



### Physical Education: Jumping Games

Inuit children liked to play an assortment of jumping games that practiced a variety of different skills. One jumping game required the children to hold their toes and then see how far they could jump! Ask the children to practice jumping skills. Use playground chalk to measure how far and how high the children can jump. Help the children compare distances and heights.

### Physical Education: Relay Races

Inuits loved to see if they could outrun a partner. Ask the children to participate in a variety of running relay games.

### Physical Education: Balance on My Bottom

Show the children how to sit on their bottoms facing a partner with their knees bent and the soles of their feet together and lifted off the floor so they are balancing only on their bottoms. Demonstrate to partners how to hold on to the ends of a meter/yard stick or baton. (The stick should be kept parallel to the floor.) Show both children how to grasp the stick with an overhand grip, alternating hands. The object of the game is to maintain contact with the baton at all times while simultaneously throwing one's opponent off balance while balancing only on one's bottom.



### Physical Education: *Unkak*

*Unkak* is the Inuit name given to kickball. Inuits usually made their *unkaks* out of soft seal skin stuffed with caribou hair or moss. *Unkak* was played by children at the end of winter and spring.

As their developmental level allows, help the children practice kicking a stationary ball using a smooth, continuous running step. The children may be ready to begin playing kickball.

### Physical Education: Juggling

Inuits would practice juggling a variety of items, such as small balls, stones, or bones, with the goal of being able to juggle up to four items at one time. When a juggler became proficient at juggling three items, he would work to juggle three items using only one hand. Provide scarves or bean bags for the children to try to juggle.