



AZERBAIJAN

Sur papaq

Passing game 'cap dragging' is one of the oldest games in Azerbaijan.

Age: 7 to 18 years.

How to play

- Two teams with four to eight players in each team.
- A flat playing space approximately the size of a football pitch.
- A game is made up of two, 10 minute halves.
- The game starts from the centre of the playing area with the attacking team passing the ball to one of their own players.
- The attacking team must run, passing the ball to each other with the aim of scoring through the hoop in the defenders' area.
- A defender may not touch an attacker but may attempt to intercept the ball when thrown.
- After a score the ball returns to the centre and the defending team's players become the attackers.

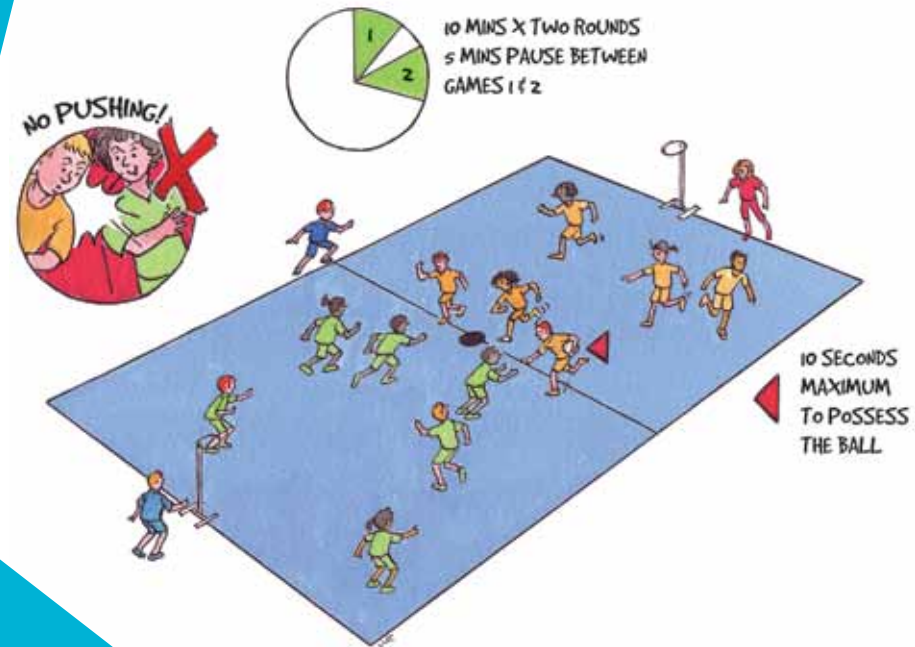
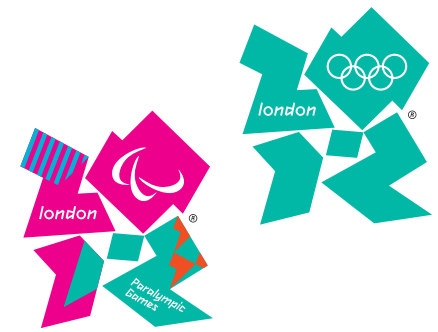
- If a score is not made the defenders take the ball from that point and become the attackers, aiming to score at the opposite end of the playing area.
- If two players hold the ball at once the referee bounces the ball between the two players to restart the game.
- An attacking player may not hold the ball for longer than 10 seconds.

Equipment

Heavy ball.

Safety

No contact permitted.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): The goal target could be drawn on the ground.
- **E**(quipment): Use a lighter ball.
- **P**(eople): Increase the number of attackers.

Making the game harder

- **S**(pace): NA.
- **T**(ask): Every member of the attacking team must touch the ball before an attempt on goal.
- **E**(quipment): NA.
- **P**(eople): Increase the number of defenders.

Including young disabled people

The Inclusion Spectrum offers specific guidance on how inclusion of ALL young people in physical activity can be achieved to ensure maximum participation and achievement.

By applying the principles of STEP within the Inclusion Spectrum ALL young people will have the opportunity to achieve and progress their learning.

Inclusion Spectrum checklist

- Work on the principle that ALL young people can take part at their own level of ability and be challenged in an appropriate way to improve.
- There are five options for inclusive activity for young people to progress learning and experience success:
 - Open – Naturally inclusive activities that need no modification.
 - Modified – Variations and adaptations (STEP) to modify the activity.
 - Parallel – Groups or teams based on ability.
 - Separate practice for individuals or groups enabling successful integration.
 - Disability sport activities for non-disabled and disabled young people (reverse integration).

Skills Developed

- Agility.
- Throwing.
- Catching.
- Aiming.
- Teamwork.
- Playing strategies.

This activity can be used as

- A game.

Olympic and Paralympic Values this activity can develop

- Respect.
- Friendship.
- Equality.
- Courage.
- Determination.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





BANGLADESH

Daria Bandha

A traditional tagging game played in rural communities.

Age: 12+

How to play

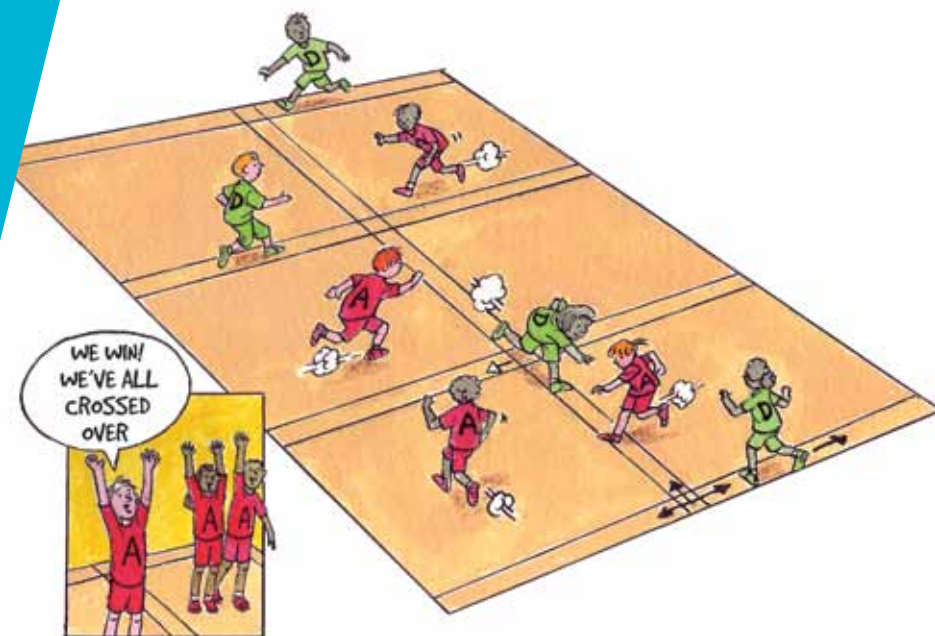
- Two equal-sized teams.
- A playing space 14m x 7m divided into equal spaces – equal to the number of defenders playing the game.
- The attacking team attempts to cross the playing space from one end to the other.
- The defending team try to prevent the attackers crossing the space by tagging them.
- Defenders are restricted to an allocated space.
- Teams swap over once all the attackers have either crossed the space or been tagged.

Scoring

- The team with the greater number of players successful in crossing the space without being tagged is the winner.

Safety

- A flat playing space free of debris.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): Decrease the number of defenders.

Making the game harder

- **S**(pace): NA.
- **T**(ask): Set a time limit for all the attackers to cross the playing space.
- **E**(quipment): NA.
- **P**(eople): Increase the number of defenders.

