

Frontier Games & Skills: Study Guide

The technology of the early 1800's and the skills needed during the western expansion was a matter of life and death. However their technology was completely different from what we think about in today's standards. This unit is designed to introduce some of these skills and tools and why they were important and how they can still be used today.

Games & Challenges:

- *Stilts* – A fun homemade way to test your balance at various heights.
- *Sticks & Hoops* – Toss and catch using embroidery hoops and two sticks.
- *Stump Pull* – Testing your balance with a partner using a rope and two stumps.
- *Gold Rush* – A team building activity that required communication to achieve.

Native Youth Olympics – From 7th to 12th gd. in Alaska, these are some of the events that are used to test their hunting and survival skills, increase strength, endurance, agility and the balance of mind and body.

- *Wrist Carry* – Testing endurance and strength in order to carry game for long distances.
- *Ear Pull* – Testing you pain threshold.
- *Indian Stick Pull* – Competition using a greased tapered stick.
- *Stick Pull* – Game of strength, similar to having to pull a seal out of the water.
- *Knee Jump* – Testing agility and muscle strength in successfully jumping from one ice floe to another.

Rope Skills – “Learning the ropes.” An invaluable skill in the frontier that is still required in many of today's jobs and recreation activities: fishing, sailing, climbing, rescue, camping, farming, crafts etc. It's also a great brain based skill that works on: special awareness, math, fine motor skills, & problem solving. Knowing knots allows you to be more self sufficient without relying on commercial store bought items that do the same thing a well tied knot can perform. In class we performed: figure 8 (two versions), one handed bo line (harness to save your life), & draw hitch (securing a horse).

Survival Kit – Having the right tools along with the knowledge can save your life. An Altoids tin can hold over 20 items as a small survival kit that can fit in your pocket or backpack.

Compass – Knowing your way around kept you alive. Now days few people ever use a compass and even fewer know how to take a bearing and use it in orienteering. Still a useful skill in the military, hiking, or orienteering races, it's becoming a lost but important art.

Lassoing – Know as a “lariat” this rope skill was critical in herding cattle. As kids we've all probably picked up a rope and tried to lasso something. Holding the rope in the correct place and rolling the wrist were important to perform the skill properly. When you lasso something for the first time it's a good feeling

Stress Test – Fear is not real. It's manufactured due to lack of experience, your beliefs, or not knowing all the facts. The ability to handle stress and/or fear allows people to perform better in those situations which could save your life. We may have done, or will do, a stress test in class. Without giving the activity away (if this is handed out before the activity) it's very stressful for many to accomplish, but we reduce the fear through instruction and once done the fear goes away.

Cooking – Cooking creatively with a “Buddy burner” is one method that can still be used today while camping. The use of a large coffee can and heat source works well.