Traditions: Comparing First Nations Games to the Games of Canada’s Foreign Neighbours

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| **Beginning** | **Achieving** | **Proficiency** | **Mastery** |
| Student experiences difficulty exploring the origins of a self-selected game. | Student is able explore the origins of a self-selected game. | Student is able to explore the origins of a self-selected game and explain the cultural significance of their game. | Student can identify the cultural significance of a self-selected game and explain how their game influences well-being.  |

1. Where is your activity from? How / why was it created?
2. How has it affected Canadian people?
3. What cultural significance of this game? Does it have similar meaning to the Traditional Canadian games we have learned about? If so how? If not how are they different?
4. What are the benefit of this activity:
* Physical - how can it keep us healthy?
* Emotional – how can it keep us happy?
* Mental – what can we learn from it?
* Spiritual – can this game give us the feeling of purpose?