| **Centre #** | **Name of Game:** | **Location** | **Game Description** | **Equipment Required** |
| --- | --- | --- | --- | --- |
| 1 - 3 | **One Foot High Kick** |  | One Foot High Kick: jump from two feet, kick target with ONE foot only and land back down on the kicking foot  Two Foot High Kick: jump to kick the target with both feet at the same time and land on both feet  Alaskan High Kick: while supporting self on ground with one hand and holding foot with other hand, athlete attempts to kick a target with other foot in an overhead position | Pool Noodles |
| **Two Foot High Kick** |
| **Alaskan High Kick** |
|  |  |  |  |  |
| 4 | **Owl Hop** |  | - competitor hooks one foot behind knee of hopping leg which is bent about 45 degrees  - thumbs and fists pointed outward and away from the body; thumbs pointed upward and fists raised to shoulder height  - hops forward as long as possible | None |
| 5 | **Knee Walk** | competitor kneels down, grasps ankles and raises feet off the floor; and walks as far as possible on knees only | None |
| 6 | **Kneel Jump** | athlete kneels on floor; bum on heels (toes pointed out behind); jumps forward as far as possible without falling and must land with two feet; furthest jump wins | None |
|  |  |  |  |  |
| 7 - 10 | **Pulling Games:**  **Arm Pull**  **Wrist Pull**  **Finger Pull**  **Foot Pull** |  | Arm Pull: competitors lock arms at elbows and each attempts to pull the opponent over or break the lock at the elbow  Wrist Pull: competitors sit on the floor and lock at the wrists; each attempts to break the lock at the wrist to win  Finger Pull: competitors sit on the floor facing each other, lock fingers; each attempts to either extend opponents arm or force to give up  Foot Pull: traditionally a leather loop was placed around the top of one of each competitor’s feet; pulling leg is extended and ankle locked; each attempts to pull the opponent across the target line or slip loop off foot | Gymnastics Mats; belts for foot pull |
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| 11 - 13 | **Pushing/Wrestling**  **Games:**  **Back Push**  **Musk Ox Fight**  **Leg Wrestle** |  | Back Push: 2 opponents sit on floor, back to back; attempt to push each other across a line or off mat  Musk Ox Fight: competitors push each other at the shoulder out of the playing area or target line  Leg Wrestle: competitors lie on back; first lock elbows, then ankles; attempt to twist and push the opponent out of position | Gymnastics Mats |
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| 14 - 15 | **Reaching Games:**  **Bench Reach**  **Side Reach** |  | Bench Reach: competitor kneels on bench with partner sitting on ankles; competitor leans forward and down and puts an object on the floor as far away from the bench as possible without using hands to support  Side Reach: competitor stands upright; holds a small piece of wood in one hand; reaching behind and round legs, the competitor attempts to place object on floor as far to the right side as possible | Benches  Objects to place on floor such as bean bags |
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| 16 - 18 | **Stick Games:**  **Stick Pull**  **Stick Raising**  **Stick Twist** |  | Stick Pull: sit on ground with opponent; grab onto stick; try to pull the stick from other’s grasp  Stick Raising: competitors stand arm’s length from each other and grasp the stick while keeping arms and wrist fully extended  - one competitor tries to raise the stick, while the other tries to push down  Stick Twist: kneel or stand; arms at 45 degree angle; both players grab stick and twist  - arms and wrists must be extended | Relay Batons |
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| 19 | **Mitten Game** |  | player who is “it” stands in centre of circle and tries to guess location of mitten while the players pass between their legs; players sit with legs touching on both sides of body (tight circle) | Mittens |
|  |  |  |  |  |
| 20 | **Ring the Stick** |  | start with ring on the floor and stick in hand; flick the stick with wrist to make the ring fly up into air; attempt to put the end of the stick through the ring | Sticks with rings attached (in equipment room in bin) |
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| 21 | **Ring Toss** |  | Players throw hoops, rings over sticks placed in the ground | Pylons and rings to throw |
|  |  |  |  |  |
| 22 | **Lead Game** |  | Players attempt to throw small pieces of lead (rocks/buttons) into a hole dug into the ground (some sort of plate??) | Small rocks/buttons  Metal pie plates??? |
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| 23 | **Lead Game #2** |  | Players throw two disks onto a piece of caribou skin (paper) that has two squares drawn on it | Soft Frisbees  large paper with 4 squares drawn on it |
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| 24 | **Pole Push** |  | While holding onto a pole (broomball stick), players attempt to push the other person out of the marked area | Broomball sticks |
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| 25 | **Rattler** |  | players form a circle with one person blindfolded, in the middle; a “rattling ball” is rolled around by players who are in the circle; the blindfolded person tries to intercept the ball | Noisy ball; blindfolds (there are some in one of the bins in the equipment room from a previous sports day) |
|  |  |  |  |  |
| 26 | **The Bone Game** |  | each player takes turns to throw the “bones” on the floor in front of them; the points are counted and then the “bones” are given to the next player; the first person to 20 wins the game | Bundles of popsicle sticks; corresponding instruction card with point value for sticks (might be in bin in equipment room???) |
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| 27 | **Sticks in the Fist** |  | one person holds bundle of sticks in one hand; other players start to draw sticks one at a time  - the game ends when a player draws the “marked” stick | Bundles of popsicle sticks (10 each bundle) |
|  |  |  |  |  |
| 28 | **Sling Ball** |  | sit on ground facing away from the activity space; tail of the ball is pinched between feet (or two big toes); participants roll on back, raise legs and sling ball backwards over head | Sling balls - (sew tails made of string onto hackey sacks) |
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| 29 | **Foot Tag** |  | partners try to use own foot to tag the foot of their opponent | none |
| 30 | **Siturtaq** |  | start in squatting position; extend one leg straight out, touching heel to ground and keep other leg tucked under; then alternate from one leg to another; last person “dancing” wins | none |
| 31 | **Snow Snake** |  | take turns throwing a long stick across the ground (needs to slide on grass/floor) | long sticks???; pylons to mark start line |
| 32 | **Backpack Race** |  | Running race wearing a weighted backpack | backpacks weighted with something |
| 33 | **Line Tag** |  | make a line with group; back person of the line tries to tag the front person in line (teamwork) | none |
| 34 | **Hoop and Pole** |  | try to throw pool noodle through hula hoop that is rolling across grass | Hula hoops and pool noodles x 10-15 of each |
| 35 | **Stick Throw** |  |  |  |
| 36 | **Pole Race** |  | jump from one polyspot to another without falling into the “water” | poly spots |
| 37 | **Run and Scream** |  | take a large breath, run, scream and exhale as run; stop in the spot where you can no longer scream (without taking a new breath); person who can run the farthest distance wins | none |
| 38 | **Tugo o War** |  | use large tug o war rope and have two classes compete against each other; maybe give each class a specific time?? other suggestions? | Tug o War Rope; items to mark centre line |