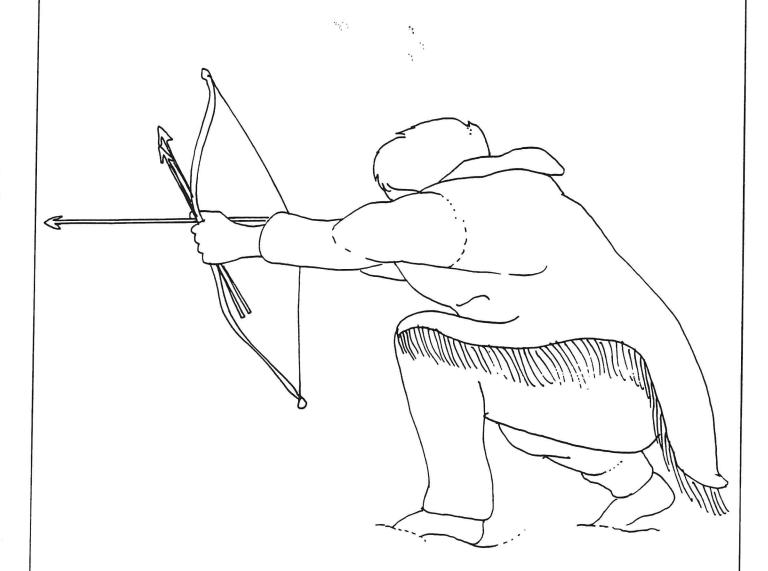
Pititsik Qatjulu (Bows and Arrows)

入しみ ぷらくっし



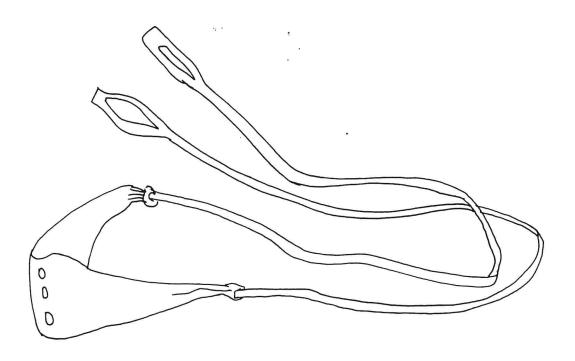
## 10. PITITSIK QATJULU (BOWS AND ARROWS)

It is not known exactly how long the bow and arrow has been in the north, but they were used for hunting and play. Made of either wood, antler, or caribou bone, they proved to be very effective. Games were made up for practicing skills in accuracy and distance by shaping snow animals or men for target practice.

#### 10. ∧∩∀७ %५५५\_

## Quikiutunnguak Tasijualik (Slingshot)

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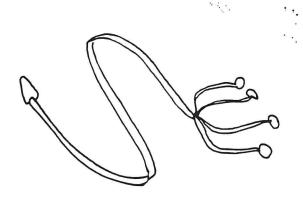


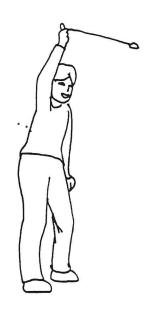
## 11. QUIKIUTUNNGUAK TASIJUALIK (SLINGSHOT)

A sling is made from a length of rope or hide about 3-4 feet long. A loop is made at one end and a knot at the other end. In the middle of the hide rope is a patch about 4-5 inches long and about 2-3 inches wide. A few small holes are made in the middle of this patch. The loop is put on the index finger, a few stones are placed in the leather patch and the knotted end of the rope is held between the finger and thumb of the same hand. The slingshot is swung around and released at a target, usually birds, by releasing the thumb. Players challenge each other with the slingshot by testing their skills for distance and accuracy.

