

ESKIMO GAMES



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ESKIMO GAMES

Compiled

by

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by

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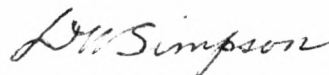
**Curriculum Section
EDUCATION DIVISION
Northern Administration Branch
Department of Indian Affairs
and Northern Development
OTTAWA 1967**

FOREWORD

Eskimo Games is the result of a recommendation made by the Arctic District Curriculum Committee on Physical Education which met during the Summer of 1964 to develop a program in physical education especially designed for Arctic schools. The committee recognized the need for related resource materials to accompany the program, which would be helpful to the northern teacher. The author of this booklet, William M. Zuk, was a member of the Arctic Physical Education Curriculum Committee. During the Winter of 1965-66, when he was principal of the school at Igloolik, Mr. Zuk collected information on the games described in this little illustrated booklet and submitted his work for publication as a companion piece to the Arctic Physical Education Program.

This booklet, Eskimo Games, is not intended to be a compendium on all or even many of the games played by our Eskimo people. Included are twenty-five carefully selected games in which obvious physical co-ordination skills are highly involved.

This booklet was illustrated by Miss Germaine Arnaktauyok of Igloolik, a second year university student, during the Summer of 1967.



D.W. Simpson,
Chief, Education Division.

ACKNOWLEDGEMENTS

Many people contributed to this first book on Eskimo Games for Northern schools. The most direct contributors are gratefully acknowledged and these include: Abraham Ookpik, Member of the Council of the Northwest Territories, who provided information on games in the Western Arctic and the Frobisher area; Rev. Father F. Van de Velde, O.M.I., a missionary among the Pelly Bay Eskimos for over thirty years, who volunteered information about games in the Pelly Bay area; Brian Lewis, Principal of the school at Cape Dorset, who encouraged this work and made helpful suggestions and the Igloolik people who so enthusiastically demonstrated the games.

ESKIMO GAMES

The origins of many of the games described in this booklet are lost in Eskimo antiquity. Some of these games are believed to be older than Lacrosse. Others may have been influenced by the whalers in the 19th century.

Several factors contributed to the development of Eskimo games the most salient being the long cold Arctic winter, the prolonged period of darkness — and of course the interests of the people themselves. The Eskimo people are uncomplicated and practical in their approach to living so it is not surprising that many of their games reflect a rich simplicity.

Most Eskimo games involve two people only. Pitting one's strength against that of an opponent was the most obvious and concrete way of expressing superiority. Moreover, the extreme cold and the darkness encouraged the development of games which could be played inside the igloo where restricted space greatly limited the number of players.

Among the Eskimos, very little attempt was made to develop competitive team activities. The lung searing cold of the long Arctic winter hampered the development of activities of a running nature — activities which would inevitably have led to more involved team sports. It should not be inferred from this however that Eskimos do not engage in team activities at all. Such is not the case. Contests are held and these often involve many people. What is remarkable, however, is that in these contests — a few games excepted — little emphasis is placed upon the interaction of members taking part.

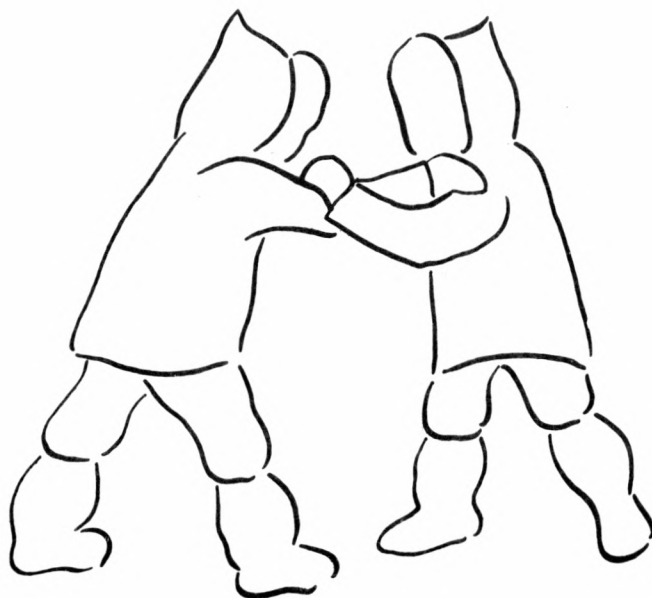
For the northern teacher this little booklet is a source of games and activities which are excellent for short warm-ups immediately before skill instruction during a regular physical education period. The games may also be treated as a special program unit in themselves.

Northern children will enjoy playing these games and Eskimo children especially will be proud to know that the games are theirs.

