

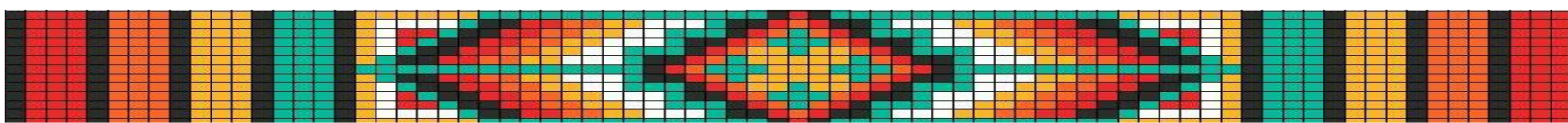


(403)715-4585
 buildingbrains.ca
buildingbrainstogether@gmail.com



Executive Functions of Dexterity in Team Sports and Games

EF	GAMES	EXAMPLE
Inhibition	Horse Relay Race, Shinney, Snow Snakes.	Dismounting the horse with each lap requires accurate timing and inhibition of impulsive movements in Horse Relay. Inhibiting impulsive tendencies to hit the ball before shooting a goal in Shinney. Inhibition of movement when jumping from the run-up line to the throwing line is necessary in Snow Snakes.
Shifting	Horse Relay Race, Shinney, Snow Snakes.	Shifting attention to the motor movements necessary during the switching of horses from the previous lap to the following lap in Horse Relay. Shifting attention to a new round of play after each goal in Shinney. Shifting attention and movement is necessary from stopping at the throwing line to throw the snake or javelin in Snow Snakes.
Working Memory	Horse Relay Race, Shinney, Snow Snakes.	Maintaining accurate coordination of movements during the switch and run of horses for each lap in Horse Relay. Maintaining cognition of the series of movements around each player hitting of a ball toward the goal in Shinney. Coordination of movement from stopping to throwing accuracy requires working memory to update movements for accurate throws in Snow Snakes.
Planning	Horse Relay Race, Shinney, Snow Snakes.	Anticipation of a series of movements required to run each lap on a horse with two switches of horses during the race in Horse Relay. Anticipation of a coordinated effort by team member to get the ball into the goal in Shinney. Planning required is to make the necessary adjustments for throwing accuracy in Snow Snakes based on previous throws.
Emotional Control	Horse Relay Race, Shinney, Snow Snakes.	Maintaining control of cognitive effort and emotion with coordinated movements in Horse Relay. Each team member is required to practice good sportsmanship (maintain humble) with each win and loss in Shinney. Impulse control is learned in Snow Snakes through coordinated movements of jumping, hopping and throwing.
Monitoring	Horse Relay Race, Shinney, Snow Snakes.	Maintaining ongoing recollection of coordinated events during the race to make necessary adjustments for each lap in Horse Relay. Maintenance of players movements from both teams to reach the goal with the ball in Shinney. Monitoring is learned through active coordination of movements for accurate and long throws in Snow Snakes.





(403)715-4585
buildingbrains.ca
buildingbrainstogether@gmail.com



Organization of Materials	Horse Relay Race, Shinney, Snow Snakes.	Making the necessary adjustments coordinated with the muggers providing a new horse for each new lap in Horse Relay. Goals are assembled by hand prior to distribution of sticks and balls in Shinney. Some games of Snow Snakes require assembly of an alley or trough that will fit the game rules.
Initiation	Horse Relay Race, Shinney, Snow Snakes.	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.