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Skills developed

- Running.
- Changing direction.

This activity can be used as

- A warm up.
- A game.

Olympic and Paralympic Values this activity can develop

- Respect.
- Determination.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





BRAZIL

Elastico

A jumping game of unknown origin.

Age: 6+

How to play

- Played in groups of two or three.
- A flat open playing space.
- Two players stand opposite each other inside the elastic and hold it taut at ankle height with legs apart.
- One player stands inside the elastic three steps from the other players.
- If there are only two players then one end of the elastic should be secured round a fixed object.
- The rules vary according to the age of the players.
- The players create their own jumping phase (pattern) using a combination of any jumps, for example:
 - both feet on the elastic;

- both feet outside the elastic; or
- one foot out and one foot in the elastic, jumping from one foot to the other.
- The two players holding the elastic gradually raise its height.
- The 'jumping' player continues until he or she is unable to complete their planned phase.
- The game continues until every player has had a turn.
- The player who completed their phase at the highest level will be the winner.

Equipment

- Elastic a minimum of 4m in length and with a width of 0.5cm.

Safety

- Extreme care when jumping in and out of the elastic.
- A flat playing area free of debris.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): Restrict the height the elastic can go to.
- **E**(quipment): NA.
- **P**(eople): NA.

Making the game harder

- **S**(pace): Increase the distance between the two players holding the elastic.
- **T**(ask): Work with a parallel partner.
- **E**(quipment): NA.
- **P**(eople): NA.

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Skills developed

- Coordination.
- Balance.
- Jumping.

This activity can be used as

- A game.

Olympic and Paralympic Values this activity can develop

- Courage.
- Determination.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





EGYPT

The handkerchief game

A traditional Egyptian game played widely across the country.

Age: 5 to 16 years.

How to play

- Two equal-sized teams of five or more players and one leader.
- The playing space is two parallel lines 20m apart.
- The leader stands holding up a handkerchief in a circle drawn in the centre of the playing area.
- Players in each team are numbered one to five (above if there are more than five players).
- The game begins by the leader holding up the handkerchief with arm extended calling a number from one to five (above if there are more than five players).
- The two players from each team with this number quickly run into the circle to try to grab the handkerchief from the leader.

- The player who succeeds in grabbing the handkerchief tries to run back to his or her line without being tagged by their opposite number.

Scoring

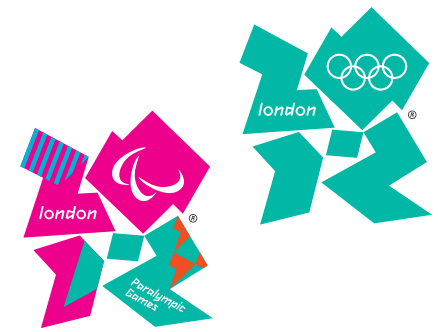
- The player wins a point for the team if this task is completed successfully.
- If the player is tagged then the point goes to the opposite team.

Equipment

- A handkerchief.

Safety

- A flat playing area free of debris.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): Players race to be back first to their line with the handkerchief.
- **E**(quipment): Two handkerchiefs – one for each player.
- **P**(eople): NA.

Making the game harder

- **S**(pace): NA.
- **T**(ask): As well as grabbing the handkerchief, players may attempt to block the space of their opponents.
- **E**(quipment): NA.
- **P**(eople): NA.

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Skills developed

- Running.
- Stopping.
- Change of direction.

This activity can be used as

- A warm up.

Olympic and Paralympic Values this activity can develop

- Respect.
- Determination.
- Equality.
- Friendship.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





ETHIOPIA

Korko

An aiming game played since 1900 in many regions of Ethiopia.

Age: All ages.

How to play

- Unlimited numbers but played in pairs made up of one sender and one thrower at a time.
- A 15m x 10m playing space.
- The sender rolls the hoop in a straight line across the space and remains at the side until the throw is complete.
- When ready the thrower throws a spear-like stick at the rolling hoop from a distance of 10m.
- After three attempts the sender and the thrower change places and the activity is repeated.
- The winner is the player who has scored the most points.

Scoring

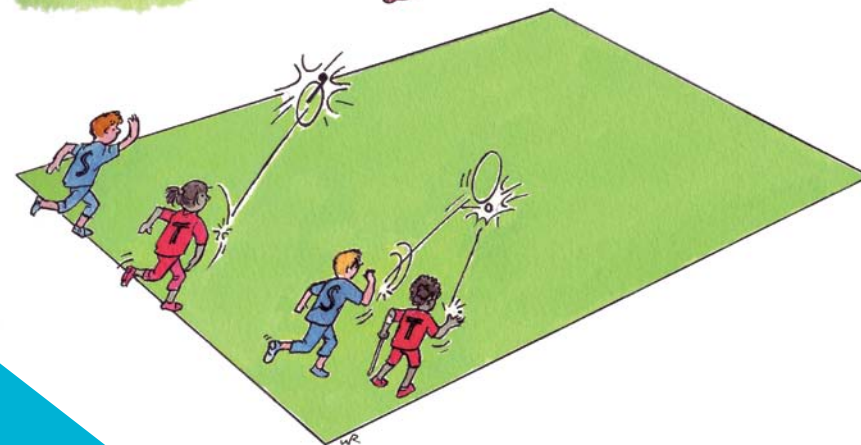
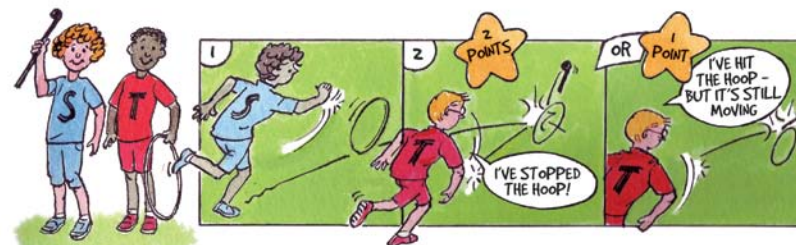
- Two points if the throw stops the hoop.
- One point if the throw touches the hoop but does not stop it rolling.

Equipment

- A hoop.
- A spear-like stick with blunt ends.

Safety

- Senders must remain at the side.
- Throwers must remain at the throwing line.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Shorten the throwing distance and widen the rolling distance.
- **T**(ask): Roll instead of throw.
- **E**(quipment): Use a ball instead of a stick and a larger hoop.
- **P**(eople): Use more than one sender.

Making the game harder

- **S**(pace): Extending the throwing distance and reduce the rolling distance.
- **T**(ask): The stick must go through the hoop to score.
- **E**(quipment): A smaller hoop.
- **P**(eople): NA.

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An adaptation for this game could be to roll a ball at the target instead of throwing.

Skills developed

- Throwing.
- Aiming.
- Rolling.

This activity can be used as

- A skill-development activity.

Olympic and Paralympic Values this activity can develop

- Determination.
- Excellence.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





GHANA

Ampe

A simple jumping game played mainly by girls in Ghana.

Age: 8 to 18.

How to play

- The game is played by two to 10 players.
- A leader or 'it' controls the game.
- If there are two players they play against each other to score points.
- The leader or 'it' and the other player jump up at the same time, clap, and thrust one foot forward.
- If the leader or 'it' and the other player have the same foot forward, the leader wins a point and keeps playing.
- If the leader or 'it' and the other player have different feet forward then the other player becomes 'it' and continues the game.

- If there are a number of players the game can be played in a circle, semi circle or in a straight line.
- If the players are in a circle/semi circle, the leader or 'it' moves round the inside of the circle, playing against others in turn swapping over if the players have different feet forward at the end of the jump.
- In a group game everyone has a turn at being leader or 'it' keeping their own score - the winner is the player who has scored most points.