Teaching children to play these games in Northern communities where they are no longer played is not only adhering in a very real sense to the principle of cultural inclusion in northern teaching but is in itself a commendable work of cultural restoration.

sitturtaq

In a squat position, alternate
outretched legs in rapid
progression.

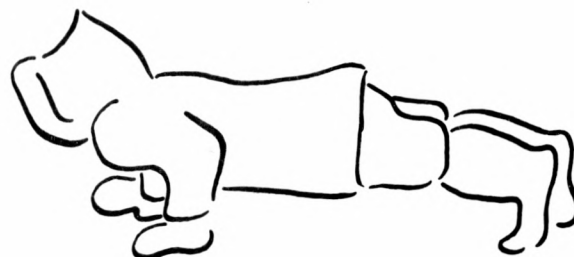


sunnila

Bend outstretched arm at elbow

pangakkartaq

Pushup position. Move forward
with hands and feet simultaneously.

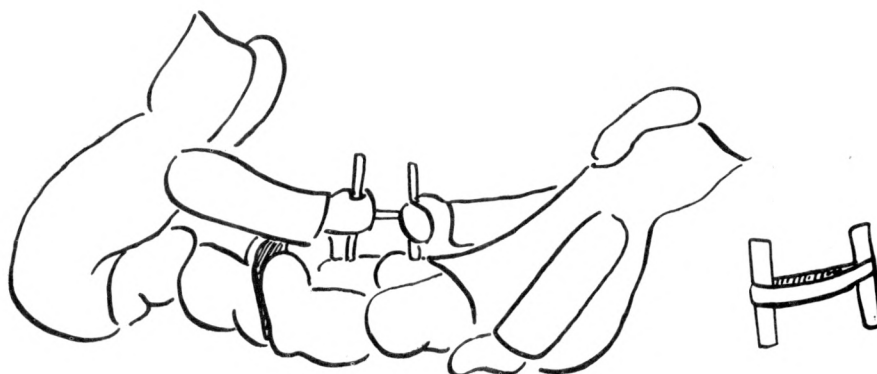


unatartuq
Eskimo Wrestling



ajagaq

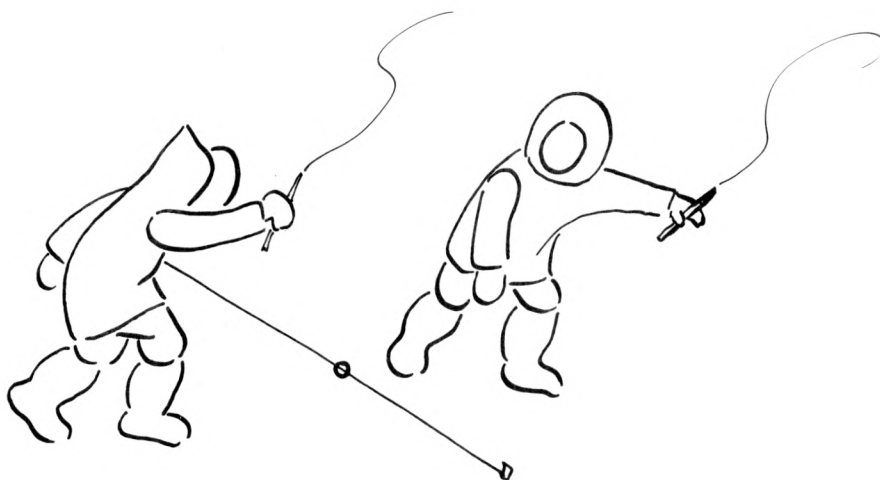
A skill game using a sharp bone with a rabbit's skull (Fort Chimo) or a vertebrae from a caribou. Object is to get point into hole of the bone.



Thong game which is excellent for isometric exercises.

ijuttaut

Two walrus hide whips and knuckle bones from caribou required.
 Played on the ice.
 In the classroom, rope knotted supplies a whip.
 Rubber insulated block serves as ball.

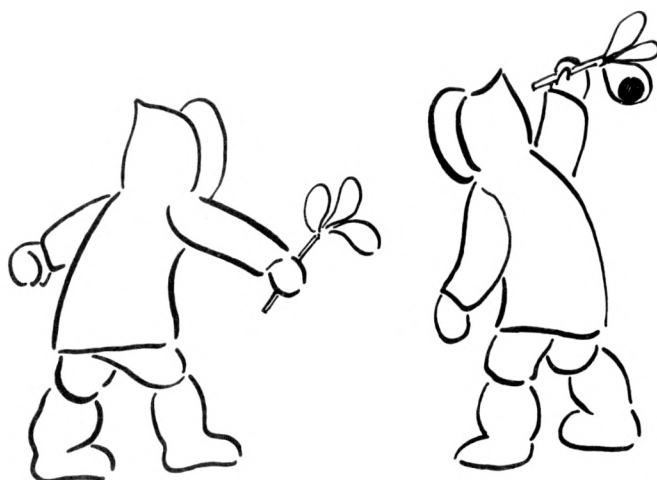


ajuttuk

Ball whirled about in thongs attached to a stick. May be a game older than Lacrosse which is thought to be Canada's oldest sport.

