

Hugungmata Ilauriningit Ilihimakrangit

Ilihimaakrat

Ahuruktau ingilaraat ihagutoiruat piuraarnikun tangungitchuani nunaaqhiqpangmi. Šimhilaraan hiagutiruat huruguuruat pangma ahiin ihagungarut hului itititkaat huli hurungniq Nunavunmi Northwest Territoriesmilu.

Hurukamimng akilitturiraqtuttangungitchuani qarauraitchut hurukaming,Una piuraarun munarinaqtut aulaningat hurukaming, hukanningat, hanginingat, quviqtitailihaarut, munarinaqtut aulaningit timingit akilitimiaragtut.

Inuit huinagiihuugat huruingniq kihuliqaa piuraarniq angigaluaqtuat, mikigaaluaqhuting, ilihim-
aruni aulaningagun inuum timinga ilitchuruni, kinaliqaa ilillaruq. ...

☐ Inuuqatigiitsiarniq

Pilainiraqhaililutin inungnik, munaqhutigiigutik inuit pinarnarilugi

☐ Pilimmaksarniq / Pijariuqsarniq

Iliharniq qiniqtuarhuni,ikayuinirlu, munaqrilutin, uukturlutin

☐ Piliriqatigiinniq / Ikajuqtiigiinniq

Havaqatigiik taitnaituaq atramik

☐ Pijitsirniq

Ihumagilugi inuuqatitin ilatin / inaurarnii intuat

Una tautuktualiaq taraualiarlu piliangat ikayutigitquvlugu hurungnimik ilihatuanun NWT
Nunavutmilu oilautarniaqlugu huruktuat ikyutikrangat .

Una taraliaq _____ naitchuamik aviktuaqlugu _____ atauchmiingaita

Ilihauringat Ilittakraq: Ayoikhaitjutikhait Titigkahimayut Pilihaaktunut/Nutakanut

Ikaarninga	Huraraulikrangat
5 min	Quyanaaq Qaikafi Kihilugi qairuat, ihumaaqtuat ukuatlu piyaqhutailaakun, aliahunnginiarlutin.
2 min	Kanatami Inuit Huruktuat Quliangat Aipaarnihaq Una tuhaatqupiarivut nutaqhat ilitchuritqupiarivut ingilihaarnimik Kanatami huruktuat. Una ilitchuripkailagivut apiqrurlugi kiupkaqtillugi. Apitkutit/Kiutjutait ilangit: ☐ Kina nutaq nukaqliq hurutuani itpa 1976-mi? (Ray Takhashi) ☐ Kina kanatami uqumaitchuani huruktuani iliauhimava kanatami huruktuani iliauhimaruaq pingahuni? (Harry Geris) ☐ Atingat ilihimavigit ilauruat huruktuani akimaruaq NAIG, CWS ovalo AWG inauramingni.
20 min	Uuturaaq Pukugin ukunanga hurungninin ukuat atinginin. Ukuat ukutuuratqingnaqtut. ☐ Anguyaktuani pamuruq ☐ Aklaq pamuruqtuaq ☐ Qaugak pihukataqtuaq ☐ Pujukiaq pihukataqtuaqhivumun utinmun ☐ Natchiq pamuruqtuaq ☐ Tunumigaqtuak ☐ Hiqumiktigun aqpaliraqtuak ☐ Utimun hiitqumingnik aularuat ☐ Malrunik ihigangmingnik (Tulutin atauhimik ihigangnik) ☐ Atauhimik ihigangnik qiriqtarutin ☐ ABCs ☐ Aulatqigutin utiqtarutin

Ikaarninga	Hurarautikrangat
	☐ Hanirapkun kiavaluktuni ☐ Hatqapkun kiavalukniq ☐ Hatqapkun kivaluktuaq ☐ Utimmun kiavaluktuni ☐ Hatqapkun kiavaluniq ☐ Iluqapayaan timin ihivilugu ☐ Uluruniq (haniranmun, utimunlu)
30 min	Piurarutim Hurarauringit Pukugutin ilipkun ukunanganga hurutinik. Ukuat piuraqutit qanuqmaliakrat taralbiaqhimarut. Makua piiqtiulaitkai huruktuanin piuraarmata. Unguvanglutit olapkiyunik Olapkiliguvit - Qirayaqtitqaaqlugi, piuraqtittarigait. ☐ Munarilugu Muqpaktuatun • Tunuanugutin • Sumo huruktuat • Atuahiq giunga tigulugu • tiguung atauhiq niunga • Piluqhautilugu hayailaq • aaurvik ulurulugu • Paarikaqhaililutin/ilingnun munarilutin ☐ Atautchikun piuraqtuni Kayiuqtutun pamiungatun takuyalik, qiyaiyaqtilugi ilihatuat qanuhinigliqaa piraarutinik , utiqlaru hurvingmingniun (taimaqhimalaguming, qiryaiyaqhiruq anaktaurautinik piurarniaqtutihagutigaluaqhating utifaarukuming hurunimun) Brititishmi kimiqpangat (10secmi ikaarnaqtuq) Huruktuat akimaniaqhaming munaqri, ququlararigait atingitigun kihitchinikun. Kangut tulukathiiqurlit (tigumilugi ikaatitchaililugi) Huruktuat qiraiyaraqtut inmiktigun akirainaming nairmi qaraularigaami.

