



Strand: Dance
Level: Grade 1/2
Content: 30 minute broadcast + hands-on activity

LIVE Arts: Métis Jigging

Krystle Pederson is a traditional jigger and Métis dance instructor. She will lead students through the Red River Jig and discuss the history of the Métis people. Krystle will engage students through a presentation, demonstrations, and student practice. Students will be introduced to both types of jigging (basic and double) and also how to express one's self through fancy steps. Krystle will also demonstrate and share her belief in the importance of community and working together. Both boys and girls will be encouraged to personalize their movements. The main objective is to learn rhythm and timing and how to move to fiddle music.

Please see page 3 for **Teacher Guided Post-Broadcast Activities**. These activities will give students the opportunity to apply what they have learned during the broadcast.

About the Artists

KRYSTLE PEDERSON is a Cree/Métis singer, dancer and actor with a remarkable career. Born with the gift of music, she started performing at a young age. Krystle's lists of credits include winning awards in music festivals and competitions, receiving SaskTel's Aboriginal Youth Award, co-hosting the National Aboriginal Career Symposium in Ottawa, performing at the 2010 Olympic Torch Relay in Saskatoon, and performing at the National Aboriginal Achievement Awards in Edmonton. She has also performed in Canada and Mexico with her new group "Iskwew Singers" from Vancouver. Krystle also adds film and acting to her long list of credits, receiving a supporting role in a Saskatchewan film called "Run, Broken yet Brave." Krystle is an educator, teaching Métis culture through jigging and sash teachings to students around Saskatchewan. She is a passionate and well-respected Métis leader within her community.

Curriculum Aims & Goals

Creative/Productive:

Students will learn several Red River Jig steps and how to dance in time to the music.

Critical/Responsive:

Students will be asked to identify several kinds of Métis Dance.

Cultural/Historical:

Krystle will give an overview of Métis culture by discussing traditional Métis clothing and dance. She will describe how the Métis drew from both Settler and First Nations traditions to create their own unique artistic culture.

Curriculum Outcomes: www.curriculum.gov.sk.ca

CP1.1

Create movements and movement patterns in response to stimuli such as stories, poems, music, or objects as starting points.

CP1.2

Create short dance phrases using the elements of dance including:

- actions (locomotor and non-locomotor)
- body (whole and parts)
- dynamics (different ways of moving)
- relationships (explore variety)
- space (awareness of pathways, levels, sizes, shapes).

CR1.2

Investigate and describe various reasons for creating arts expressions.

CH1.2

Identify traditional arts expressions of First Nations and Métis artists.

CP2.1

Create and connect dance phrases using ideas about community as stimuli (e.g., our school, community events, farm life, city life, cultural heritage).

CP2.2

Create and connect dance phrases using the elements of dance including:

- actions (identify variety)
- body (bases)
- dynamics (move with varying speeds, duration, forces)
- relationships (using own words, classify variety of relationships with partner or object such as above, below, beside)
- space (straight or curved pathways or combinations).

CR2.1

Examine arts expressions to determine how ideas for arts expressions may come from artists' own communities.

CH2.2

Describe key features of traditional arts expressions of Saskatchewan First Nations and Métis artists.

Broadcast Program (45 min)

Artist Bio

Activity 1: Warm up

Presentation 1

Who are the Métis? Introduction using traditional clothing and dance as examples.

Activity 2

Learning steps;

- Basic Step
- Fancy Steps: Cross Skipping, Bunny, Scissors
- Skipping

Putting steps together.

Demonstrate a dance-off.

Questions/ Wrap Up

If you are watching from a distance text questions to 306.291.7355 or email liveartsaskatchewan@gmail.com during the presentations or activities to have your questions answered on air

Materials and resources for broadcast:

Students will need enough space to practice a few dance steps. Ideally they should be able to raise their arms to the side and not touch their neighbour.

Teacher Guided Post-Broadcast Activities

As a follow up to the broadcast, select one or more of the following activities to continue your students' learning.

Activity 1: Invent Fancy Steps (30-45 minutes)

Play music while students practice!
Krystle recommends any songs from John Arcand's album "Traditionally Yours" available on Itunes.

