

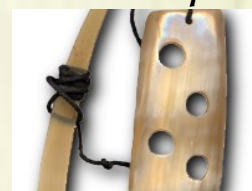
Ring the Stick



“Ring the Stick is a game for the mastery of dexterity and hand-eye coordination for precision of tagging a target. It is one of the games that was vigorous and taught all members in the community about the elements that tied everything together; breath, water and spirit” (Brady-Leader).

The hoop was swung upward for the player attempted to put the stick through the ring. Some rules state that the ring was to sit flat on the ground, then flick it into the air. In a competition the winner was the person who achieved the most rings out of an agreed number of turns (Wilson, 2020).

Another description of this game is the “ring and pin” and is similar to the hoop and pole (stick/arrow) game with the exception that this version is regarded in a miniature and solitaire form of the game. The ring or target is fastened to the stick by a cord. After flinging the ring into the air, the object is to stick the ring, or target (Cullen, 1975).



From: [beyond the chalkboard.org](http://beyondthechalkboard.org)

Ring the Stick by the Kootenai was played with various stick lengths to offer a range of difficulty to toss the ring up and secure the stick through the ring. Children would begin playing this game using a large ring, or hoop (6 in) and a shorter stick (12in). As the youth aged and mastered their skills, they would use longer sticks (16 ft) and smaller rings (4 in). Adults would often play with sticks as long as their under arm and rings as small as 3 in. The string length was always as long as the stick.



<https://www.traditionalnativegames.org>

References

Brady-Leader, D.A. (2012). *How we learned is who we are: Blackfeet and traditional learning practices*. Research of the Blackfeet: Manuscript for Blackfeet Community College, with permission.

Culin, S. (1975). *Games of the North American Indians*. (pg 527). Dover Publications: New York.

Wilson, Cole. *Indigenous Games Handout*. Retrieved online June, 2020 [.speaonline.ca/uploads/3/8/2/9/38299825/indigenous_games_handout](https://speaonline.ca/uploads/3/8/2/9/38299825/indigenous_games_handout).



Games of Stamina and Dexterity in Ring the Stick Develops Spatial and Temporal Attention and Working Memory

Ring the Stick is a game that enhances visuo-spatial (vision-location) development of timing, rhythm and coordination that contributes to stronger executive functions.

- ♦ *Activities requiring spatial (placement) and temporal (timing) skills, such as that necessary to play Ring the Stick has been found to enhance working memory (on-line memory) skills to keep movement of the hand in line with coordination of the eye and hitting the target. These skills are thought not to diminish with practice, rather they make movements more precise and efficient (Starkes, Helsen & Elliott, 2010).*
- ♦ *Motor (movement) coordination was been found to have an impact on working memory which in turn was found to have a direct impact in academic achievement in adolescents. An important relationship has been noted to occur in games that require control of independent limb movements and rapid skill movements, such as in aiming and catching. The more one persists in cognitive engagement with exercise and motor coordination the more likely they will better engage their executive functions (Rigoli, Piek, Kane & Oosterlaan, 2012).*

References

(Starkes, J., Helsen, W., & Elliott, D. (2010). A ménage À trois: the eye, the hand and on-line processing. *Journal of Sports Sciences*, 20(3): 217-224. DOI: 10.1080/026404102317284772

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