



PHYSICAL EDUCATION

Let's Play Shinny

ESSENTIAL UNDERSTANDINGS

- **Identity**
- **Since Time Immemorial**

LEARNING OUTCOMES

Students will understand

- how to play the game Shinny,
- Native Americans in Oregon have been making and playing games since time immemorial, and
- Oregon Tribes play Shinny for enjoyment and cultural connection.

ESSENTIAL QUESTIONS

- What is Shinny, and how does it relate to common games today?

REQUIRED TIME

- 45 minutes

Overview

In this lesson, students will learn about the significance of traditional games Native American Tribes in Oregon. Students will connect what they learn to the ideas of time immemorial and identity. Students will have the opportunity to learn about and practice playing a game called Shinny.

Background for Teachers

This lesson teaches students about two Essential Understandings through the lens of the traditional Indigenous game, Shinny. These Essential Understandings are Since Time Immemorial and Identity. Since Time Immemorial refers to Oregon Tribes living in Oregon since before anyone can remember as distinct sovereign nations, with their own cultures, languages, and lifeways.

The Essential Understanding, Identity, relates to the idea that Native Americans in Oregon craft unique, modern identities while maintaining connected to their tribal cultures and heritage.



Indigenous people across North America have played games of strength, agility, and chance since time immemorial for amusement, health, and competition. Many modern sports may be descendants of these traditional games.

Shinny is a traditional stick-ball game played by many Oregon Tribes during winter gatherings. Like hockey, it uses curved sticks and a ball (traditionally made from animal skin) with two teams and goals. The game continues today at cultural events for enjoyment and community building.

Considerations for Teachers

Practices

While teaching this lesson, the following principles can help guide your decision-making and engagement with students.

- Focus on teaching the Essential Understandings (Since Time Immemorial and Identity) through an understanding of traditional Native American games.
- When sharing content with students, address the "why" not just the "what".
- Highlight the strengths/struggles of Oregon's Indigenous peoples today while also acknowledging their history and tradition.
- Ensure your teaching practices are accessible and appropriate for Native and non-Native students.
- Avoid generalizing across all Native American groups.

STANDARDS

Oregon Physical Education Standards

PE.1.3.2: Runs with a mature pattern.

PE.1.3.10: Applies skill in general activity physical activity settings.

PE.1.3.24: Strikes a ball with a long-handled implement (e.g., hockey stick, bat, golf club), sending it forward, while using proper grip for the implement.

PE.4.3.5: Exhibits the use of rules and etiquette in physical activity with peers.

KEY WORDS and IDEAS

- **Time immemorial:** A very long time - indefinite in the record of history
- **Shinny:** A game played by Oregon Tribes
- **Shinny stick:** A long wooden curved stick, like a hockey stick



Assessment

During this lesson, observe and listen to students during discussions and as they play the game to determine how their learning is progressing. Write down what you notice about what students say and do in relation to the success criteria. Use this formative information to provide feedback to students and plan next steps.

At the end of the lesson, provide students with an opportunity to reflect on their learning through a self-assessment. Students can indicate their level of learning in relation to specific success criteria. They can also write out an explanation of why they believe they are at that learning stage.

MATERIALS

What materials are needed for students to engage in this activity?

- Rigid curved sticks or real hockey sticks
- Soft ball (for grass) or hockey puck (for tarmac)
- Cones or markers for goal posts

Success Criteria

- I can describe the Native American game Shinny.
- I can participate in playing the modern version of Shinny.

Lesson Activity

Preparation

Before the lesson, collect everyday objects that can be used to play Shinny, including plastic hockey sticks, pool noodles, or actual sticks, a soft ball, and small cones for goals.

Determine the outdoor area where students will play the game. It can be indoors or outdoors, small or large.

Opening

Time: 10 minutes

Step 1:

In a whole group setting activate students' prior knowledge: Ask them list all the games they know that use a ball and a stick of some sort (baseball, hockey, lacrosse etc.)

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Step 2:

Ask students to describe why they play games, and how it makes them feel to play games. Some answers may include:

- Help build friendships
- Build physical skills and confidence
- Give people the opportunity to play, to feel joy

Step 3:

Explain why games are important to Oregon's Native American communities, including:

- Participating in games expresses pride in community and traditions
- Connects people to ancestors and history

Main Activity

Time: 30 minutes

Step 1:

Explain that today students are going to learn how to play a traditional Native American game called Shinny that is played by many Oregon Tribes.

Show a video of Pueblo people making shinny sticks (beginning minutes) [Game of Shinny Ball](#). Let students know that while the Pueblo people are in New Mexico, they demonstrate practices that are also common in Oregon.

Step 2:

Introduce students to the Shinny game play by watching a video of Indigenous youth playing shinny in California (Coastal Chumash) [Shinny "Tiq'a'wic NASL Promo Clip](#). Show the video from 0:28 to 2:06.

Step 3:

Show students the picture of Shinny stick found at the end of the lesson plan.

Ask students what they notice about the game equipment and how the game is played (where the materials come from, teamwork, etc.).

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- Record student ideas
- Reinforce the similarity to hockey.

Step 4:

Engage students in playing Shinny by following these steps.

1. Share the equipment with students (plastic hockey sticks, pool noodles, or actual sticks, a soft ball, and small cones for goals).
2. Split students into 4 teams - if you have students who cannot join in running, ask them to count passes and keep score.
3. Explain to students that the goal of the game is to hit the ball with the stick and move it towards the other team's goal.
4. Take students to the play area - tell students there are no official boundaries, but they should stay in a general area.
5. Use something to mark goals.
6. Put the ball in center and use coin toss to decide who goes first.
7. Let two teams play together for 10 minutes while the other teams cheer them on. After they're done, switch roles so the other two teams play.

Closing

Time: 5 minutes

Step 1:

Have students gather equipment.

Step 2:

Ask them to think about the stick and ball they used in comparison to the traditional ones in pictures or videos.

Step 3:

Ask them how it feels to play the game.

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Step 4:

Remind students that Tribes in Oregon have played this game for as long as they existed, making sticks and balls from the materials of the land - connecting back to the idea of time immemorial and how games help express identity and pride in community.

Additional Resources

4th grade lesson, Since Time Immemorial to Termination, by the [Cow Creek Umpqua Tribe](#).

- [Lesson Plan: Since Time Immemorial](#)
- [PowerPoint: Since Time Immemorial](#)
- [Main Idea & Details Worksheet](#)
- [Tribes Student Magazine](#)
- [Pictures for Time Immemorial](#)
- [Oral History: Mountain with a Hole in the Top](#)

5th grade lesson, Traditional Games, by the [Cow Creek Umpqua Tribe](#).

- [Lesson Plan: Traditional Games](#)
- [PowerPoint: Traditional Games](#)



Student Self-Assessment

Name:

Directions: Read the lesson success criteria in the first column. Then decide, did I meet these criteria? Choose Not Yet or Yes.

If you chose Not Yet, share one thing you can do next to get there.

If you chose Yes, share what you did well.

Success Criteria	Not Yet	Yes
		
I can describe the Native American game Shinny.		
I can participate in playing the modern version of Shinny, field or regular hockey sticks.		

Shinny Sticks



Image source: https://americanindian.si.edu/collections-search/object/NMAI_24652

