

Name:

Date Assigned:



FUNDAMENTAL MOTOR SKILL: THROWING

ACTIVITY: *Hoop and Pole*¹⁸

Indigenous Cultural Activity

Description:

1. Half of the group lines up on one side of the gym, standing with hoops.
2. The other group lines up on the adjacent side of the gymnasium standing with foam balls.
3. Once signaled, the group with the hoops rolls them across the playing area keeping them upright if possible and maintaining contact with the floor while the other group underhand rolls the balls, aiming for the hoops.
4. Children can choose to roll at hoops in motion or stationary.

History: Several variations of Hoop and Pole have been played¹⁹. However, this game often involves a rolling hoop made of wood, corn husks, stone or iron (7-30cm cords or netting) which players try to knock over using spears. Points are scored based on how the hoop is hit. This game contributed to the competitors; (often males) agility and aim to prepare them for hunting.²⁰

Number of participants



4 or more

Skills

Physical: under-hand rolling technique, upper limb coordination, hand-eye coordination

Cognitive: selective attention, visual processing

Social: turn taking



Goal examples:

- The child will be able to underhand roll a medium-sized ball through a hoop that their friend is holding, 3m away.
- I can roll a ball through a hoop.

Equipment

- 1 foam ball
- 1 hula hoop

My personal goal:

¹⁸ Brooks-Cleator, L., Giles, A., & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNdamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*

¹⁹ Culin, S. (2012). *Games of the North American Indians (Vol. 2), Games, of Skill*, Twenty-fourth Annual Report of the Bureau of American Ethnology. Lincoln: University of Nebraska Press.

²⁰ Yukon Aboriginal Sport Circle (2012). *Arctic sports*. Retrieved from <http://www.yasc.ca/ArcticSports.aspx>

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Next Check-In Date:

FUNDAMENTAL MOTOR SKILL: THROWING

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Modifications

To make the activity easier	To make the activity harder
Change the environment	<ul style="list-style-type: none">• Increase the distance between the children holding/rolling the hoop(s) and ball(s) to increase physical and cognitive demand
Change the task	<ul style="list-style-type: none">• Have the children rolling the hoop(s) hold the hoop(s) still to decrease physical and cognitive demand

¹⁸ Brooks-Cleator, L., Giles, A., & Johnson, A.M. (2018). *Fundamental Movement Skills: Active Start and FUNDamental Stages Featuring Indigenous Peoples Games. A handbook for generalists and physical education teachers, coaches, and recreation leaders, as well as others tasked with teaching motor skill development*