

Lesson 1: Learning About Native Youth Olympics and Practicing Skills

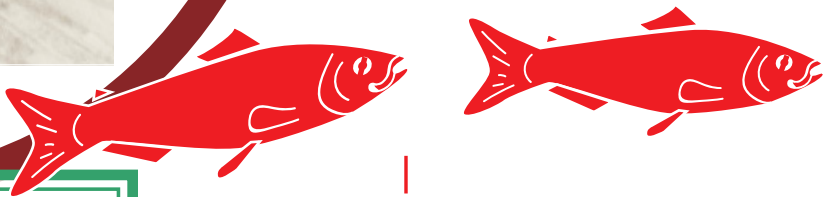


Objectives:

Students are introduced to NYO games and learn about the origins of the games.

Essential Questions:

“Why do we practice things? If you practice jumping, running, kicking everyday do you think you might just keep getting better?”



Alaskan Native Values:

Alaskan Native Values: Respect for Others, Hard Work, Hunter Success, Cooperation, Traditional Skills, Arts and Ingenuity, Have Patience

Standards:

L3. Listen to, enjoys, and actively participates in stories. L10. Follows directions. L13. Persists, attends and engages. L21: Demonstrate eye hand coordination in different tasks. M2. Know basic shapes. M3. Describes and compares measurable attributes. M7. Understands ordinal numbers and begins to read simple graphs.

Promoting Culture Self Assessment:

- II. I provide opportunities for children to share and learn traditional Alaska Native gross motor activities.
- 6. I encourage and provide opportunities and experiences for children that support Alaska Native culture.
- I. I display pictures, posters and other materials that reflect the cultures and ethnic backgrounds of children and families served in my early childhood program or setting.

Center Set Up

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<p>Whole Group Computer with internet for web-site video: https://citci.org/partnerships-events/nyo-games/</p>	<p>Art Center NYO Ball- to look at as an example but don't leave in art center. Markers Old (but clean) socks Yarn or string</p>	<p>Gym Activity Cones – Activity 1 Jump ropes or yarn- Activity 2 Small mats or rings- Activity 3</p>

Activity: Learning About Native Youth Olympics and Practicing Skills

Activities		
<u>Whole Group</u> Whole Group Set students up to see screen to view NYO	<u>Art Center</u> Make your own NYO ball to take home. With an old white sock, have students decorate with markers. Show how you can roll up sock into a ball to make their own NYO ball to have at home. Tie with string or yarn to hang.	<u>Gym Activity</u> Have a time when kids can just explore and practice. Set up little obstacles that mimic NYO games or skills such as the activities listed in the lesson below.

Engage: Hook, Iqsak, Uqtaq, Ihshak

Show NYO ball and explain, *“This is an Native Youth Olympics ball and it is used for many of the NYO games. Today we are going to learn about Native Youth Olympics, or NYO games. I want to share a video that shows where some of the games came from and what some of the NYO events look like then we are going to go into the gym and practice one of the events.”*

Demonstrate: Share video: <https://citci.org/partnerships-events/nyo-games/>

At this age, it is appropriate to stop video and ask questions or comments during the video to keep them engaged.

Explore: Touch, Agturu, Agtur, Vandanihit

Explore: *“Now we are going to go to the gym (or outside!) and practice just some of these skills you need to have to do the NYO games. These are things you can do at home outside too and the more you practice the better you will be! The important thing to remember when we do this is to watch your classmates and pay attention to what you are doing. Remember this is like practicing to hunt or to go out in nature you have to practice watching while you are doing something so you don’t fall through the ice or run right into a bear because you forgot to look up or notice signs that a bear was around! Make sure your respectful to your classmates, give everybody space and if you get done with an activity before someone, wait for your classmates to catch up and encourage them to keep doing good!”*

Activity: Activity: Set up gym for obstacle course. Have all the students sit in a circle (If you have another adult have them work with the kids to stretch before doing activities while you are setting up)

Station 1: Set cones (8 cones) about 3 feet apart (far enough so students can weave through them) In this station, students will hop on two feet weaving in and around the cones until they reach the end. This station mimics the 2-foot and scissor broad jump events.

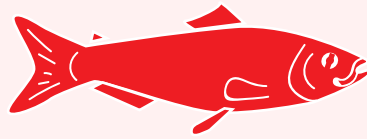
Station 2: Set up ropes tied to chairs in a row. Tie ropes low to the ground so that students can either crawl or if they can try to hop in a push up form (some kids can do this at a very early age!) The object of this course is to not let any of your body touch the ropes as they go under them. Everything is just practice so just encourage and reward students for encouraging their classmates by recognizing good teamwork skills. This station mimics the seal hop event.



Explain: Talking, Niugtuk, Qalarte, Qenax

Explain each station by showing how you move through the stations. If you have a small class I would recommend finishing one station and moving on to the next station. If you have a large class start a timer for 3-5 min and have the students keep at one station and repeat the station until the 3-5 min timer goes off. When finished see what the students thought about the activity. Which one was hard? Would they like to practice again another time? Could they do something like this at home outside? Encourage new ideas and exploration!

Evaluation



Emerging: Student refuses to participate.	Developing: Student moves through quickly and does not pay attention to classmates or directions.	Proficient: Student participates in all of the activities.	Advanced: Student participates and encourages classmates. They watch and pay attention to what is going on during the activity.
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