

NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

Partnership of IllumiNative and the National Indian Education Association



ILLUMINATIVE



Grade Level

3-5

Subject

Physical Ed.

Lesson Title

**Ice Hop Like Eskimos:
The Scissor Broad Jump**

MATERIALS NEEDED

- A large open space to jump
- An adult to help judge the winner
- Other friends and family to compete
- (Optional) WiFi access
- YouTube video [How to: Scissor Broad Jump](#) by the Cook Inlet Tribal Council
- [A List of events](#) at the Native Youth Olympics

STEPS

For this activity, it is best to have help from an adult. It can be challenging at first. The broad scissor jump was used by Eskimos (Native Alaskans) to train children to hop along the broken ice carefully. Now, it is an event at the annual Native Youth Olympics in Alaska.

Activity Steps:

1. If WiFi is available, watch this YouTube video [How To: Scissor Broad Jump](#)
2. The scissor jump takes FOUR full jumps. Start by standing with both feet side by side.
3. Then, jump as far as you can but land on only one foot.
4. Cross the leg that is not on the ground behind the foot that is on the ground. As you jump again, keep your feet crossed but you must land on ONLY the back foot that was not on the ground for the first jump (This is the scissor move).
5. Now you can uncross your feet and use the foot that is not on the ground to make the next jump. Land only on that foot.
6. For the last jump, land on both feet side by side like you started. If you stop for too long or lose your balance, you must start all the way over.
7. Have another person measure how far you were able to jump.

After the Activity:

After practice, gather friends and family for a competition to see who can "hop the ice" the farthest.

NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

Partnership of IllumiNative and the National Indian Education Association



ILLUMINATIVE



Grade Level

3-5

Subject

Physical Ed.

Lesson Title

**Ice Hop Like the Eskimos:
The Scissor Broad Jump**

HELPFUL TIPS

Parents and Caregivers: This is an opportunity for families to engage in healthy physical activity together. As you practice this cultural activity with your child, share some of this information:

- This may be difficult for your child at first. Encourage him or her to keep trying because they are learning something new that children in Alaska have more time to practice.
- The Scissor Broad Jump was traditionally used by Alaska Natives to practice balance for jumping on ice floes as well as keeping warm.
- Traditionally, Native games were not just for fun. There were played by people all ages for exercise, tests of strength, teamwork, and preparation for battle.
- These games were used to teach skills such as endurance, cooperation, survival, hunting, and fighting.

WANT TO LEARN MORE?

Families and Educators: This activity may open other talking points about traditional Native games or competitions. Your child may also want to know more about Eskimos and their life on the ice. If you or your child want to learn more, visit these websites:

- To learn more about Native games, visit the Native Voices page "[Native Games: Survival, Strength, and Sport](#)" from the National Library of Medicine.
- To practice other Alaskan traditional physical challenges from the Native Youth Olympics, check out [this list on the Cook Inlet Tribal Council page](#)
- To learn more about Eskimos and their way of living and hunting in ice read this article "[Traditional Knowledge: Genius on Ice](#)"

Activity Adapted from these Links:

- YouTube video How To: Scissor Broad Jump by Cook Inlet Tribal Council <https://youtu.be/jBLdTXabGD>
- Cook Inlet Tribal Council Website for the Native Youth Olympics <https://citci.org/partnerships-events/nyo-games/competitive-events/>

Additional Links:

- The National Library of Medicine informational page on *Native: Games: Survival, Strength, and Sport* <https://www.nlm.nih.gov/nativevoices/exhibition/healing-ways/healing-communities/native-games.html>
- Encounters North article "Traditional Knowledge: Genius on Ice" <https://www.encountersnorth.org/polar-bear-summary/2017/8/2/traditional-knowledge-genius-on-ice>