Safety

- A flat playing space free of debris.

Scoring

- Points can only be scored when the player is the leader or 'it'.
- If there are two players, they agree a target score and the winner is the player who reaches the target first.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): Stepping instead of jumping.
- **E**(quipment): NA.
- **P**(eople): NA.

Making the game harder

- **S**(pace): NA.
- **T**(ask): Introduce a double clap during the jump.
- **E**(quipment): NA.
- **P**(eople): NA.

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An adaptation for this game could be to use hands instead of jumping and thrust one hand forward instead of a foot.

Skills developed

- Coordination.
- Agility.

This activity can be used as

- A game.

Olympic and Paralympic Values this activity can develop

- Friendship.
- Equality.
- Respect.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





Kho Kho

A 'chasing' game – one of the most popular traditional sports in India.

Age: 10 to 14 years.

How to play

- Two teams of nine players.
- A match consists of two 'innings'. An 'innings' lasts for seven to nine minutes.
- A flat playing space measuring 27m x 15m.
- The chasing (attacking) team sits in a line between two poles down the centre of the playing area, with team members alternately facing in opposite directions. One chaser remains standing.
- The runners (defenders) are positioned, in groups of three, outside the playing area (see illustration).
- When the first three runners enter the playing area, the standing chaser runs, in one direction only, around the poles to tag a runner.

- In order to catch a runner out, the chaser can touch one of their seated team-mates who takes up the chase (the previous runner sits in their place).
- The new chaser must run in only one direction – the direction in which they started moving. Runners can move in any direction.
- When all three runners are tagged three new runners enter the playing area.
- The innings ends when all the runners have been tagged or the playing time has elapsed.
- The teams then change roles.

Scoring

- The chasing team scores a point for each runner tagged.
- The team that scores the most points within the time period wins; or

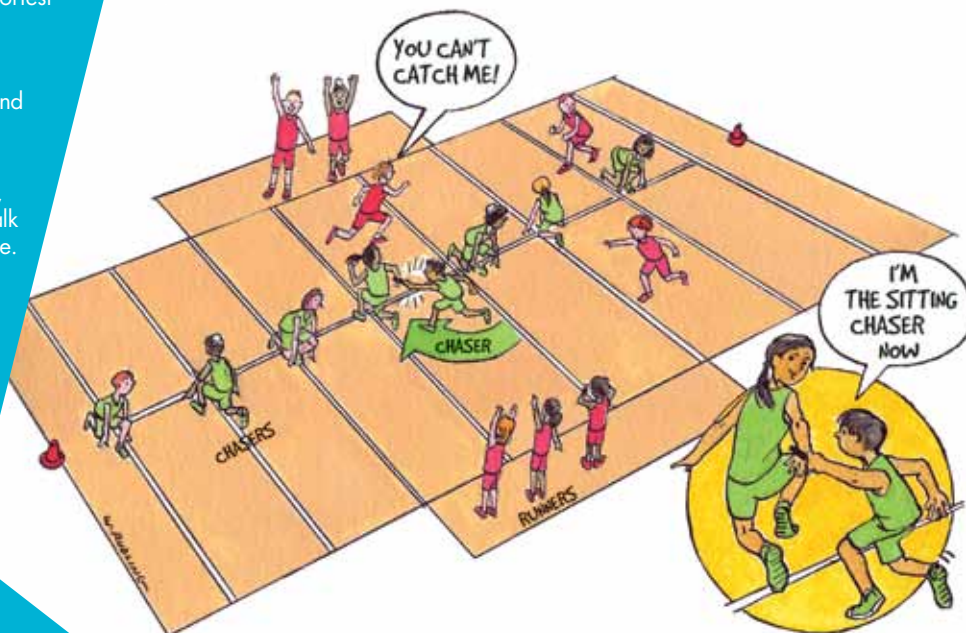
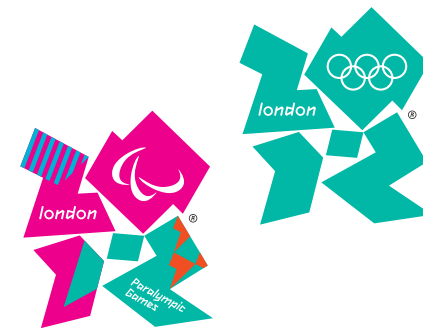
- the team that tags all opponents in the shortest possible wins.

Equipment

- Fix poles in the ground (outside) or marker discs or cones.
- Marker discs, cones, tape, powder or chalk to mark out the space.

Safety

- A flat, non-slippery indoor or outdoor playing space free of debris.
- Chasers tag runners with flat palm without force.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): The dimensions of the playing space can be reduced for example, distance between the poles (markers); reduce the size of the playing area and the distance between the poles.
- **T**(ask): The chasers can stand instead of sitting and/or chase in any direction;
 - the time can be decreased from seven to five minutes.
- **E**(quipment): Use tags or ribbons in players waistbands instead of touching.
- **P**(eople): Increase the number of runners and decrease the number of chasers; match abilities of chasers and runners.

Making the game harder

- **S**(pace): NA.
- **T**(ask): Increase time from seven to nine minutes.
- **E**(quipment): NA.
- **P**(eople): Decrease the number of runners.

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Skills developed

- Running.
- Stopping.
- Dodging.
- Teamwork.

This activity can be used as

- A skill-development activity.
- A game.

Olympic and Paralympic Values this activity can develop

- Determination.
- Excellence.
- Equality.
- Friendship.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





INDONESIA

Galah Asin

A traditional tagging game played across the Indonesian archipelago.

Age: 7+

How to play

- Two teams of five players, with one team attacking and one defending.
- The playing area is 15 m x 9 m, divided into six equal spaces.
- Each team has 15 minutes to score as many points as possible.
- Attackers start at one end of the playing area and on a signal try to cross all the lines in front of them to reach the other end.
- Attackers may pause between any two lines in a space but may not step back over any line previously crossed.
- Defenders must stand on the lines and attempt to tag the attackers as they try to pass.

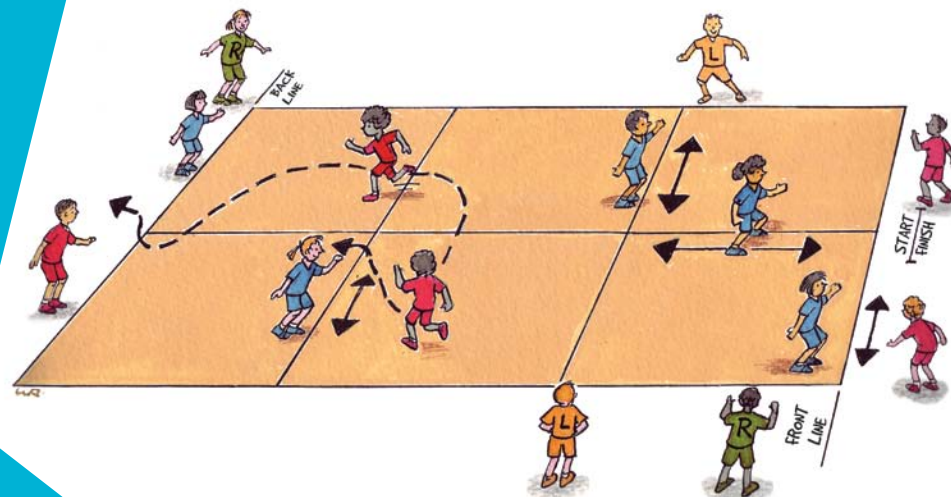
- Defenders may not move off their line to tag the attackers.

