



# First Nations, Metis and Inuit Resources

Please use this document to help find new and useful websites and free resources to help support your teaching of culturally responsive Physical Education.

## Ophea's First Nations Inspired Daily Physical Activities

The free online resource was developed in consultation with First Nations educators and not only helps to get children and youth active but to improve their self-esteem, increase their readiness to learn, and create a healthier school or community environment.

Resource Features Include:

- 30 activity cards and related support materials that incorporate First Nations culture and traditions
- Ophea's 50 Fitness Activities and Stretching Guide
- Easy access to all materials online (downloadable pdfs)



## Let's Get Moving!

FIRST NATIONS INSPIRED  
DAILY PHYSICAL ACTIVITIES

*Fresh ideas for getting active every day!*  
TeachingTools.ophea.net

This resource can be found at:

<http://teachingtools.ophea.net/activities/first-nations-inspired-dpa>

This resource can also be found in French at:

<http://carrefourpedagogique.ophea.net/activites/lapq-inspiree-de-la-culture-des-premieres-nations>

## Dene Games

This website offers many exciting opportunities for teachers, students, parents and community. The website has many components of Dene Games education. The website encompasses lesson plans five Dene Games (finger pull, hand games, pole push, stick pull, snowsnake), with rules, pictures, short videos and projects that can be utilized in the classroom. As well, there are components of stretching and strength training exercises that parallel these Dene Games.

This resource is available at: <http://www.denegames.ca/>



## Metis Voyageur- Back to Batoche Virtual Museum

This website will take you to the Virtual Museum for Batoche. It is an interactive website that includes some videos of Voyageur Game competitions.

- Hatchet throw
- Slingshot
- Flour Sack Carry
- Cream Can Carry
- Log Carry



This resource can be found at:

<http://www.virtualmuseum.ca/sgc-cms/expositions-exhibitions/batoche/html/btb/index.php>

Additional Voyageur Games information can be found at:

<https://www.fortwhyte.org/wp-content/uploads/2015/01/Voyageur-Games.pdf>

## Physical Education Grade 6 to 8 First Nations, Métis & Inuit Content & Perspectives Integration

This website can be found at:

[http://blog.scs.sk.ca/fnmieteam/physical\\_fmie\\_integration\\_guide\\_grade%206%20to%208.pdf](http://blog.scs.sk.ca/fnmieteam/physical_fmie_integration_guide_grade%206%20to%208.pdf)

## Saskatchewan Indigenous Cultural Centre Product Catalogue

Need to purchase culturally responsive classroom resources?

Check out the resources that can be purchased through the Saskatchewan Indigenous Cultural Centre. Resources can be specific to your traditional territory and/or cultural group.

Catalogue can be accessed at:

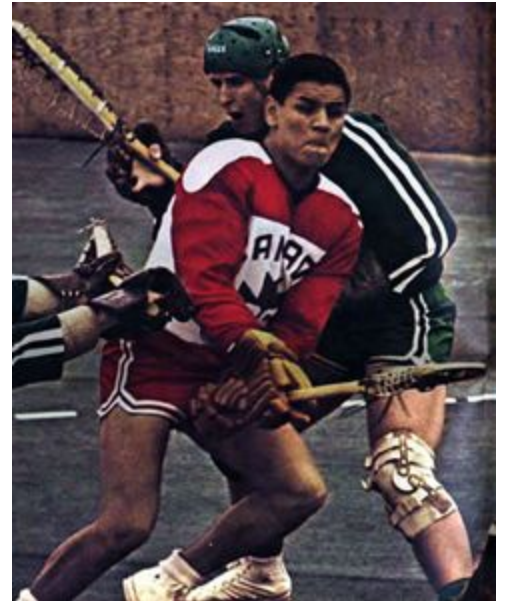
<http://www.sicc.sk.ca/fckimages/file/LearningOutlet/SICCPProductPriceList%20-%202010.pdf>



## Woodlands Games and Sports- Virtual Museum

First Nations societies have traditionally shared an interest in games and athletic competitions. Games were often a prelude to adult activities, and as soon as they were able, many young people played hunting games with small bows, arrows, and spears. Such activities helped develop hand-eye coordination and other skills needed to hunt and survive. Recreational pastimes such as the cup and ball (or ring and pin), various string games, hand shadow games, guessing games, and games of strength and endurance, often emphasized eyesight, agility and creativity.

This area includes the Iroquoian (e.g., Mohawk, Oneida, Onondaga, Cayuga, Seneca, Tuscarora) and Algonquian (e.g., Ojibwa, Odawa, Potawatomi, Algonkian, Abenaki, Mi'kmaq) language groups. The information provided here is only a sampling of First Nations games information.



You can find this resource at:

<http://www.virtualmuseum.ca/edu/ViewLoitCollection.do?method=preview&lang=EN&id=11719>

## Indigenous Games- Cole Wilson

This is a PDF that was created by Cole Wilson for a conference session at a SPEA conference.

This resource can be found using the following link:

[http://www.speaonline.ca/uploads/3/8/2/9/38299825/indigenous\\_games\\_handout\\_by\\_cole\\_wilson.pdf](http://www.speaonline.ca/uploads/3/8/2/9/38299825/indigenous_games_handout_by_cole_wilson.pdf)

## Inuit Traditional Games- Growing Young Movers

As part of The Healthy Kids Community Challenge, the Wabano Centre for Aboriginal Health developed a series of short instructional videos on various traditional activities. The [Wabano Centre](#) for Aboriginal Health is award-winning charity that is a leader in community-based, holistic health care, bridging Aboriginal cultural practices with Western medicine to combat poverty and illness in Canada's First Peoples. Traditionally Inuit games were created to keep the body strong and agile. Challenge your skills with Leg Wrestle, High Kick, and Kneel Jump.



This resource can be found using the following link:

<http://growingyoungmovers.com/resources/post/?pid=188&tid=36&p=1#.WZS4GIV97IU>

## Deepening Knowledge: Resources For and About Aboriginal Education

The Deepening Knowledge Project seeks to infuse Aboriginal peoples' histories, knowledges and pedagogies into all levels of education in Canada. The project is a part of the Ontario Institute for Studies in Education, University of Toronto, which is located on the territories of Anishinaabe and Onkwehonwe peoples.

On this site you'll find information about the history and traditions of First Nations, Métis, Inuit and Native American cultures, information about the challenges facing Aboriginal communities today, and curricula for incorporating this information into your teaching practice.



This resource can be found using the following link:

[http://www.oise.utoronto.ca/deepeningknowledge/Teacher\\_Resources/Curriculum\\_Resources\\_\(by\\_subjects\)/Health\\_and\\_Phys.\\_Ed..html](http://www.oise.utoronto.ca/deepeningknowledge/Teacher_Resources/Curriculum_Resources_(by_subjects)/Health_and_Phys._Ed..html)