

Hoop and Arrow



"This game is the Salish hoop and arrow (dart). The hoops that are thrown represent moving targets of what we are hunting whether it be a deer or small game. Before we had guns, we had to make our weapons. We used sticks that were sharpened. When the hoop comes through on a path we try to throw the arrow through it. When the other hoop comes through, throw the other arrow".

(Mary Ellen Little Mustache)

A favorite pastime of the Blackfeet is a type of gambling game, or game of chance, that is played with a small wheel called the "it-se'-wah" or ring hoop. This is a game of dexterity that requires great skill of throwing arrows at a small rolling wheel with the intention of passing the arrow between the spokes. The wheel



measured about 3 or 4 inches in diameter with beaded spokes. The different beads represented different points awarded and was dependent on the position and nearness to which beads the arrow passed through. At the end of the course would stand two men who would gamble against each other. A crowd would also gather to bet on the two

sides. When the wheel, or it-se'-wah was rolled, each man at the other end of the course would throw their arrows at it. The player who scored the first 10 points would win (Culin, 1975).

Another version of the Blackfeet Hoop and Long Arrow uses arrows measuring up to 6 feet in length and had horse hair tied at the ends. The beaded hoop was much smaller measuring two and a half inches in diameter (International Traditional Indigenous Games Society).



Mary Ellen Little Mustache

Some games would use wheels with eight spokes, whereas, others would vary in number from five to seven spokes per wheel. The spokes were made with colored beads that generally represented the types of horses (Indian Education for all. Traditional Games Unit).

References

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Games of Stamina and Dexterity in Hoop and Arrow Develop Finer Motor Skills



The game of Hoop and Arrow is similar to Make the stick jump in that it supports the development of good hand-eye coordination and strengthens stamina and finer dexterity with the activities.

- ♦ *The rhythmic and temporal perceptions of hand-eye coordination requires well developed proprioception of coordinating information of where the hand is with respect to the eye during activities such as throwing. (Bekkering & Sailer, 2002).*
- ♦ *The inter-relationships of motor movement, the cognition of experience and learning, and of language development strengthen as children 's skills mature from throwing rocks or balls to throwing arrows at smaller objects, (Houwten, Visser, van der Putten, & Vlascamp, 2016).*
- ♦ *With repetitive learning in throwing skills, attention to target and movement skills become refined and optimized. Throwing accuracy requires a number of components including timing accuracy, trajectory strategy and mastery for long-term consolidation (Valle, Lombardo, Cioni & Casabona, 2018).*
- ♦ *The areas of the brain that are responsible for focus and attention, working memory, inhibition and making accurate decisions are also exercised with active goal-related activities from the multiple representations in our environment (Abe & Hanakawa, 2008).*

References

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