Scoring

- Attackers who manage to get all the way to the other end without being tagged get one point.

Safety

- A flat playing area free of debris.
- Defenders tag between shoulder and waist.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): One point scored for each line crossed successfully without being tagged.
- **T**(ask): Attackers may move sideways as well as forwards to avoid the defenders.
- **E**(quipment): NA.
- **P**(eople): Decrease the number of defenders.

Making the game harder

- **S**(pace): NA.
- **T**(ask): Attackers must cross the space, there and back to score one point.
- **E**(quipment): NA.
- **P**(eople): Increase the number of defenders.

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Skills developed

- Running.
- Stopping.
- Changing direction.
- Teamwork.
- Planning and strategies.

This activity can be used as

- A skill development activity.
- A game.

Olympic and Paralympic Values this activity can develop

- Friendship.
- Determination.
- Inspiration.
- Courage.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





JORDAN

Seven stones

An indigenous aiming game.

Age: 9 to 12 years.

How to play

- Two teams with a minimum of two players in each team.
- An open, safe playing space dependent on the number of players.
- Seven stones on top of each other in a pile within a circle.
- The attacking team stands within 3-4m of the circle.
- In turn the attacking team throw a ball at the seven stones until the pile is knocked down.
- Once all the stones are down, defending team members retrieve the ball and aim to hit the attackers below the knee. Attackers hit below the knee are frozen in the game.

Scoring

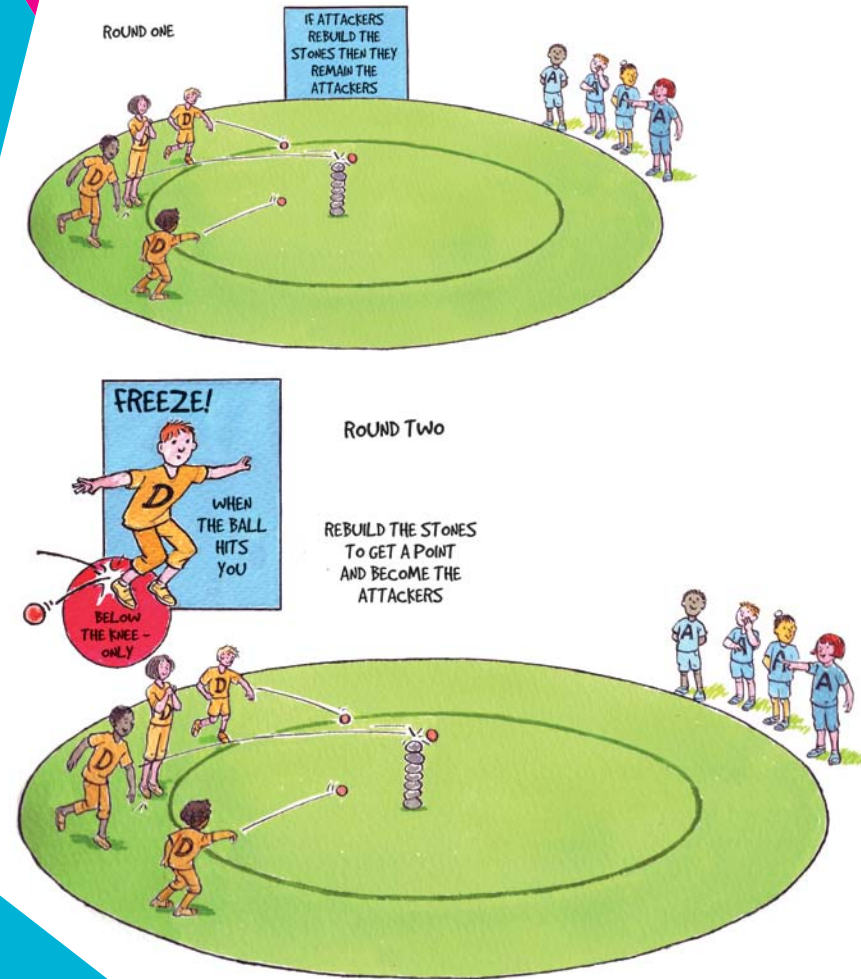
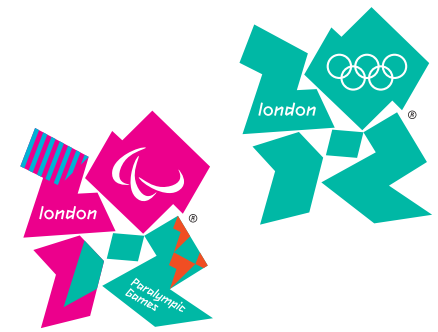
- If the stones are rebuilt by the attacking team before being frozen out they score one point and remain the attacking team.
- If the defenders freeze out the attacking team they score one point and become the attackers.

Equipment

- Seven stacking objects or stones.
- A small tennis ball or similar.

Safety

- Use a soft rubber ball or similar.
- Hit with the ball below the knees.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Attacking team stand nearer the stones.
- **T**(ask): Rolling instead of throwing.
- **E**(quipment): Bean bags.
- **P**(eople): Increase the number of attackers in the team.

Making the game harder

- **S**(pace): Attacking team stands further away from the stones.
- **T**(ask): Over-arm throw only.
- **E**(quipment): Two piles of seven stacking objects or stones.
- **P**(eople): Increase the number of defenders.

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An adaptation for this game could be to roll the ball at the target.

Skills developed

- Throwing.
- Catching.
- Aiming.

This activity can be used as

- A skill-development activity.

Olympic and Paralympic Values this activity can develop

- Respect.
- Excellence.
- Friendship.
- Determination.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





MALAYSIA

Circle sepak takraw

A kicking game from the 15th century played throughout South East Asia.

Age: 5+

How to play

- Each team has six players.
- A 1m radius circle on any flat playing space bounded by a 4m radius circle.
- The playing team stands anywhere in the 4m circle but not in the 1m circle.
- A player starts in the centre of the 1m circle and tosses the ball to any one of their team members and then rejoins their team.
- The first touch by this player must be a kick-volley.
- All kicks or passes between players should cross the 1m circle and aim to be above head height.

- Players should use a variety of skills such as kicking, heading, shouldering, kneeing and tipping with a toe. All parts of the body can be used except the hands and arms.
- Each team has three tosses to keep the ball in play.
- After the three tosses are completed, change the playing team.
- The ball may not be passed to a team member immediately on the left or right.
- A player may only touch the ball a maximum of three times before passing.
- A player may not step outside the 4m circle or into the 1m circle.

