

## PE30.6

**First Nations and Métis** – Examine how First Nations and Métis perspectives and ways of knowing support lifelong learning through physical activity.

### Indicators for this outcome

- (a) Examine how First Nations and Métis ways of knowing inform people's interactions with self, others and the environment through physical activity.
- (b) Explain how the benefits of physical activity (e.g., endurance, flexibility and social skills) serve a purpose to meet the demands of lifelong activity such as hunting, observation skills or learning social values.
- (c) Investigate, and follow when appropriate, First Nations and Métis protocols, traditional knowledge and practices when engaging in physical activities.
- (d) Incorporate local, traditional First Nations and Métis ways of relating to and using the environment when leading physical activities (e.g., setting traps and fishing nets, snowshoeing, orienteering and navigation).
- (e) Plan and facilitate traditional First Nations and Métis games (e.g., snowsnake, double ball, lacrosse, leg wrestling and knuckle hop), dance (e.g., jigging, hoop and pow wow) and/or activities (e.g., snowshoeing and archery).
- (f) Explore how leadership skills developed by planning and facilitating traditional games, dance and activities could be transferable to other contexts.
- (g) Discuss the long-term physical, emotional, mental, and spiritual benefits of participation in First Nations and Métis games, dance and activities.