

Name:

Date Assigned:



## FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION

ACTIVITY: *Back Slap Race*<sup>1</sup>

*Indigenous Cultural Activity*

### Description:

1. Runners position themselves in opposite corners of the marked course; coach signals children to start running;
2. First child to tap another child on the back is declared the winner; repeat

**History:** A traditional Indigenous game of the Dene people. They would play this game to test their endurance, speed, and agility as it was essential for hunters

### Number of participants



3 or more



### Skills

**Physical:** agility, balance, lower extremity coordination

**Cognitive:** visual processing, selective attention, sustained attention, divided attention

**Social:** teamwork

### Equipment

- Masking tape (or other means) to mark a square perimeter on the floor, a few metres apart

Adapted from <https://www.youtube.com/watch?v=zbBfLIYznAA>

### Goal examples:

- The child displays good sportsmanship once tagged (e.g., does not get upset if they do not win) 4 out of 5 times.
- I can follow the rules of the game and have fun with my friends.

**My personal goal:**

<sup>1</sup> High Five: <https://www.nscrd.com/uploads/document/files/indigenous-games-for-children-en.pdf>

Name:

Date Assigned:



Next Check-In Date:

**FUNDAMENTAL MOTOR SKILL: RUNNING/LOCOMOTION**

**ACTIVITY: *Back Slap Race*<sup>13</sup>**

***Indigenous Cultural Activity***

**Modifications**

<b>To make the activity easier</b>	<b>To make the activity harder</b>
<b>Change the equipment</b>	
<ul style="list-style-type: none"><li>Use bright tape, cones or other raised surface to mark the square to decrease <b>cognitive demand</b></li></ul>	<ul style="list-style-type: none"><li>Add obstacles to increase <b>physical</b> and <b>cognitive demand</b></li></ul>
<b>Change the environment</b>	
<ul style="list-style-type: none"><li>Decrease perimeter of activity area to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Increase perimeter of activity area to increase <b>physical demand</b></li></ul>
<b>Change the task</b>	
<ul style="list-style-type: none"><li>Decrease time of performing the activity to decrease <b>physical demand</b></li></ul>	<ul style="list-style-type: none"><li>Have children hop on one foot or two feet when tagging someone to increase <b>physical demand</b></li></ul>

<sup>13</sup> High Five: <https://www.nscrd.com/uploads/document/files/indigenous-games-for-children-en.pdf>