Activity

1. Review steps learned during broadcast.

- Basic Step
- Fancy Steps: Skipping, Cross Skipping, Bunny, Scissors
- Skipping

Practice putting steps together.

Ask students to describe/ share tips on putting steps together and keeping time to the music.

Materials/ Resources Activity 1

-Download "Red River Jig" by John Arcand on itunes (\$0.99), or download the whole album for \$9.99

-Computer or media player, speakers

-Students will need enough space to practice dance steps. Ideally they should be able to raise their arms to the side and not touch their neighbour.

2. Invent Fancy Steps

Much like the Métis drew inspiration from various settler and First Nations cultures to create the Red River Jig, students can use their own knowledge and experiences to create new steps.

- Spend a few minutes brainstorming with the class. What could serve as inspiration for the creation of new steps? (Popular culture references, movement of plants and animals in nature, traditional dances from student's own cultural backgrounds, etc)
- Play music and give students some time to develop their own fancy step.
- Ask students to share their steps with the class. Remember that jiggging is a way to have fun and learn together!
- Pair students up and have them teach each other their new steps.
- Have a dance-off! Just as Krystle demonstrated during the broadcast, ask pairs of students to face each other and dance it out!

Additional activities

Note: While several of the following resources have been evaluated by teachers and recommended for use in schools, some have not been formally evaluated. Teachers are advised to preview all videos, music lyrics and other resources listed below before using with students.

GDI Teacher Guidebook

The Gabriel Dumont Institute (GDI) has developed a guidebook for teachers to support the teaching about the Métis and to utilize strategies that foster and promote literacy development. One of the sections in this resource supports the dance strand of the Arts Education curriculum. This resource provides an easy to use teacher-friendly guide accompanied by pieces of literature to support teaching Métis dance.

[📄 Bringing Métis Children's Literature to Life: Teacher Guidebook for GDI Publications](#)

Click "View document" to see the pdf. The "Dance Cluster" of suggested books and activities begins on page 62.

**Books used in these activities are available for purchase through the GDI shop <https://gdins.org/shop-gdi/> or may be requested through your local public library.

Métis Dances Kit: Kindergarten to Grade Nine. 2nd ed.

Authors: Saskatchewan Education

* Available in school libraries or portions are available on-line

<http://www.metismuseum.ca/browse/index.php/208>

(SK, FNMI) In recognition of Métis contributions to the province, Saskatchewan Education, with the assistance of an Advisory Committee, produced the Métis Dances Kit. The kit contains two audiocassette tapes that provide music by Saskatchewan musicians, and a teacher handbook that has instructions and illustrations on Métis dances. The history of Métis dancing and the type of clothing worn are also included. Some of the dances are posted on the website of the Gabriel Dumont Institute of Native Studies and Applied Research at <http://www.metismuseum.ca/browse/index.php/208>. Either QuickTime or Windows Media Player is required to view the videos.

One copy was sent to each Elementary and Middle Level Saskatchewan school in 1990.

Note: This resource supports the Grade 4 focus “Saskatchewan Voices” and has also been recommended to support the renewed physical education curriculum at the Kindergarten to Grade 9 levels.

Recommended Resources

Note: While several of the following resources have been evaluated by teachers and recommended for use in schools, some have not been formally evaluated. Teachers are advised to preview all videos, music lyrics and other resources listed below before using with students.

Resources for classroom use

Dance

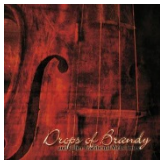
Steps in Time: Métis Dances

(CORE, SK, FNMI) The video Steps in Time: Métis Dances teaches three Métis dances: Duck Dance, Fancy Jig, and Rabbit Dance.

<http://www.metismuseum.ca/browse/index.php/208>

<https://gdins.org/product/steps-in-time-ii-metis-dance-instruction/>

Music



Drops of Brandy and Other Traditional Métis Tunes: Volume Two

(SK, FNMI) On two compact discs, Volume Two of Drops of Brandy offers a comprehensive collection of traditional Métis fiddle tunes. It features accomplished Métis fiddlers including John Arcand, Mel Bedard, Hap Boyer, Ed Lafferty, Richard Lafferty, Garry Lepine, and Homer Poitras.