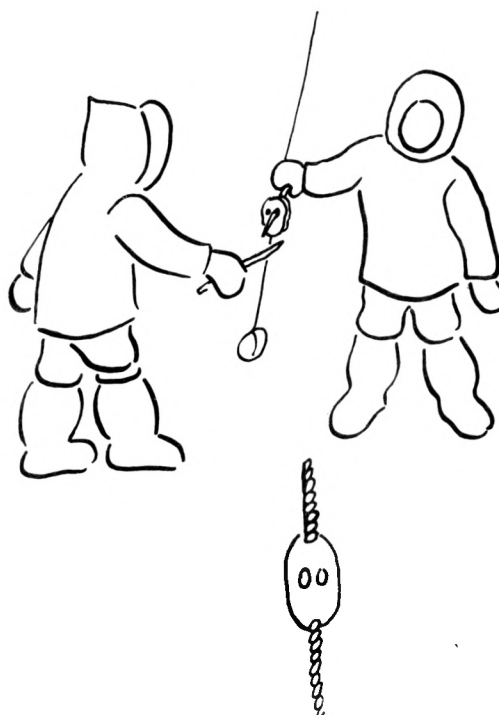
RULES: Only body checking, no tripping, kicking or touching ball with hands.

CHOOSING TEAMS: Those born in summer on one side. Those born in winter on the other. If born in freezeup or break-up, can choose either side. "Summer" teams are sea pigeons while "Winter" teams are Ptarmigan. They never mix and always chase each other away. Therefore teams are based on this belief.



nullattartuq

Put stick into ivory spindle.



illukisaaq

Juggling



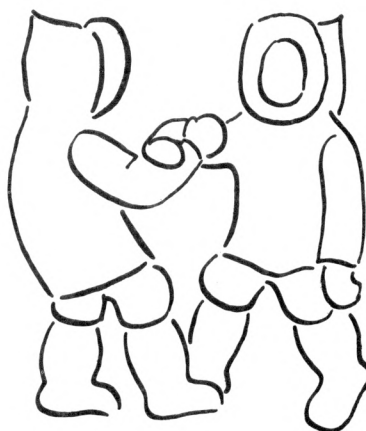
nakatartuq

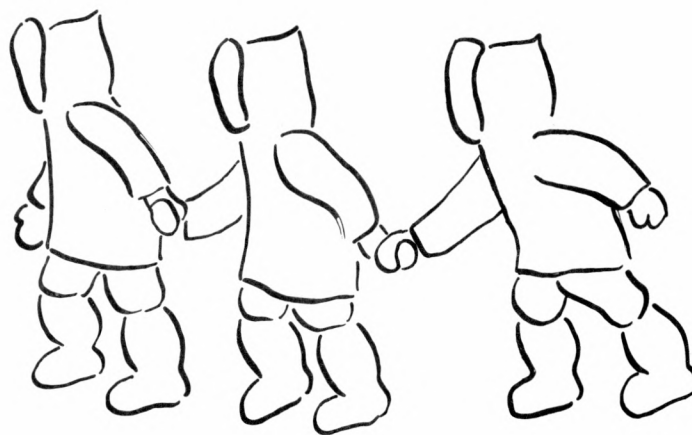
In the classroom suitable
objects may be substituted
for rocks.



arsaarartuq

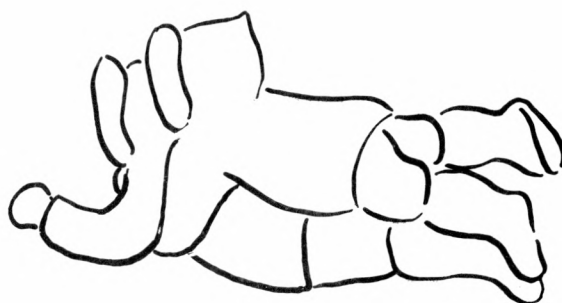
1. Wrist Lock and pull
2. Finger lock and pull
3. Elbow lock and pull





