

# NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

Partnership of IllumiNative and the National Indian Education Association



ILLUMINATIVE



Grade Level

**PK-2**

Subject

**Social Studies**

**P.E.**

**Art**

Lesson Title

**The Game of Lacrosse**

**Activity Description:** In this activity, students will learn about the significant of Lacrosse and Snowsnake to Haudenosaunee people, and have the opportunity to make their own Lacrosse and Snowsnake sticks for outdoor fun.

## MATERIALS NEEDED

- Large outdoor area for play.
- 2 or more people to play.
- Haudenosaunee Guide:
  - [Haudenosaunee Games \(p. 9\)](#)
- Optional: [Step-by-step guide to making a lacrosse stick](#)
- Clean and dry detergent jug
- 20 oz. plastic water or soda bottle
- 3 foot long dowel or stick
- Duct tape
- Scissors
- Some kind of ball-like object (or wadded up duct tape)

## STEPS

This activity is for children to do with a person from the family or community. View this [infographic](#) for step-by-step pictures of the making of this activity.

1. Cut off and discard the entire handle section of the jug. Trim the edges to create an opening that reaches from the bottom of the jug to the collar of the cap.
2. Trim the bottom half from the plastic bottle. Cut 2-inch long slits, spaced about a half and inch apart into the bottom of the newly cut plastic bottle.
3. Slide the dowel into the jug. Wad some duct tape around the part of the dowel that is inside the jug. Make the wad big enough to prevent the dowel from sliding out of the spout.
4. Pull the dowel down so that the wad of tape lodges in the jug's spout. Slide the bottle onto the dowel until it meets the jug at the bottom of the spout. The tabs you cut earlier should spread out and partially cover the jug.
5. Tape this part of the bottle to the dowel, and trim any excess that obstructs the scoop's opening.
6. Take the bottle securely to the jug.
7. If you don't have a ball, wad up a bunch of duct tape into a ball to make the ball shape.

# NATIVE AMERICAN EDUCATION FOR ALL RESOURCES

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ILLUMINATIVE



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**K-12**

Subject

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**P.E.  
Art**

Lesson Title

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## HELPFUL TIPS

**Parents and caregivers:** When playing the game, be sure to have a wide open space, ideally outdoors. An outdoor space, such as a field or a large backyard is best because the. This is an opportunity for your child to practice hand-eye coordination while learning about traditional cultural games.

- This activity helps children engage in physical activity while also working on coordination and strength. It is important to maintain safety while playing so be sure to have adult supervision.

Consider showing your child an image of an actual lacrosse stick, found on most sports websites. Discuss with your child about the significance of lacrosse to many Native culture, as an international team sport that is played all over the world.

- Share with your child that this game is over 400 years old, and is known as "Tewaarathon" among the Haudenosaunee people, which means "they bump hips".
- In this game, players must catch, carry, and pass a ball using the lacrosse stick.
- Share with your child that there are many purposes of playing lacrosse, as in many Native American cultures, it is seen to be a gift from the Creator, a medicine game, or a game to heal and strengthen people. It was sometimes used to resolve disputes and and to get rid of bad feelings between clans and nations within the Haudenosaunee. Today it is used to bring families, communities, and nations together.

## WANT TO LEARN MORE?

**Families and Educators:** This activity may open other talking points around Haundenosaunee people and culture, and potentially games from other Native American tribes and nations.

- The [Haudenosaunne Guide](#) provides more in-depth history and activities for your to share with your child.
- This [activity guide](#) provides games for children to engage in from many other Native American tribes and nations.

### Activity Resource Links:

- Adapted from: Haudenosaunee Games: <https://americanindian.si.edu/sites/1/files/pdf/education/HaudenosauneeGuide.pdf>
- Step-by-Step Lacrosse Stick Guide: <https://www.pinterest.com/pin/231091024599187521/>
- Games from other Native American tribes and nations: <https://nativeamericans.mrdonn.org/games.html>