Scoring

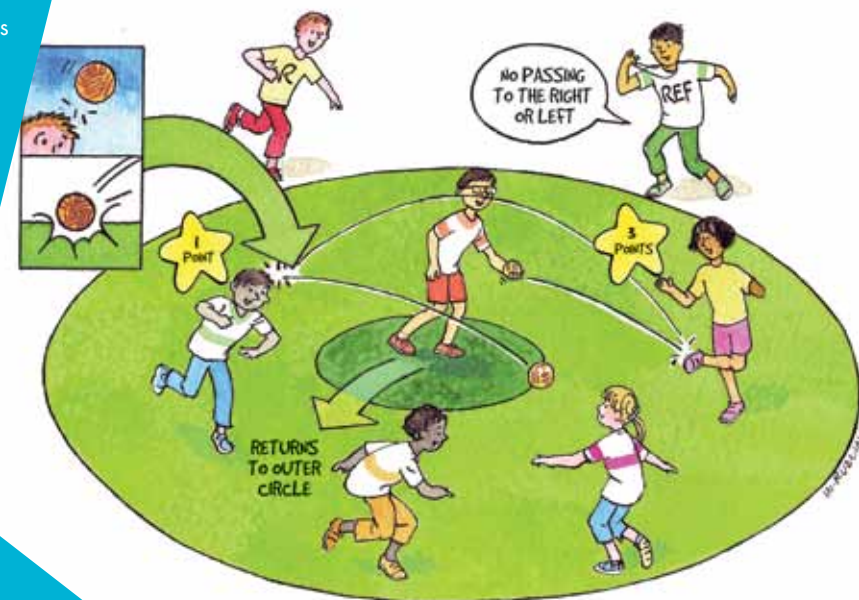
- Kick-volley, head pass = one point.
- Shoulder, knee, toe or other body pass = two points.
- Team total is the number of points gained from the three tosses.

Equipment

- A rattan ball or a ball of similar size, with a circumference of around 40/45cm.

Safety

- Ankles protected by socks or stockings and sports shoes.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Use the whole playing area (both circles).
- **T**(ask): No limit to the number of touches before passing.
- **E**(quipment): Use a softer ball.
- **P**(eople): NA.

Making the game harder

- **S**(pace): Make the playing space larger.
- **T**(ask): Each player can touch the ball a maximum of two times before passing.
- **E**(quipment): Use a smaller ball.
- **P**(eople): Reduce the number of players in a team.

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An adaptation for this game could be to use hands and arms.

Skills developed

- Kick-volley.
- Heading.
- Coordination.

This activity can be used as

- A skill-development activity.
- A game.

Olympic and Paralympic Values this activity can develop

- Determination.
- Courage.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





MOZAMBIQUE

Mundo

A hopping game traditionally played in Zambezia province in Central Mozambique.

Age: 6 to 14 years.

How to play

- Teams of two to four players.
- A 2m spiral playing space divided into 20 sections.
- The first player from team A selects a starting space on the outer edge of the spiral.
- The player hops on the same leg through each section to the middle and back again after reaching all 20 sections.
- If the player completes the task (ie the round of 20 sections) he or she randomly marks one of the sections with a cross.

- The first player from team B may not hop into the crossed section. He or she repeats the task (ie the round of the sections remaining) and marks another free section with a cross.
- The next player from team A starts again by hopping from the outer edge of the spiral in to the next available free section, and completes the task as above followed by the next player from team B and so on.
- They continue to play until one of the players from either team A or team B fails to complete the task.
- The more sections they mark with a cross, the more difficult is to hop to another available free section. For example, if sections one, two, three, four, five and six are already marked, then the player has to hop from section zero to section seven without touching or landing in any of the sections from one to six.
- If a player fails to hop into a free section, then he or she loses the opportunity to mark another section.

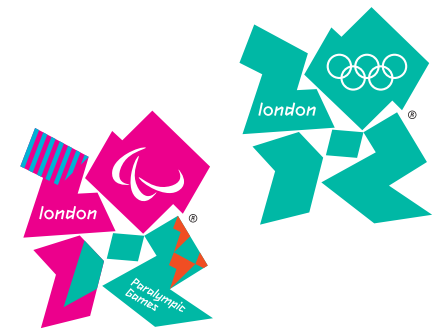
- A player also loses if he or she changes the hopping leg during the game.
- The game ends when the players are no longer able to hop to free sections.

Scoring

- The team which marks the most sections wins the game.

Safety

- A flat playing surface clear of any debris.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): Change hopping foot.
- **E**(quipment): NA.
- **P**(eople): Play as individuals.

Making the game harder

- **S**(pace): Increase the size of the spiral and the number of sections.
- **T**(ask): Hopping on one foot to the middle and on the other foot back again.
- **E**(quipment): NA.
- **P**(eople): NA.

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Skills developed

- Coordination.
- Hopping.
- Balance.

This activity can be used as

- A warm up.
- A skill-development activity.

Olympic and Paralympic Values this activity can develop

- Friendship.
- Determination.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





NIGERIA

Okwe

A throwing and catching game said to be 'as old as man', played all over Nigeria.

Age: 11 to 16 years.

How to play

- Two or more players are required to play this game.
- The playing space required depends on the number of players, for example 2m x 2m for two players.
- Throw all seven playing objects on the ground.
- One player picks one of the objects and throws it up. Before it comes down, he or she picks up one of the remaining six objects on the ground and then catches the object thrown up.
- Continue to throw one object up and continue to pick up the other objects on the ground one by one with the same hand, until all six objects have been picked up.

- Repeat the activity and continue to increase the number of objects picked up in one turn until all six objects have been picked up at once to end the game.
- If before picking up the object on the ground the one thrown up falls to the ground the player loses his or her turn and another player takes over.
- The stage at which the player loses their turn is where they continue from when it is their turn again.
- The throwing and catching action should be completed using the same hand.
- If either more or fewer objects are picked up by mistake the player loses his or her turn.

Scoring

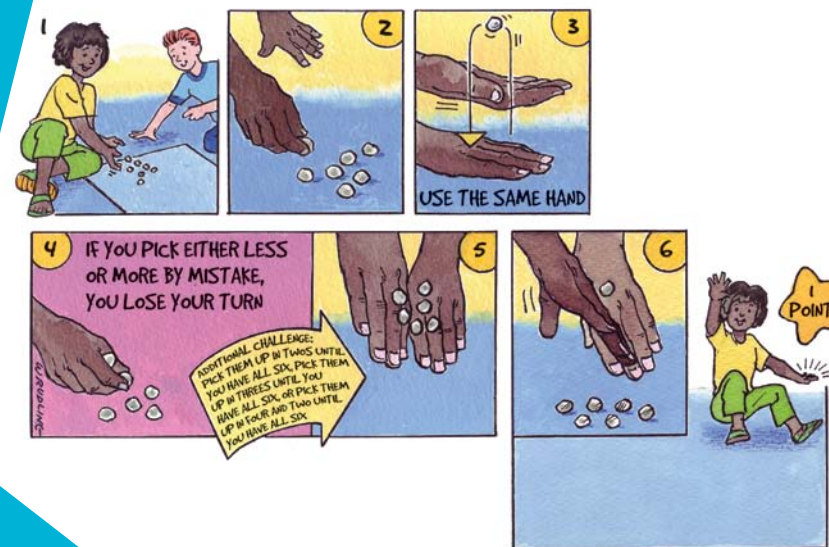
- Score one point for completing the task of picking up six objects.

Equipment

- Small roundish objects that have a smooth surface like pebbles, rubber seeds and beads.

Safety

- The objects should be smooth.
- The objects should be thrown away from players' faces.



Adaptations and variations

Making the game easier

- **S**(pace): After throwing, move the objects on the floor closer together before the game begins.
- **T**(ask): Reduce the number of objects to be used in the game.
- **E**(quipment): Use softer textured objects.
- **P**(eople): Work in pairs – one thrower/catcher and one gatherer of objects.

Making the game harder

- **S**(pace): After throwing, move the objects at least 10cm apart.
- **T**(ask): Increase the number of objects in the game.
- **E**(quipment): Use smaller objects.
- **P**(eople): NA.

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Adaptations for this game could be:

- playing the game on a table; or
- objects may be touched or pushed aside while a partner throws and catches one object.

Skills developed

- Catching.
- Throwing.
- Reaction time.

This activity can be used as

- A skill-development activity.
- A game.