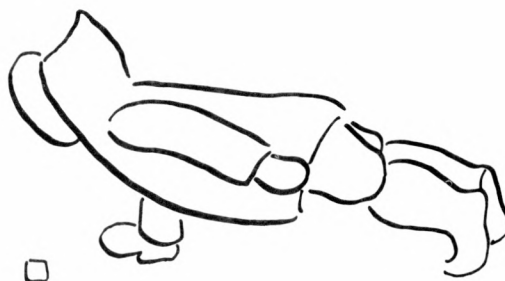
ussutaq

Played like "Crack the Whip". Person who lets go as line snakes and winds, gets belly button touched.



nikuvittuq

Top man stays rigid while bottom man tries to rise without putting hands on floor.



kiisinasuttuq

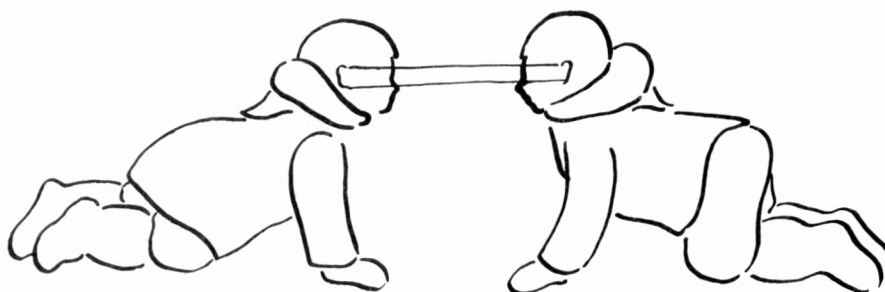
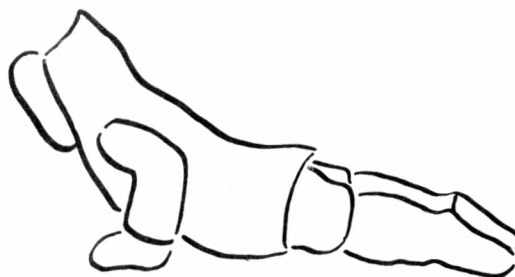
Pick up object from one-handed pushup position. Body is turned slightly sideways.



pillirtartuq

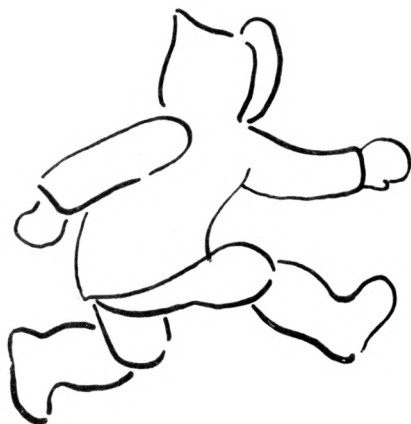
Move from squat position
to knees and back again
in quick movements.

Seal racing on hands with
body trailing.



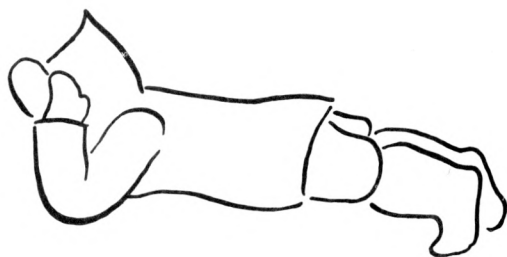
ajaraq

Ear pull



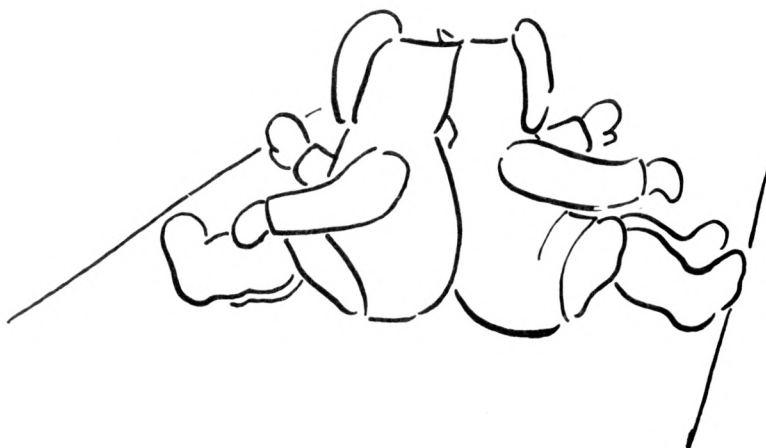
misijaq

Two step jump.
In two strides, see who
can jump the farthest.