#### **11.** 9△PD⊃9JQ56 C/4△~6

«ΓΊΓς 3-4 ÞYDSÞNDS CPNS"هـ. ΔΖΦС ™NJ4™6 AC+4Γ AL% 4-5"/C™J. CPN1\_J, \-\_\_ 2-3" / - 101\_J. △ - 1-1 9°L465-J 6'Y-P956 9F7-96FF9-1C. >Dr Upin PC-DN3 rC-DN6 PC< ٥٠- د الماح 14000 $\Delta' - \Delta_e' - \Box' - \Box' - \Box$ 5PC6/LG56/56 /69. → 10 166/56 D>5  $\Delta^b \Omega \Gamma \Delta J$ .  $\Delta L^b \Gamma^b \Gamma \Delta^b J^c$ ,  $\Gamma^b \Gamma \Delta_c \Delta^b J^c$ . 9-17-2 6-2 POPLY-ULY - 0-7-17-6 





#### 12. ILLUUK (SLING)

Similar to the slingshot, the sling is made of the same seal or caribou hide strip about 2-3 feet long. One end of the sling has a sharp point ... an empty bullet casing is excellent with a hole punched in it and attached to one end. The other end has three or four 5-6 inch long tails to provide direction in flight. At the end of these tails is an object such as a stone or bone to not only provide weight to the sling, but also to assist in getting the tails to tangle with the object/target. The sling is swung around and thrown, usually at birds.

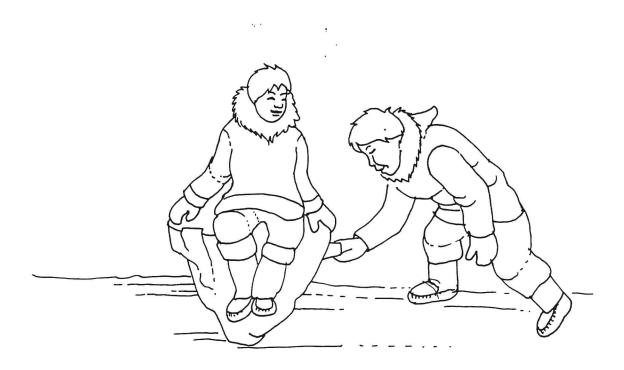
#### 13. KING OF THE HILL

One person gets to the top of the hill while the others try to overpower him and pull him down. Whoever succeeds, becomes the "king" of the hill.

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#### **13.** ∠⊃5656 ∆∠LC54466

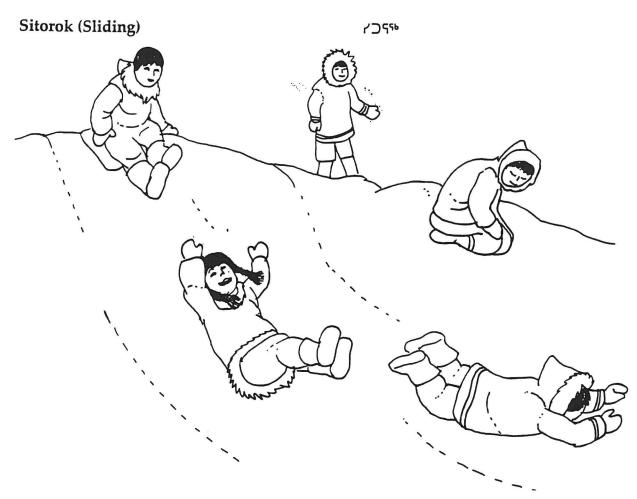
△→<sup>6</sup> ⟨CD⟨<sup>66</sup> ><sup>5</sup>D+D<sup>6</sup> (6<sup>6</sup>6) \delta \d



#### 14. ICE SPIN

A large chunk of ice about 2-3 feet thick is chiseled out of the ice, and is shaped in the form of a diamond. Hand grips are dug into the sides on the top. A person sits on the top of the ice and holds onto the grip holds. A handle is made on one end of the ice with which to send the ice spinning. As the person is sitting firmly on top of the ice with feet off the surface, another person spins the ice block sending it twirling around on the icy surface. The person sitting on the ice must stay on as it slithers and slides everywhere.

