Traditional Games Model Lesson Plan
Kickballs – Racing and Footbag Games – Grade Two

Stage 1 Desired Results

Established Goals

The physical education content standards for second grade are that each student will:

3. identify games, sports, or dances performed in other cultures.
13. recognize the role of rules and etiquette in teacher-designed physical activities.

***Essential Understanding 1*:** There is great diversity among the twelve sovereign tribes of Montana in their languages, cultures, histories, and governments. Each tribe has a distinct and unique cultural heritage that contributes to modern Montana.

Essential Understanding 3: The ideologies of Native traditional beliefs and spirituality persist into modern day life as tribal cultures, traditions, and languages are still practiced by many American Indian people and are incorporated into how tribes govern and manage their affairs.

Additionally, each tribe has its own oral histories [beginning with their origins] that are as valid as written histories. These histories pre-date the "discovery" of North America.

Understandings

- We live in a world that has many cultures.
- How people in these cultures practice their traditions is often different.

Essential Questions

- Why are the game pieces often different in each tribe?
- Why is it important to know the different tribes' games?

Students will be able to…

- participate in moves through the different kickball/bag stations, practicing the games of the Paiute, Northern Cheyenne, and Tewa tribes.
- participate in a class group discussion regarding:
  - why the game pieces are often different in each tribe; and
  - what is the value of studying the different tribes' games?

Students will know…

- four types of Indian kicking games.
- four types of Indian kicking equipment for races and games.

Stage 2 Assessment Evidence

Performance Tasks

1. Moving through the different kickball/bag stations.
2. Participating in a class group discussion.

Stage 3 Learning Plan

Teaching Area

Full gym or large playing field outdoors

Station 1: Paiute football game needs alleyway on one side of gym or field about 50’ long by 25’ wide.

Station 2: Northern Cheyenne kickball race needs alleyway on other side of gym, 100’ x 10’.

Station 3: Tewa Slingball game needs alleyway on the end of the gym, 30’ long x 10’ wide.

Station 4: Northern Cheyenne foot-bag game needs center of playing field with enough space for a quarter of the class size, approximately six players, to play kickbag (hacky sak) against partners.

Equipment Needed

Station 1: Two Paiute footballs. Buckskin ball filled with hair, 3” diameter. Goals are 8’ high made of willow with a tripod appearance.

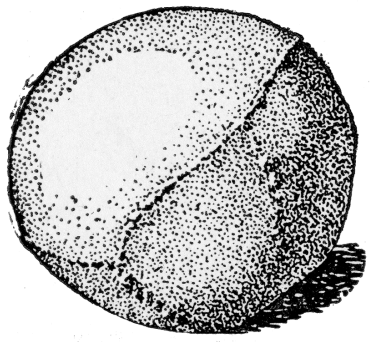

FIG. 921. Football; diameter, 3 inches; Paiute Indians, Nevada; cat. no. 37155, Free Museum of Science and Art, University of Pennsylvania.

US. 305.8 SI 11 BAE, Vol. 24 (1902-1903). Holmes, W.H., *Twenty-Fourth Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution 1902-1903,* Washington Government Printing Office, 1907. Montana Historical Society Research Center, Archives.

Station 2: Two Northern Cheyenne kickballs

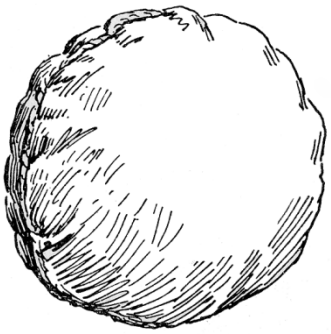

Fig. 924.

FIG. 924. Hand-and-foot ball; diameter, 7½ inches; Cheyenne Indians, Montana; cat. no. 68977, Field Columbian Museum.

US. 305.8 SI 11 BAE, Vol. 24 (1902-1903). Holmes, W.H., *Twenty-Fourth Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution 1902-1903,* Washington Government Printing Office, 1907. Montana Historical Society Research Center, Archives.

Station 3: Two Tewa Slinging balls

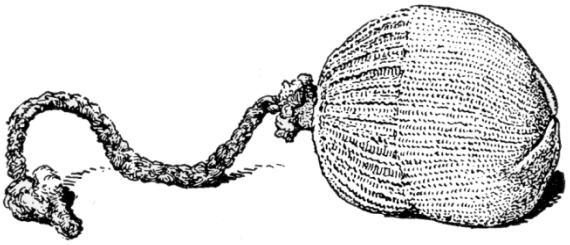

Fig. 904.