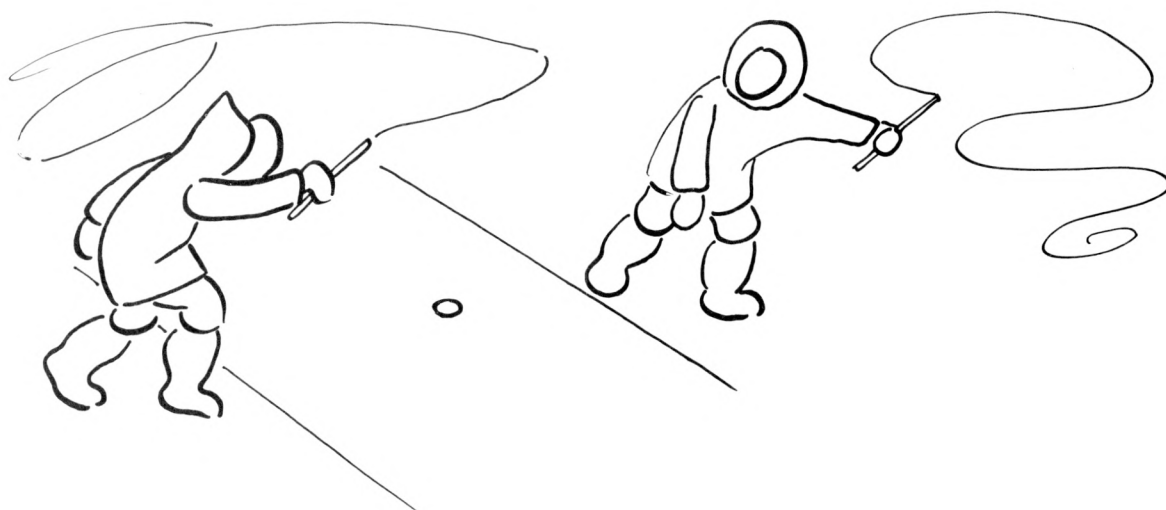
ikusimmiaq

Walk on elbows holding
hands over ears.



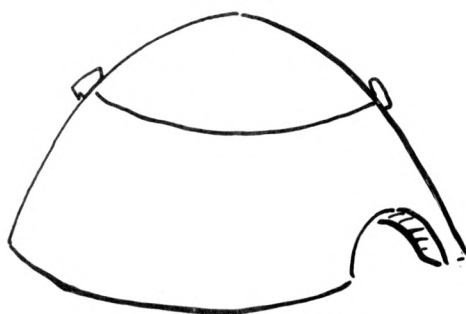
tunummijuk

Back to back, push opponent
over line using hands and
feet.



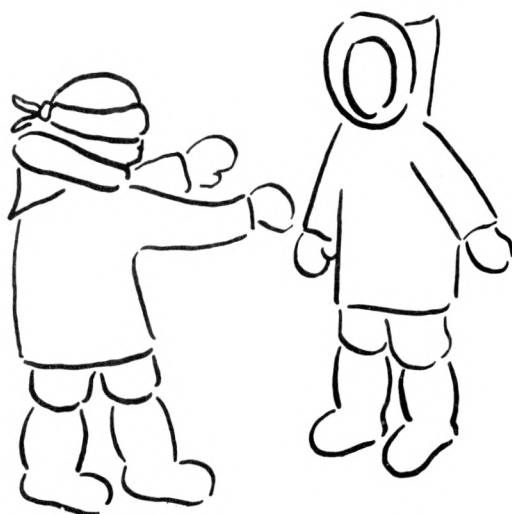
himiluhut

Using large whips. Hit target placed between two opponents.



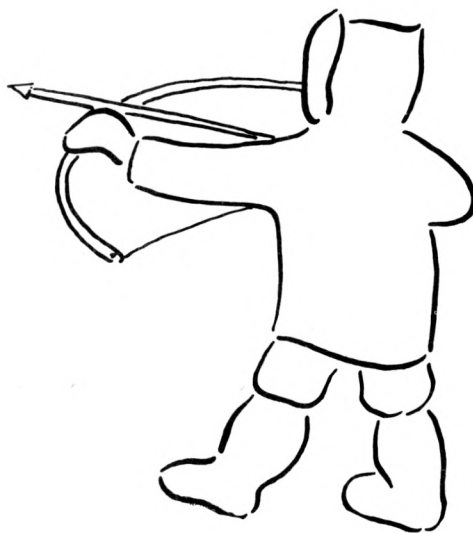
alluniartaq

Rope strung across inside igloo and used like a high bar.



uatamannaa

Blindfolded person tries
to catch others.



nissarartuq

Archery



pillirtartuq

Bounce and catch joint bone.