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#### 15. SITOROK (SLIDING)

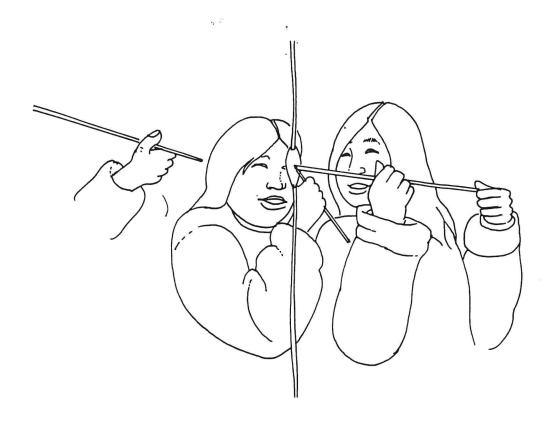
There are as many different fun ways of sliding down a hill as there are children. One way is to roll forward holding onto the back of the knees to see who can roll the farthest. Another method is to put wet snow on the soles of the quamiks so that they are icy enough to slide on. Yet another way would be to slide on a small piece of sealskin or caribou skin hide.

#### 16. DOG TEAM

Pretending to be dogs, 4-5 people are hitched to a dog sled (komatik). The 'dog' team must then pull the sled with a person sitting on it as fast as possible in a race against other 'teams'. An excellent team game, the 'dogs' may really get into it by even getting into a dog fight. The antics can be quite hilarious.

#### **15.** 70556

#### 16. PJ / PJ 45



### 17. NUGLUKTUQ

A spindle-shaped piece of caribou antler with holes drilled through it is hung from the ceiling. Sometimes the spindle is anchored to the floor with a weight. The spindle is suspended about shoulder height as all players form a circle around it. Each player has a spear with a tip small enough to fit through the hole in the spindle, and measuring about 2 feet long. Each person tries to spear the hole all at the same time making a loud clicking noise as the spears strike the spindle causing it to spin around. Action stops when someone gets their spear in the hole. This counts as a point and the game goes on.

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#### 18. IPIRAKTUT (WHIP)

The whip was used extensively in the past to direct and guide dog teams. Requiring great skill and precision, the whip has a cutting slice to its snap. It is said to have the strength and power to cut a man's leg off. Sometimes it was even used to hunt ptarmigan and caribou. Made of one continuous strip of sealskin, it takes patience to make. Used for fun, the hunter would demonstrate his skill in the use of the whip by some of the ways described below:

- a) Three objects are placed in a line about three inches apart. The whipper snaps the centre object out without touching the other two. Then, the other two objects are removed one by one.
- b) Two whippers face each other and snap the whips at each other. The whips get tangled in various interesting looking knots.
- c) A person lies down with one leg extended. A small match stick is placed in the toe of his boot. The whipper carefully snaps the match stick off the boot without harming the shoe or foot.

#### 18. △∧556⊃56

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## 19. NALUKATAAK (BLANKET TOSS)

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.

#### 19. െ⊸५८५

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#### 20. DRUM DANCE

A drum dance usually occurs as a form of celebration after a good hunt or if a visitor arrives who hasn't been seen for a long time. Everyone meets together in the biggest place they can find. In Eskimo Point, this is called "Qaggi". The drum is held by the handle and a stick strikes the outside frame of the drum. The skin of the drum is not hit. The body moves in rhythm to the beat of the drum and the chanting of the ladies.

#### 20. 5P\_D>5-5b

The women usually sit closest to the middle of the circle so that their chanting can be heard by the drummer. The men are seated behind them. A song (Pissirk) is usually sung for each individual person ... his own song passed on from another person with the same name. If no one knows his song, the drummer has to sing it a few times until the rest can join in, or his wife will start it. The song tells a story of the person's life experiences, thrills which took place in his life, or hardships he has gone through.