Olympic and Paralympic Values this activity can develop

- Determination.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





PAKISTAN

Gilli-danda

A striking game referenced in medieval text from the later part of 13th century.

Age: 6+

How to play

- Two teams of equal sizes, one made up of batters, one of fielders.
- The object of the game is to use the danda (a wooden stick 2m long) to strike the gilli (a long, skinny pine cone).
- A circle is drawn on the ground (the home base) in an open playing space with no specific boundaries.
- The first batter places the gilli in the circle and taps the end of it with the danda in an attempt to get the gilli to come off the floor into the air.
- Once in the air, the batter tries to hit the gilli as far away from the home base as possible.

- Once the gilli touches the ground, the batter continues to repeat the process from that spot until the fielders catch the gilli.
- Once the gilli is caught, the distance from the home base to the catcher is measured.
- All players in the batting team repeat the process.
- Teams change over and fielders become batters.

Scoring

- The danda is used to measure the distance each player has moved the gilli, with each length of danda equal to one point.
- Measure from the fielder who caught the gilli to the home base.
- The team with the most points wins.

Equipment

- A danda or similar.
- A gilli or similar small object.

Safety

- All players must be at least 1m from the home base.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): NA.
- **E**(quipment): Use a bat instead of a danda.
- **P**(eople): Decrease the number of fielders.

Making the game harder

- **S**(pace): NA.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): Increase the number of fielders.

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An adaptation for this game could be to hit directly from the hand or throw it.

Skills developed

- Hitting.
- Catching.
- Hand-eye coordination.

This activity can be used as

- A skill-development activity.
- A game.

Olympic and Paralympic Values this activity can develop

- Respect.
- Determination.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





PALAU

Bani

A throwing and catching game passed on from one generation to another since the late 1970s.

Age: 6+

How to play

- Four or more players divided into an attacking team and a defending team of equal numbers.
- An open playing space with boundaries decided by the players.
- A 1m 'throwing' line is drawn approximately 6m from the target circle.
- The target circle is approximately 0.5m in diameter.
- The 'target' (three cans or similar objects) is stacked inside the target circle.
- Each player in the attacking team has a maximum of three attempts to aim a throw from the 1m throwing line to knock down the cans in the target circle.
- A defending player called the 'catcher' stands behind the target circle to try to catch the ball from any missed throws.
- If an attacking player throws the ball – with a single bounce or no bounce – misses the target and a defender catches the ball, the attacker's turn is finished. If, however, the defender fails to catch the ball the attacking player has up to three attempts to knock down the target.
- When an attacking player knocks down the stack of cans, the attacking team have to work together to re-stack the cans calling out 'play one', 'play two', 'play three' for each can and when all three cans are re-stacked count from one to 10 and shout 'Bani' to complete one round.
- The attacking team must attempt to re-stack the three cans and avoid getting 'hit out' with the ball by the defending team.
- To 'hit out' an attacking player, a defending player must hit the attacking player on any part of the body below shoulder height.
- If an attacking player gets hit with a ball by the defending team that player is 'out' for that round.

- The defending team is aiming to 'hit out' all offensive players before they can re-stack the cans and claim 'Bani'.
- The defenders are not allowed to run with the ball. They must pass the ball to each other to move the ball around.
- The game continues for a determined number of 'innings' or set period of time.

Scoring

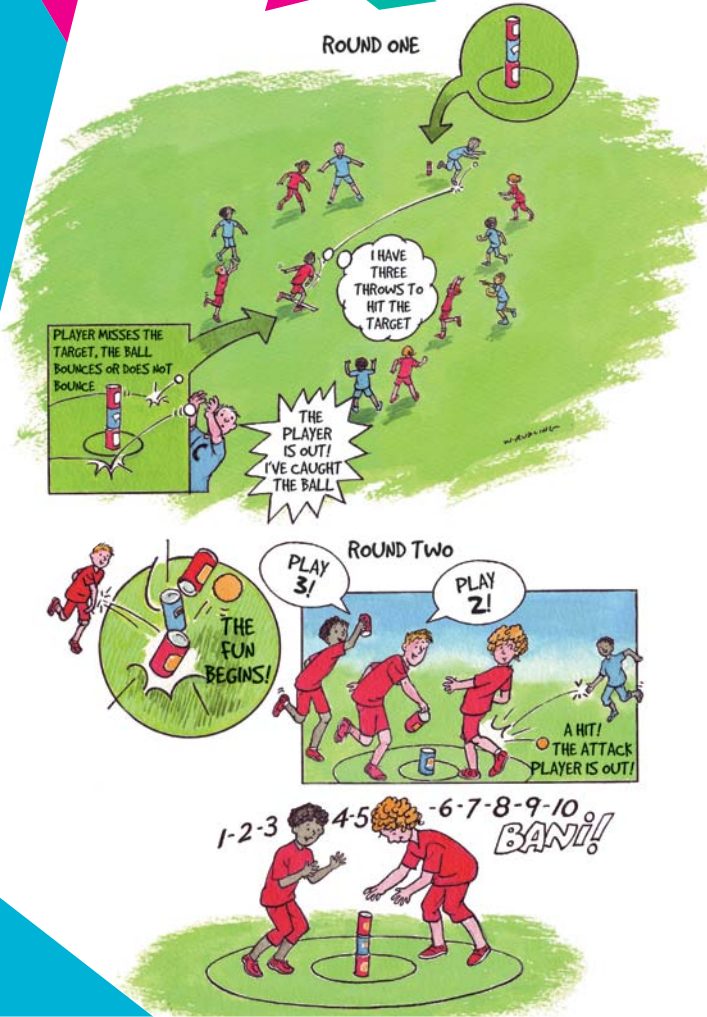
- Every 'round' completed by the attacking team equals one point.
- The winning team is the one with the most points at the end of the game.

Equipment

- Three cans two-thirds filled with dirt, sand, small rocks etc, to weigh them down.
- A ball of any size but not too hard, for example a volleyball or rubber ball (tennis-ball size).

Safety

- The attackers must throw from behind the throwing line.
- The defenders must aim to 'hit out' the attackers below shoulder height.
- Use balls that are not too hard.



Adaptations and variations

Making the game easier

- **S**(pace): Reduce the size of the playing space and reduce the distance between the 1m throwing line and the target circle.
- **T**(ask): Roll the ball instead of throwing it.
- **E**(quipment): Use larger balls.
- **P**(eople): Increase the number of players.

Making the game harder

- **S**(pace): Increase the distance between the 1m throwing line and the target circle.
- **T**(ask): Limit the attackers to one throw each.
- **E**(quipment): Use smaller balls.
- **P**(eople): Reduce the number of players.

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Skills developed

- Throwing.
- Aiming.
- Dodging.
- Hand-eye coordination.

This activity can be used as

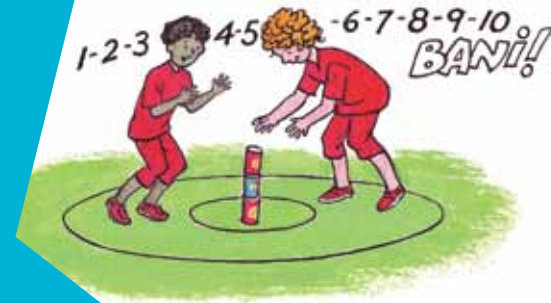
- A game.

Olympic and Paralympic Values this activity can develop

- Determination.
- Excellence.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





SOUTH AFRICA

Three tins

An aiming game that forms part of South Africa's heritage.

Age: 6 to 18 years.

