



Tatanka, Tatanka Cross the River



Physical activity/physical literacy links: Vigorous physical activity; developing movement skills (jumping); developing confidence; developing competence; developing social skills (cooperation, teamwork); developing body control and spatial awareness

Language/literacy links: Movement words (jump, boundaries)

Equipment: Tape, towels (for "boulders")

Where: Indoors or outdoors

Storytime

- ❖ First Nations people living on the prairies and plains were adept at traveling, navigating by the stars and landmarks. Their travels took them across rivers and mountain ranges along paths that were sometimes hard to travel and where the ability to be really good at jumping is essential. This game is a modification of a game already played in most schools on reserve "Tatanka, Tatanka." In this modification, there will be a race across an imaginary river. This modification will allow children to practice jumping and landing in a specific spot.





Tatanka, Tatanka Cross the River (continued)

Let's play

- ❖ Begin by placing tape on the gym floor to mark where imaginary boulders would be
- ❖ Children would practice jumping across the boulders in order to cross the river.
- ❖ Children will be divided into two teams, Tatankas and Hunters. The race course will be made by creating two distinct rows of "boulders" parallel to one another; one for Hunters and one for Tatankas.
- ❖ Hunters will race Tatankas. If you don't beat the Hunter, you become a hunter. If you are a Tatanka and you win the race you get to stay a Tatanka.
- ❖ The race can last until there is one winner, or can run for a determined amount of time.

MOVEMENT SKILL: HORIZONTAL JUMP



Cues for your child

- Two Feet
- Swing your arms
- Reach for the sky
- Bend knees to land
- Land on two feet with knees bent

Parts of the skill

- Arms back, bent knees
- Arms swing up and forward
- Take off and land on both feet simultaneously
- Bend knees to absorb force

Tips

- Encourage the children to start with their **arms back** and their **knees bent**.
- Or use a rhyme:
Swing your arms as you fly up high,
bend your knees to softly return from the sky