



### ***Executive Functions of Indigenous Games in Games of Dexterity***

<b>EF</b>	<b>GAMES</b>	<b>EXAMPLE</b>
<b>Inhibition</b>	Make the Stick Jump, Hoop and Arrow, Ring the Stick.	Make the Stick Jump requires attending to the stick target before throwing the ball or rock. This reduces impulsive actions to throw without focus. Players must attend to a moving target in Hoop and Arrow and execute a throw of their stick or arrow only when the hoop rolls by. Inhibiting impulsive moves to stick the ring in Ring the Stick.
<b>Shifting</b>	Make the Stick Jump, Hoop and Arrow, Ring the Stick.	Make the Stick Jump requires shifting attention and re-calculating the force and focus necessary for each subsequent attempt. Shifting attention is required to a new target in Hoop and Arrow. Shifting to a renewed focus is necessary to stick the ring in a new round in Ring the Stick.
<b>Working Memory</b>	Make the Stick Jump, Hoop and Arrow, Ring the Stick.	Make the Stick Jump uses working memory to re-evaluate previous attempts when applying strategies to new attempts. Hoop and Arrow uses working memory to adjust the rhythm and timing required with coordinating every throw to a moving target. Coordination actions to Ring the Stick requires working memory.
<b>Planning</b>	Make the Stick Jump, Hoop and Arrow, Ring the Stick.	In Make the Stick jump, Hoop and Arrow and Ring the Stick, planning is necessary for assessing previous mistakes and successes to produce hand-eye coordination in subsequent responses.
<b>Emotional Control</b>	Make the Stick Jump, Hoop and Arrow, Ring the Stick.	Emotional control is developed with each miss of the target as each individual learns to re-focus their attention and adjust their calculations to hit a target or to fine-tune their intuitive decisions. All losses in games must be met with respect. Impulse control is learned in Snow Snakes through coordinated movements of jumping, hopping and throwing.
<b>Monitoring</b>	Make the Stick Jump, Hoop and Arrow, Ring the Stick.	Make the stick jump requires monitoring the coordination of throwing force with distance to hit the stick with each attempt. Hoop and Arrow requires monitoring the rate at which the hoop is travelling the path to coordinate an attempt to hit the target. Ring the Stick requires careful observations of rhythm and timing of where the ring is with respect to the stick before attempting to stick the ring.
<b>Organization of Materials</b>	Make the Stick Jump, Hoop and Arrow.	The players space the sticks apart by a determined distance in Make the Stick Jump. Each player will have sticks or arrows compatible to players to throw at the rolling hoops. or carefully wheel a ring along a slope.
<b>Initiation</b>	All Indigenous Games	Initiation of games with different groups (tribes) to learn different rules of different societies. Initiation is learned through games that begin with a standing position then proceeds to the execution of action with precision.

