

EE-KAH-KI-MAHT

Ee-Kah-Ki-Maht is a program to provide fun activities for all ages to get the heart rate up without knowing you are exercising. These are some of the activities we provide for our students:

- Provide physical activities for students from grades k-12
- Provide art class activities everyday of the week depending on grade level
- Provide outside activities both on the playground and football field... such as scooters for the youngest grades and trikes and bikes for the older grades.
- Soccer, kickball, slip and slides, field games, jumping castle, airup walking tubes, multiple water sprinklers, stick horse indian relays, volleyball, parachutes, field hockey, bubble machine for smaller students, dot tag, partner tag(student and staff holding hands),
- Sidewalk chalk art, foam art,
- Swimming pool for grades 2nd to 6th grade during 3pm to 4:30pm.
- Gym scooters, dodgeball sharks and minnows relays, human hungry hippos, relay tic-tac-toe, popcorn parachutes, line tag, freeze tag,
- Arts and crafts, button flowers, dat art, tissue paper art, pottery, painting, beaded wrist bracelets, pinatas, tie-dye, dancing sticks and barrets/hair clip, necklaces, felt moccasins
- Native cultural pictograph art, ledger art, symbols, song and dance, zumba, just dance