The motions of the drummers differ as each person finds his own unique interpretation of the sounds and the song. The repetitive beatings of the drum reach a climax of excitement and rhythm called "Tinerq". When the song ends, another person will take over and so the dance goes on and on long into the evening.

(Contributed by Inuit Cultural Institute, Eskimo Point)

## 21. TUPTAUYANERK (BLINDFOLD TAG)

Most often played in an igloo, one person is blindfolded. Other players in the room try to avoid being tagged by the blind man. They can touch the blind man and tease him, but cannot be touched by the blind man. If a person is tagged, they are out of the game. The last person to be tagged is then the blind man.

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## **EQUIPMENT**

Traditionally, Inuit games required very little equipment as they were often played in small enclosed snow houses or in the wide open spaces where no trees are to be found. Since most of the games utilize natural products readily found in the northern environment such as antler parts, animal bones, sealskin and caribou skin, the game equipment could be made up wherever the Inuit travelled. Also, because of the nomadic life, large and cumbersome equipment was simply not practical.

In modern times, however, the games have been adapted for competitive purposes and require standardized equipment. Following are descriptions of some of the major pieces of equipment:

#### 1. HIGH KICK STAND

A piece of string can be hung from any height and still serve the same purpose, however, a high kick stand which can be easily adjusted becomes more convenient. Three variations of high kick stands are described here, but imaginative builders can come up with their own designs.

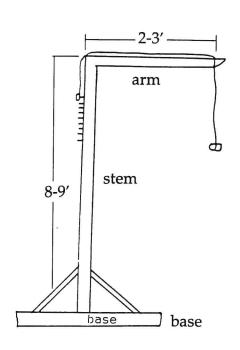
## 1a. Wooden High Kick Stand

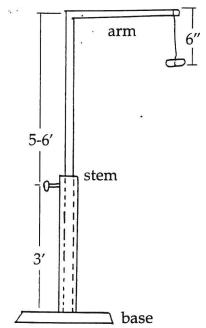
Perhaps the most easy to make, this stand is stationary with the target being adjustable. The target is tied to a long piece of string which is either looped around the arm or extending down the stem of the stand, where a nail is tied to the end of the string and this can fit into measured holes in the stem. Each new height has to be measured from the ground to the target in order to get the most accurate height.

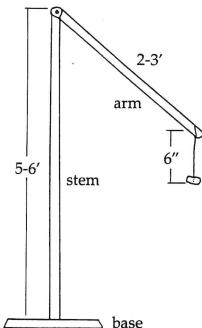
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Wooden High Kick Stand

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Metal High Kick Stand Stem Adjustable トルター ペットル・トーノ (ゴーハイマー・コー)

Metal High Kick Stand Arm Adjustable いたも くいとも くっちょうしょう

## 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)

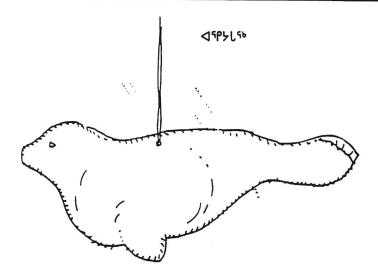
This stand is similar to the previous one, but the arm is adjusted by a joint at the point where the arm meets the stem. The target remains stationary and the arm is adjusted. Each new height should be measured with a tape-measure for accuracy.

## 1D. LABT 9448 LEYLJ (4NYT922J)

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### **Target**



#### **Target**

The target is made of a piece of sealskin stuffed with a soft material and looks like a small seal. Any soft target will do, but should be about 4-5 inches long and about 2-3 inches wide so that it can be seen easily. All measurements are taken from the most bottom part of the target.

#### 2. HAND PULL

A hole is drilled through the middle of two smooth pieces of caribou antler measuring about 4-5 inches long. A caribou skin thong about 1/2 inch thick is attached through the holes and secured firmly. Leather will do. The caribou thong must be soaked in water often in order to loosen the hide enough so that it will stretch and not snap when pulled.