Ikaarninga	Hurarautikrangat
	Munaqrim nanmagvik tangit qaugangat haami nanamaun haami nanmaun (aquliq anaktaururunmik pipkarigaat).
15 min	Inuit hurungingat Nuutausingit • Huruktuat nuutausingit Iluqating hivuliq ihagutikaming piurarumik ihumiqtulugit huruktuni ihumagitquvlugu piuraargun. Pianikaming hururarniq ilitchurikamirrunq. Munaqrim huruktit ilihauripkarigai hurungnim ik pittailinikkun pianingningakunlu. Munaqrit ilihautirarigait aulaningagun huruktuni, ihagutiqaaraqtut hururaqhuting. Talingitigun nuqilugi qanuqangalutingigun ilihautivlugi hurunagutigaluaqtulugi. • Nangiqsimani • Aragamingnik qisuraqhuting • Talimiktigun nuqilugi • Atautilugi • Atauhimik niumingnik • qutchikilugu aqiharniq • Malrungnik niumingnik • Avvaq nelson • Kiinani atlangngurlugu • Qaugaktuatun iharullik • Pitailiniq • Ihivluni pitailiniq niumingun • Hatqangani niaquminik nuutilairaa ☐ Hivulirmi ilihautiniq Timimigun nuulaiyarniq, tuqhangminik nulaiyarlugu, niaquminik taliminik miluqautinaq qaligiktilugik hivurangni. ☐ Inuit hurungingat

Ikaarninga	Hurarautikrangat
	Inuit ilngilaraan hurukkaqtuat aipaani qanga kanatami hivuliuruat hurungnimik ilihauriqaaqtuiat, Inuit hurukaming alihungiruti qapiangat ihuumarutitring qiraiyautigivlugulu. Una huruurarniq alianaipiaqtuq ingmun ikayuutaupiaqtuq nukingit qiyautipiarigaat. Rules: • Huruguruat kiinangit makitaqtut hatqakmingnik angitilaaraqtut pilaniq pigivlughgu timiting qiniqtuaqtitarigaat ataagun qulaagun, argankting unimingnungugait akiramingnun tautuktiniaqhuting hanginitquluting. • Niaqungit huruktit quviqtailihuurut akiramingnun. • Argaktin atauchimiitilugi, iqimaarlugu ahiin akigaqran. • Pilitkupku akirakrautin akiithirutin pilitkupku! • Pukaqtitairnaitchuq. • Argaktin tunungnio ituarlugu hagvirnaitchuk hurukaraluaqtinatik. • Ublukhiutaituk unataguᐅt ovalo unatainaniaktut takhikalikpat. Ihumagilugit: Ilihaktiguvit Inuit unatagutainik, piliklutit ikuakhimalutit ovalo talvanga nagipanahualutit.
10 min	Itnaitut Ukua/Taraliaqtat Huruktuat Munariviurarnaqtut nani ituat, aulaningi munariviurarnaqtut inuit qanuq nuktautingi, ihagutimata qanuq aulaningit munarinatut atauhimi malrungni nuuningat taraliuqtit munariviuraruugait ilaulagait tauq ilauhukumihigi. E.g., 10 min mi ilitchuriniarait qanuqinmagaita iluaqtilaanga ilitchurinaraat avvanga nelson aturlugu.
10 min	Aptalangairuming/Taimaaqhaun E.g., ilitchurinaraat pilataruming huna iluitpan ilitchurinaraat, ilitchuriakrat/uukturarniaqtuat ilitchurniarait.

Munaqrim pitqurangit uukturautikrat

- ☐ Tuhararigutin (himauhirukpating himauhiqtilalutin)
- ☐ Mikiruuramik ilitchipkarlugu. ilitchurikarnik
- ☐ Pilaniq pimalugu, nutqaqtangairutin piyumihhaarlugit atlat hurungnimik

- ☐ Uuturangairutin ilingnun pilainiraakraungitchutin
- ☐ Una itqagilugu atramik - piyaqhuutaitchuakun aliahungnaq hivunirilugu

Ukuat ilitchriviit

Apiqrutaqaruvit taraliakun/ukuat ququarnaqtut, Nunavingmi , qaqhiraunikun ilitchurip-karnaqtut cambaywresling@gmail.com. Ukununalu ilitchurinaqtut websitekun www.cambridgebaywresling.com ilitchurihuktuni.

Ihagutihukuvit huruurarnikun maani Northwest Territoriesmi.ukuat ququarnaqtut piu-raqtichihuuruat' <https://www.sportnorth.com/>.