How to play

- Two equal teams with a minimum of five people.
- A playing space 8m x 4m.
- Three tins are placed on top of each other.
- The first player has three attempts to knock the tins down.
- The player throws the ball from outside the marked playing area.
- If successful the player runs out, re-builds the tins, draws a square around the tins and hops over the tins three times.
- If the ball misses or is thrown too far the players shout 'Thayma' until the ball is returned.

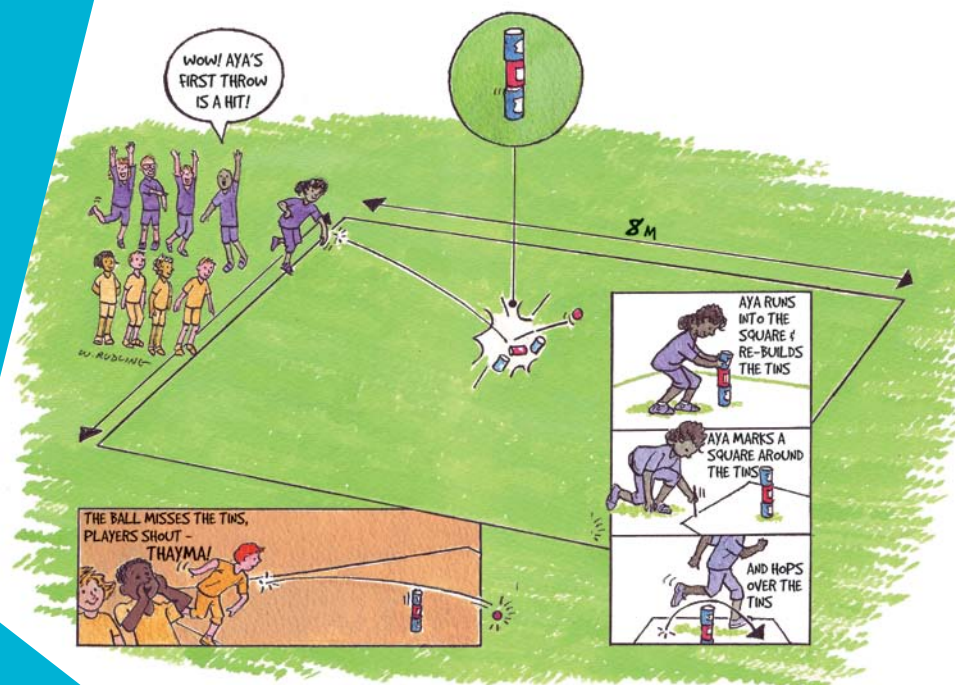
- If after three throws the player has been unsuccessful, the first player from the opposing team becomes the thrower.

Equipment

- Three tins, plastic blocks or other stacking objects.
- A small ball.

Safety

- A flat playing area free of debris.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Decrease the space.
- **T**(ask): NA.
- **E**(quipment): A larger ball.
- **P**(eople): NA.

Making the game harder

- **S**(pace): Increase space.
- **T**(ask): NA.
- **E**(quipment): Four stacking objects.
- **P**(eople): NA.

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Skills developed

- Balance.
- Hand-eye coordination.

This activity can be used as

- A skill-development activity.
- A game.

Olympic and Paralympic Values this activity can develop

- Respect.
- Friendship.
- Determination.
- Courage.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





SOUTH ASIA

Kabaddi

An invasion/tagging game believed to be more than 4,000 years old, played all over Asia with minor variations.

Age: 12+

How to play

- Two teams of seven players – a 'raiding' (attacking) team and an 'antis' (defending) team.
- Each occupy half of the playing area.
- Each team may also call upon three reserves who can be swapped in for a player at any time.
- It is a game of two 20-minute halves with a five-minute half time.
- The playing space is 13m x 10m divided into two halves.
- A raider attempts to cross into the antis' half to tag one of their players and return to his or her own half.

- A raider takes a deep breath at the start of his or her turn and must hold this breath while attempting to tag an antis and return to his or her own playing space.
- A raider is sent off if he or she takes a breath before returning to his or her own half or goes out of the playing area.
- If an antis player is tagged they leave the playing space.
- The remaining members of the antis team form a chain to attempt to stop the raider from returning to his or her own half.
- If the chain breaks or the antis step out of the playing area they lose a player.
- Players are only allowed back into play when their team has completed a successful raid.
- The teams change over when all the antis or raiders are out.

Scoring

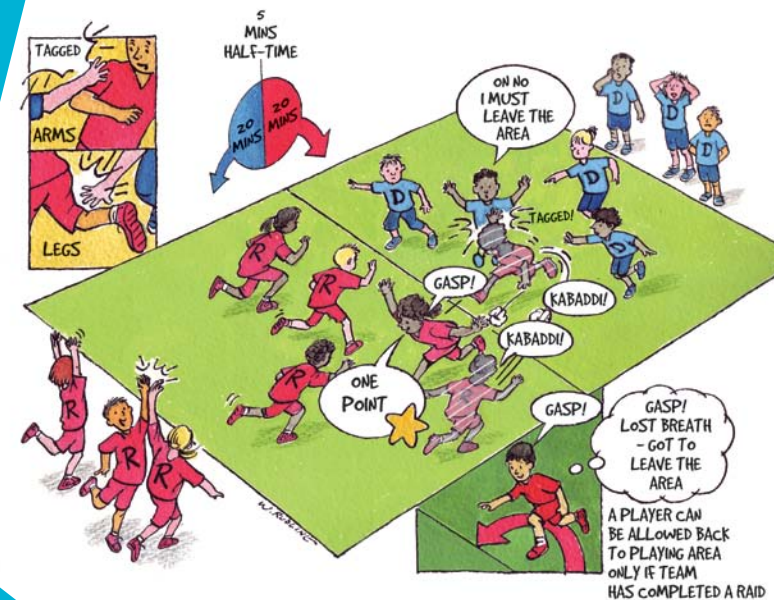
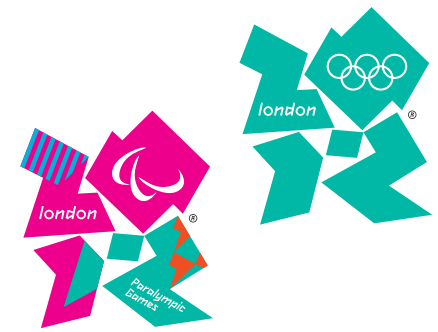
- If a raider makes a successful tag they score one point.
- If the antis team catches the raider before they return to their own half they score one point.
- An Iona (two points) is scored if all antis are declared out.
- The team with the most points at the end of the match is the winner.

Equipment

- A flat playing area clear of debris.

Safety

- Tag on the torso.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Increase the space.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): NA.

Making the game harder

- **S**(pace): NA.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): NA.

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Skills developed

- Aiming.
- Throwing.
- Changing direction.
- Coordination.

This activity can be used as

- A warm up.
- A skill-development activity.

Olympic and Paralympic Values this activity can develop

- Determination.
- Courage.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





TANZANIA

Shake

A tagging game of uncertain origin played widely by children in Tanzania.

Age: 5 to 12 years.

How to play

- Two teams of six players.
- A grid (ie boxes with corridors) drawn on the ground the approximate size of a volleyball court.
- The defending team's players position themselves along any corridors within the grid.
- The attacking players position themselves outside the grid at one end.
- On a signal, the attacking team moves from box to box in an attempt to get to the opposite end of the grid.
- The defending team aims to tag the attackers whenever they pass through a corridor space.

