

# Horse Relay Race

Awai'ikaiyiskátsi

## How to Play

1. Each player running the race will start with a horse.
2. Designate an area in the shape of an oval ring for players to run around.
3. A player will be held back at the starting point with another horse for the runner to pick up after the first lap.
4. Another horse will be picked up after the second lap is complete.
5. The winner is the runner who comes into the finish line first.
6. Alternatively, players can work in teams to run around the track passing off their horse to another player  
*(pool noodles work great for children's horses).*



## What They Learn

1. **Blackfoot culture:** engaging with traditional ways of learning skills.
2. **Inhibition:** by selectively inhibiting one part of the motor control of stopping the previous lap and flexibly coordinating the next movement to either pick up another horse, or to pass your horse to another player.
3. **Attention and Monitoring:** are necessary to monitor your speed with your endurance capability to run three laps.
4. **Emotional Control:** by accepting and correcting mistakes and/or losses of the game with respect.



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