FIG. 904. Slinging ball; diameter of ball, 3½ inches; Tewa Indians, Hano, Arizona; cat. no. 38619, Free Museum of Science and Art, University of Pennsylvania.

US. 305.8 SI 11 BAE, Vol. 24 (1902-1903). Holmes, W.H., *Twenty-Fourth Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution 1902-1903,* Washington Government Printing Office, 1907. Montana Historical Society Research Center, Archives.

Station 4: Three Northern Cheyenne footbags

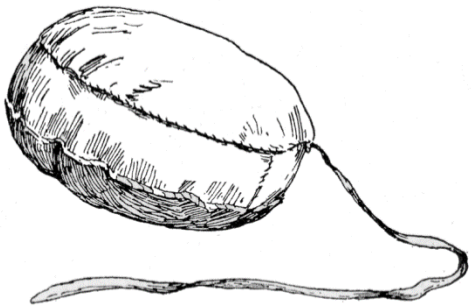

Fig. 923.

FIG. 923. Hand-and-foot ball; diameter, 9¼ inches; Cheyenne Indians, Montana; cat. no. 69978, Field Columbian Museum.

US. 305.8 SI 11 BAE, Vol. 24 (1902-1903). Holmes, W.H., *Twenty-Fourth Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution 1902-1903,* Washington Government Printing Office, 1907. Montana Historical Society Research Center, Archives.

Game Rules

Participants will move through four stations of racing or kickball games learning the rules and culture from which the balls or bags for kicking originated.

Station 1: Paiute Football: Four players advance down a 50' field to place-kick their balls between tripod goals. The ball must pass under one of the three sticks of the tripod first to be the winner (ball must be advanced without the use of hands). (Holmes p. 704)

Station 2: Northern Cheyenne: Kickball Race is run by two runners, down the alleyway and back, with the runner whose body and ball crosses the line first as the winner. (Holmes p. 705)

Station 3: Tewa: Slingball is used in a game in which the contestants lie on their backs holding the tail of the slingball between their feet and then sling the ball backward overhead. The slingball going the farthest distance in the air is the winner. (Holmes p. 680)

Station 4: Northern Cheyenne. This game is played by one person against another or by one pair against another pair. The goal is to keep the footbag up in the air by kicking it to oneself or back and forth between partners. The person or pair that keeps the footbag up for the greatest number of kicks (like hacky sak) is the winner. (Holmes p. 704)

Vocabulary

Kickstick - A small 3" billet (stick) which was used as a ball in a race. Most tribes in the southwest used kicksticks in their races.

Kickball - Small wood, stone, or buckskin balls used in games or races.

Kickbag - Bladder balls with netting on the outside, larger than kickballs. Kickbags were often used in games that allowed hands and feet to advance the game.

Football - Elliptical or round ball used by many tribes to play games similar to soccer or modern football.

Concepts

Algonquian tribes such as Blackfeet, Cheyenne, Chippewa, Cree, Gros Ventres (White Clay) all had kickball games; however, each tribe had variations on how the race was run or game played and what type of ball was used. For the footbag and football games the same was true.

There were differences in the types of kickstick, kickball, football, and kickbag games of Montana tribes and other tribes. Those differences were determined by the *lay of the land*, the types of natural materials available for the balls, and the traditions, culture, and customs of each tribe.

Photo courtesy of DeeAnna Brady-Leader

Note: Old-time buckskin balls are hard to make and materials (buffalo hair and tanned buckskin) are expensive. After many years, ITGS Montana tribal members have recommended knitted hacky sack balls with braided yarn tails sewn to the balls. Those are ordered from Oriental Trading Company. The Styrofoam beams are taken out of the knitted balls and a small balloon filled with sand is put into the balls, then the hole sewn shut and the yarn tail added. These balls last through many months of play.

Concepts: respect, elders

Safety

There should be concern for safe distances between the four stations of play and matching of ability levels.

Resources

Books/Article

Culin, Stewart*, Games of the North American Indians*, New York, NY: Dover Publications, Inc., 1975.

Holmes, W.H., *Twenty-Fourth Annual Report of the Bureau of American Ethnology to the Secretary of the Smithsonian Institution 1902-1903,* Washington, DC: Government Printing Office, 1907.

Nabokov, P. and Margaret MacLean" Ways of Indian Running," CoEvolution, 26 (Summer 1980).

Traditional Games Video – see the games being played!