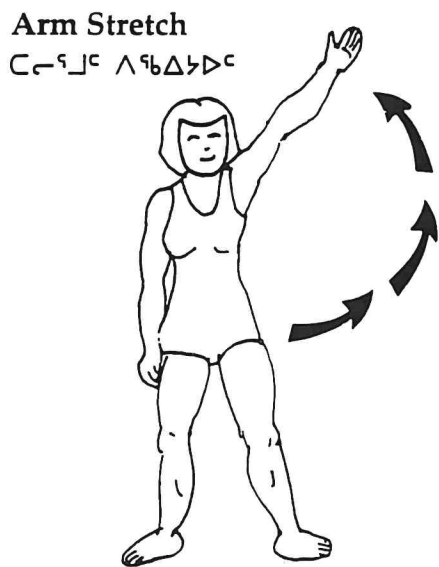
Chest Stretch
 የግግ ልግግ ለግግ ልግግ



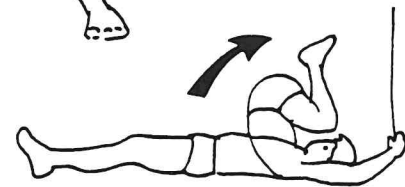
Groin Stretch
 ልግግ ልግግ ለግግ ልግግ



Side Stretch
 ልግግ ልግግ ለግግ ልግግ



Arm Stretch
 ልግግ ልግግ ለግግ ልግግ



Back Stretch
 ልግግ ልግግ ለግግ ልግግ



Groin and Hamstring Stretch
 ልግግ ልግግ ለግግ ልግግ

2. Double Elimination

This tournament allows the losing team or person an opportunity to 'come back'. It also provides a longer tournament and more activity. In this type of tournament, a team has to be defeated *twice* before it is eliminated.

Game A	1				
	2	E	1		
Game B	3		3	1	
	4				
Game C	5			1	
	6	F	6	6	
Game D	7		8		
	8				
			Loser of G	2	2 winner
		Loser of E	3		
Loser of A	2	2		2	
Loser of B	4				
Loser of C	5				
Loser of D	7	5	8		
Loser of F		8			

3. Single Round-Robin Tournament

This tournament provides for maximum participation as every team or player must play every other one. The individual or team accumulating the most wins is declared winner. This is ideal for many players. Following is an example of how you can set this up:

Number of Teams	Team vs. Team	Total Games
4	1 - 2	
	3 - 4	
	1 - 3	
	2 - 4	
	1 - 4	
	2 - 3	

2. ሊፖልዲንግ ንግድ-ግጥም

ሊፖልዲንግ ንግድ-ግጥም ርዕሰ ጉዳይ ነገር ለሌሎች ግጥም ለመገኘት ለሌሎች ግጥም ለመገኘት ለሌሎች ግጥም ለመገኘት ነው።

3. ርዕሰ ጉዳይ ንግድ-ግጥም ንግድ-ግጥም single round-Robin

ግጥም ለሌሎች ግጥም ለመገኘት ለሌሎች ግጥም ለመገኘት ለሌሎች ግጥም ለመገኘት ነው። ግጥም ለሌሎች ግጥም ለመገኘት ለሌሎች ግጥም ለመገኘት ነው።

The Formula

$\frac{N(N-1)}{2}$ = Number of games to be played

$$\frac{4(4-1)}{2} = \frac{4 \times 3}{2} = \frac{12}{2} = 6$$