#### 3. BLANKET TOSS

The blanket was traditionally made of walrus hide sewn carefully with edges overlapping for strength. The walrus hide was strong enough and flexible enough to provide the proper spring. Caribou hides have been known to work in the same way. More modern materials such as canvas will provide the required strength and flexibility with less seams. Loops or grip holes are made along the outer edge of the blanket which measures about 10-12 feet wide.

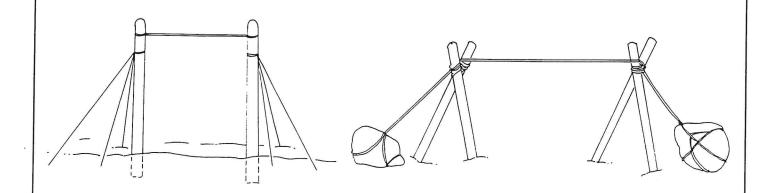
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#### 3. SPPSOCA

Rope Gymnastic Equipment - Various Styles へいらっ トラント



#### 4. ROPE GYMNASTICS

Two sturdy poles are imbedded in the ground about 5-6 feet apart. Above ground stability can also be provided by cables or ropes attached to the poles. The rope should be about 2 inches in diameter and about 13 feet long. It is strung between the poles twice in order to provide a good strong horizontal bar. The rope should be about 7-8 feet above the ground to allow for maximum hanging movement of the competitor. The horizontal rope should not sag and should be tightened should this happen. Competitors may wear leather gloves or chalk to prevent friction on their hands.

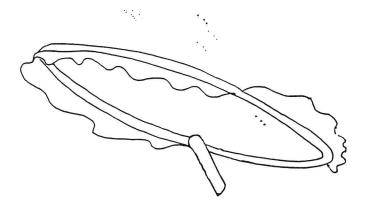
There are other methods of setting up a rope gymnastics apparatus as shown in the diagram. The rope is simply strung between two firm posts whether they be wooden tri-pods or imbedded posts in the ground. To get the maximum support, however, the stronger and firmer the posts, the better and safer the apparatus.

#### 4. DYDCA6

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Drum

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#### 5. DRUM

There are various ways of making a drum. Caribou skin, preferably a young calf, is soaked in seal fat or water for approximately 2 days. The hair is scraped off and the skin is stretched while still wet. The frame is prepared from softwood without knots in it, or if wood is not easily found, sometimes whale bone was used. The wooden frame, about 1/4 - 1/2inch thick, is bent into shape by steaming it or boiling it in water or seal oil. The frame is curled carefully while still wet by placing the foot on one end and bending the wood toward you. It is joined together with edges overlapping and string binding it firmly. The frame can be made any size, but the larger the drum, the better the sound. The handle is attached at the join by cutting a groove for it to rest in and binding with string. The skin is stretched on the frame with a pointed stick which rolls the caribou skin and stretches it over the edges. The sound of the drum can be adjusted by tightening or loosening the hide. A string holds the skin in place, circling the rim.

## 5. 4°\_D∩°

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## **TEACHING TECHNIQUES**

Knowing how to teach efficiently and effectively comes from many years of experience. Following are some hints on how to work with children which may be helpful.

#### 1. Formation

- Know the age level, sex, number, and ability of the children you are to teach.
- Try to involve ALL the children at ALL times. Avoid line-ups where children have to wait their turn.
- Look for the children who are not participating and include them.
- Try to get the children working in pairs sometimes so that they can interact with one another.
- Group the children in a formation which enable all of them to see and hear you. If the players are huddled, they tend to become more enthusiastic and will get more fun out of playing.
- Use games that everyone can play. Change from active to quiet games so that the players can have a breather. Use a wide variety of games and let the players pick their favourites occasionally.
- Whenever possible, arrange competing teams so that they are equal in strength and skill. Avoid letting the children always pick their own teams since this becomes time-consuming and is not always fair.
- In order to provide more activity, divide the large group into smaller ones if the game allows.