The accompanying book Drops of Brandy: An Anthology of Métis Music contains biographies, archival and contemporary photographs, sheet music, stories about the fiddle, and a history of each fiddle tune featured in the collection.

A companion book of music to support the compact disc is available.

Métis Culture and Traditions

Teacher Guidebook for GDI Publications

The Gabriel Dumont Institute (GDI) has developed a guidebook for teachers to support the teaching about the Métis and to utilize strategies that foster and promote literacy development. This resource provides an easy to use teacher-friendly guide accompanied by pieces of literature to support teaching about the Métis.

[📄 Bringing Métis Children’s Literature to Life: Teacher Guidebook for GDI Publications](#)

Click “View document” to see the pdf.

Taanishi Books – Emergent Reader Series

This is a levelled reader set developed by the Gabriel Dumont Institute with 9 themes relating to Métis language, culture, values and traditions. The themes are: Métis clothing, Métis Identity, Métis Dance, Métis Food, Métis Beadwork, Métis Music, Métis Symbols and Celebrations, Métis Traditional Storytelling

<https://gdins.org/product/taanishi-books/>

Turtle Island Voices (Grades 1-8)

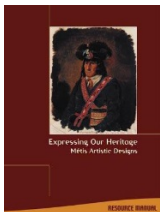
Turtle Island Voices is a series of books that honour the histories, cultures and worldviews of Canada's Aboriginal communities. There are a number of books in the series that can be used to support teaching about the Métis culture. These books are in both English and French and have a range from grade 1 to grade 8.

Primary: The Sash, Time to Celebrate,

Intermediate: The Gift of the Red River Jig, Making Music, Let's Dance,

Senior: In Tune, Our Voices

<http://canada.turtleislandvoices.com/>



Expressing Our Heritage: Métis Artistic Designs

Authors: Troupe, Cheryl

(CORE, SK, FNMI) Touted as the first synthesis of traditional Métis clothing to date, this kit offers 50 high-quality colour study prints that portray the diversity of traditional Métis culture. On the back of each print is valuable information about that particular visual. These prints and the accompanying teacher's resource provide support material for the instruction of Métis history and culture, as well as archival research materials for students.

The teacher's resource offers extensive background reading and units of study with themes and topics that could be adapted to support various curricula. Included are a table of contents, a glossary, Michif language translations, a section of attractive maps, and a bibliography.

Additional Resources for Teachers

Gabriel Dumont Institute Virtual Museum of Métis History and Culture

This is a comprehensive website that chronicles traditional Métis history and culture. It contains a wealth of primary documents as well as visual, audio and video files.

This link below is to the Music and Dance collection on the website. You can find many Métis music and dance resources to extend students' learning about the Métis culture.

<http://www.metismuseum.ca/resource.php/02316>

Métis Legacy II (Adult Book)

By Lawrence Barkwell, Leah M. Dorion, and Audreen Hourie

Michif is more than a language. It is both a worldview and a name for a people. This timely book, the second volume of The Metis Legacy Series, delineates traditional Michif culture including: folklore, storytelling, medicines, and healing traditions, spirituality, transportation systems, housing, clothing, and family structures. Co-published with Pemmican Publications, this resource is an indispensable companion for all those interested in knowing more about the Michif worldview and culture.

Available for purchase here;

<https://gdins.org/product/metis-legacy-ii-michif-culture-heritage-and-folkways/>

Métis Artists

Ashum Stompers- Dance <https://www.youtube.com/watch?v=pcgq5x57cFs>

Creeland Dancers- <https://www.youtube.com/watch?v=aEjdgudnIDo>

Sierra Noble- Dance- Red River Jig (recorded at 14 years of age)

<https://www.youtube.com/watch?v=1XsrUYNPDks>

<http://www.sierranoble.com/>

Donny Parenteau – Musician <http://www.donnyparenteau.com/>

Leah Dorian - teacher, painter, filmmaker and author. <http://www.leahdorian.ca/>

Andrea Menard – Singer, actor, writer. <http://www.andreamenard.com/media.html>

Métis Festivals

John Arcand Fiddle Festival

<http://www.johnarcanfiddlefest.com/>

Back to Batoche Days

<http://backtobatoche.org/>