

Recreation and Sport Systems

RS103: Value Northern Recreation, Arts, Culture and Sport

Overview *(DRAFT)*

This learning event encourages an appreciation for the diversity of Northern recreation, arts, culture and sport. Valuing traditional games, dance, art, music, heritage, sport, and on-the-land activities will help you support unique and meaningful recreation experiences.

RS103 - Value Northern Recreation, Arts, Culture and Sport was designed and prepared for Recreation North by Wendy Lahey with input from Caroline Sparks. Development was funded by the Arctic Inspiration Prize.

Week 1 Activities

During Week #1, you will discuss the history and impact of the Arctic Winter Games and North American Indigenous Games. Follow these steps for a successful learning experience:

1. Review Slides 1-12 in the RS103 Presentation.
2. Complete RLA #1 and post to Week #1 Forum.
3. Prepare to share your thoughts during the weekly conference call, using the questions:
 - My most engaged moment...
 - My most distanced moment...
 - The most helpful action of a peer...
 - What surprised me most was...
 - A question I have is...

If you cannot join the call, listen to the recording and before our next call, post your thoughts to the questions in the Week #1 Forum.

Required Learning Activity #1

Share RLA#1 in the Week 1 Forum, before Week 1 conference call.

1. Develop a question (a problem, an issue or something of interest to you) about NAIG and/or the Arctic Winter Games that you'd like to investigate, from a cultural perspective.

Give yourself a chance to try and answer your question before doing any research. Record your ideas.

2. Download the RLA#1 handout and explore the various resources. These will help you answer the questions.
3. Share questions and answers by posting them in the Week 1 Forum before the 1st weekly conference call.

Week 2 Activities

In Week 2, we will explore a recreation, cultural, arts or sport activity/event that is unique to your community or region. You will be able to discuss how to support these experiences and the benefits of participating in these activities. Follow these steps for a successful learning experience:

1. Review Slides 13-21 in the RS103 Presentation.
2. Complete RLA #2 and post to Week #2 Forum.
3. Prepare to share your thoughts using the questions:
 - Consider the hybrid medicine wheel. What do we notice about our Bright Spots? How is this making a difference for us? What connections are we making?
 - Now what? What is our role in supporting these unique events/activities in our communities?

If you cannot join the call, listen to the recorded call and post your thoughts (by Friday May 11) to the questions in the Week #2 Forum.

Required Learning Activity #2

Share RLA#2 in the Week 2 Forum, before Week 2 conference call.

1. Create your own Bright Spot or success story presentation. Share a cultural, arts, sport activity/event that is unique to your community or region.
2. You can share your story in any way you'd prefer in the Week #2 Forum:
 - create a story book using a storybook template I can send you individually
 - record a short audio or visual of your story
 - write/draw/paint your story and post a picture of it
 - other ideas?

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