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- Instead of eliminating children from a game when they are tagged or can no longer reach the level of competition, allow them to remain in the game (if game allows) or try to keep them active in another area of the gym.
- Use the shortest possible method of changing from one formation to another. If the first game is in a circle, for example, and the second game calls for two teams, the leader may want to divide the circle in half.

#### 2. Preparation

- Involve the children in planning.
- Complete all preparations for an event before starting to introduce it. Have all boundary lines established beforehand and all equipment in place.
- Modify games to meet the needs of the area (hall, gym, field) and the players.
- When preparing a game, consider the physical, mental and educational value of the game.
- Be flexible. If one game is not working out, have another one ready. It is good to always plan for too many games.
- Keep an expandable list of your best games and the ones that work out best.
- Preparation also includes preparing yourself. You must be physically fit and rested.
- Know what you are going to teach. Practice it yourself and know how you are going to explain it to the children.
- The children should also be prepared by wearing soft, warm clothing, no jewelry, runners and hair tied back.

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#### 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.

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- Keep things moving the entire play period. Enthusiasm dies if the players cool off.
- Kill a game before it becomes dead.

  Don't force a game to drag on if there is no interest and it is not working out.
- To introduce a game, contest or race, NAME IT, SELECT TEAM players, EXPLAIN and DEMONSTRATE. Ask for questions and then start the play.
- Be clear and talk briefly and to the point. In demonstrating a game, have one or two players go through the fundamental processes. A good demonstration is far more helpful in teaching a game than an explanation.
- By asking questions, confusing points are cleared up. Reply to the whole group and not just the individual who asked the question.
- Once the players know the event, start it without delay.
- Minor faults in play may be corrected while the game is in progress, but avoid stopping the game.
- If an event is going badly, however, stop it, iron out the difficulties and then restart the game.
- The teacher should occasionally get into the game him/herself to enthuse the group and include the more quiet members.
- Start with your best game and end off with a quiet game. Allow time for clean up.

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## 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 warmups 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.

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- 6. Hurdler's stretch In a sitting position, fully extend one leg forward and bend the other at the hip and knee. Bend slowly at the waist, reaching forward to touch both hands to extended foot. This stretches the hamstring muscles at the back of the thigh. Hold the stretch and then relax. Change legs and repeat.
- 7. Leg stretch Stand approximately 3 to 4 feet from wall, facing it. Keeping the body as straight as possible, lean into the wall with arms extended and feet flat on the floor. Hold for a count of 10. Stretch should be felt at back of legs.
- 8. Sit-Ups The best way to work on the abdominal muscles is not to have your feet hooked under an object. The closer the heels are to the body, the harder it is on the abdominals. Doing sit-ups with legs straight out puts undue pressure on the lower back.
- 9. **Push-Ups** Do 10 to 25 repetitions. For girls, push-ups can be made from the knees. To make push-ups harder, extend arms further out from body.
- 10. 90 Degree Wall Sits Sit against wall with back flat against the surface. Slide down until the legs are at a 90 degree angle to the floor. Hold for one minute. Loosen muscles and shake legs out. Increase time.

#### **EXERCISES**

#### Shoulder and Arms

- 1. Lay on stomach, arms stretching back over head. Hold.
- 2. Fling arms behind body at height of shoulder.

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- 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.

#### 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.

#### 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.

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## 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.

### Hips

- 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.

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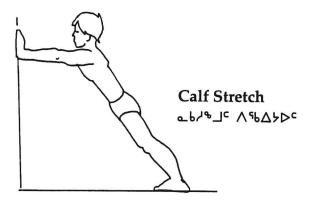
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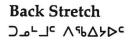
**Pre-Game Stretching:** Each exercise 3-5 minutes

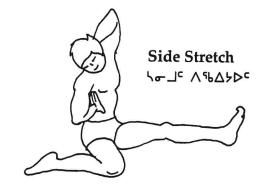
All exercises should be slow and controlled with relaxation in mind.



