PE 3 / 4 – Cultural Games and Activities

Canada has two National sports (Hockey and Lacrosse), but we play and learn about lots of different games. That means that other games had to come from different cultures. Ask your parents what your culture is. What games or activities are played in that culture? Do you, your parents, or any family members play those games? If you do not know your cultural background choose a culture and tell us a game they play in that culture!

For example.

Mr. Volk has German, French Canadian, and Scottish heritage. German people take part in Schuhplattler a traditional dance, French Canadian’s take part in Cotillion another traditional dance, and Scottish people golf. Mr. Volk’s family has never learned the Schuhplattler or the Cotillion, but Mr. Volk likes to golf and learned it from his dad.

1. What cultural does your family come from (or what culture did you research)?
2. What games or activities do or did they play?
3. Do you or any of your family members still play this game?