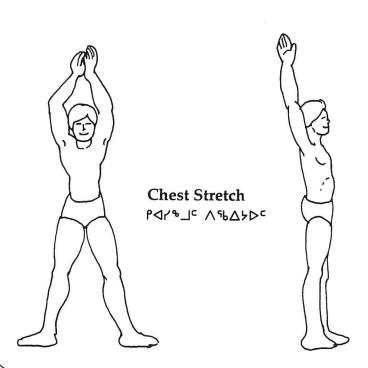
Hamstring Stretch

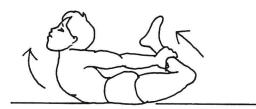
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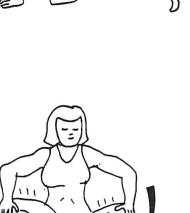




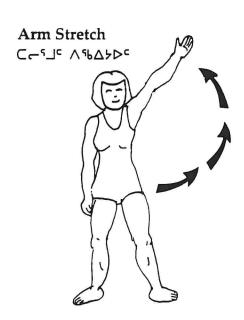


Front Stretch
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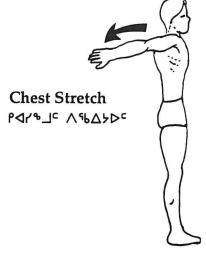


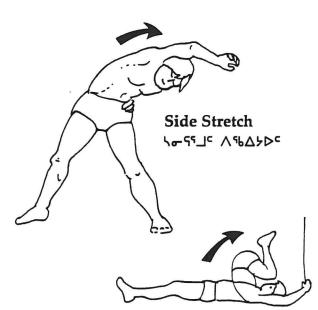


Groin Stretch









Back Stretch フューム・ヘルムトレロ



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# HOW TO HOLD A TOURNAMENT

Traditionally, Inuit games were played for fun and not for competition. Rules were not heavily enforced. Since some Inuit games have been incorporated into a recognized Northern sport, however, rules and guidelines had to be made.

Most of the Inuit games scoring system involves the best out of three attempts with the person reaching, kicking, jumping or pulling the hardest or farthest being the winner.

There are other forms of holding competitions and tournaments and we have listed some of the more common ones below.

### 1. Straight Elimination

Sometimes also known as a "knock-out" tournament, this is the fastest method of declaring a winner.

When the number of entrants equals a power of two, (example:  $2 \times 2 = 4$ ,  $4 \times 2 = 8$ ,  $8 \times 2 = 16$ , ...) the number of matches will come out evenly. Draw for positions.

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When the number of entrants does not equal a power of "two", a BYE has to be set up so that everyone can play equally. (A bye is when a player is not required to play and automatically moves on to play the next game.)

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#### 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			٠,
Game B 3	3	1	
Game C 5		1	
Game D 7	6 8	6	
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Loser of A 2 Loser of B 4	E 3	_	
Loser of A 2 Loser of B 4 Loser of C 5	E 3	2	
Loser of A 2 Loser of B 4	E 3	2	

## 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
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	1 - 3	
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## 3. CLA ー いいいいい いっぱいいしょ くしゃくしゅい いっぱい Single round-Robin

2 winner

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#### The Formula

N (N-1) 2	<ul><li>Number played</li></ul>	of	games	to	be
$\frac{4(4-1)}{2} = \frac{4x3}{2}$	= <u>2</u> = 6				

Number of entrants	the highest power of 2 below number of entrants	number of matches in first round
11	8	11-8=3
Number of entrants	next highest power of 2 above number of entrants	the number of 'byes'
11	16	16-11=5

By using this method, you are assured that the second round will be a perfect power of '2' and no team will get a 'bye' after the first round. The total number of games to play is always one less than the number of competitors or teams involved.

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Note:

Number of matches in first round 5 (entrants) - 4 (highest power of 2 below the number of entrants) = 1 (the number of matches in the first round)

Number of Byes in game 8 (next highest power of 2 above the number of entrants) - 5 (entrants) = 3 byes.

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