Scoring

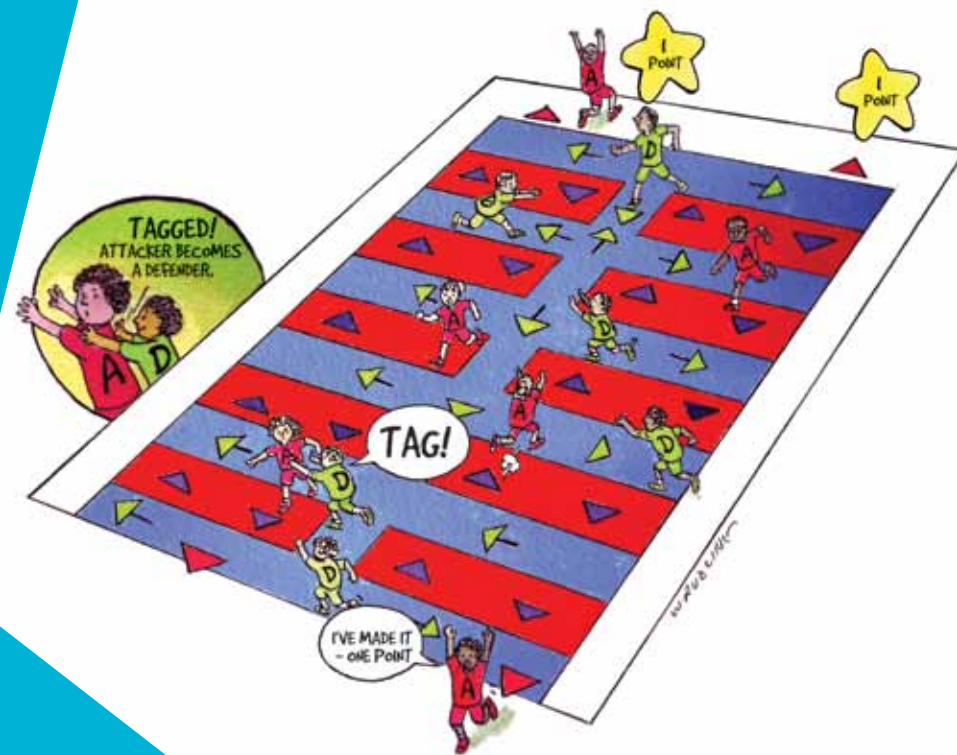
- Each member of the attacking team who reaches the opposite end of the grid without being tagged scores one point.
- The attacking team repeats the activity back to the starting line scoring in the same way.
- When an attacker is tagged in a corridor he or she becomes a member of the defending team.
- When the attacking team has had two attempts to score points the teams change over.

Equipment

- A playing area the size of a volleyball court marked with grids and corridors.

Safety

- A flat playing area free of debris.
- Defenders tag between shoulder and waist.



Adaptations and variations

Making the game easier

- **S**(pace): Decrease the size of the corridor areas.
- **T**(ask): Attackers score one point for every box reached successfully.
- **E**(quipment): NA.
- **P**(eople): Increase the number of attackers.

Making the game harder

- **S**(pace): Increase the size of the corridor space.
- **T**(ask): Attackers must cross the grid there and back to score one point.
- **E**(quipment): NA.
- **P**(eople): Decrease the number of attackers.

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An adaptation for this game could be that an attacker scores one point for each box reached successfully.

Skills developed

- Running.
- Stopping.
- Changing direction.
- Teamwork.
- Planning and strategies.

This activity can be used as

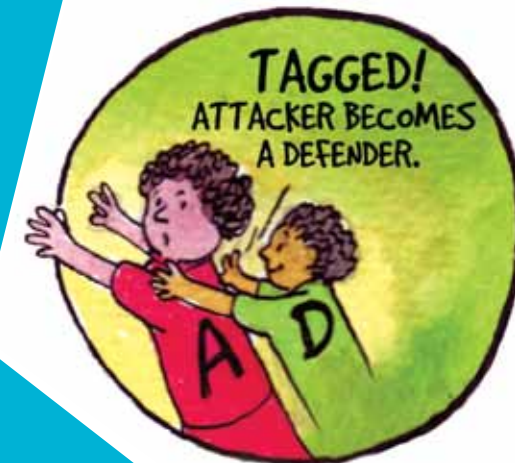
- A warm up.
- A skill-development activity.
- A game.

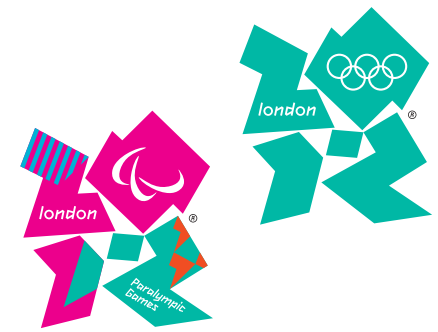
Olympic and Paralympic Values this activity can develop

- Friendship.
- Determination.
- Inspiration.
- Courage.
- Equality.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





Moral

A rolling, bouncing and clapping game traditionally played in schools and local communities in Trinidad and Tobago.

Age: 6 to 12 years.

How to play

- One to five players.
- A playing area 8m x 8m equally divided into eight boxes.
- The playing boxes are numbered one to eight consecutively.
- The aim of the game is to roll and bounce the ball in turn into each box starting with box one through to box eight and back again from box eight to box one.
- While the ball is being bounced in each box the player must clap hands the same number of times as the number in the box.
- At the start of the game the player must roll the ball from behind the playing area near the first box.

- The ball is rolled into box one, retrieved in box one and bounced once in box one – when the hands are clapped once – before the player steps one foot into box one.
- The player continues stepping into each box in turn until box number eight is reached.
- Players must not step on any lines during their turn.
- The player continues from the starting point – roll the ball into box two, step one foot into box one, retrieve the ball in box two and bounce it twice, clapping hands twice after each bounce, then step one foot into box number two and continue stepping into each box in turn to reach box number eight.
- Continue this cycle from the same starting point to boxes three to eight.
- If the player successfully reaches box number eight then he or she turns round to complete a victory lap, still standing on one foot.

- Bounce the ball eight times in box eight clapping eight times between each bounce.
- Turn around on one foot and repeat in box seven before stepping on one foot into box seven.
- Repeat from boxes six to one.
- A player who fails to complete an action in the game is replaced by the next player in the group.
- The first person to complete the task is the winner!

Equipment

- A tennis ball or similar.

Safety

- A flat playing space free of debris.



Adaptations and variations

Making the game easier

- **S**(pace): Larger boxes.
- **T**(ask): Throw up instead of bounce.
- **E**(quipment): Use a bean bag instead of a ball or a larger ball.
- **P**(eople): NA.

Making the game harder

- **S**(pace): Smaller boxes.
- **T**(ask): NA.
- **E**(quipment): Use a smaller, harder ball.
- **P**(eople): NA.

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Skills developed

- Coordination.
- Bouncing.
- Throwing.
- Balance.

This activity can be used as

- A game.

Olympic and Paralympic Values this activity can develop

- Friendship.
- Determination.
- Team work (when game is played in pairs or groups).

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





TURKEY

Hamam kubbe

A striking and aiming game passed from parent to child, updated in 2004.

Age: 9+

How to play

- A game for five players.
- Each player marks out a target area and places three stones beside their target.
- A line is drawn or a marker placed 3-5m behind the row of targets.
- A start line is drawn 6-10m in front of the row of targets.
- The first player moves to the start line and hits the ball towards any of the target areas.
- At the same time the player is hitting the ball, all other players may move to the right or left along the line behind the targets.
- If the ball does not land in the target area a new player becomes the hitter.

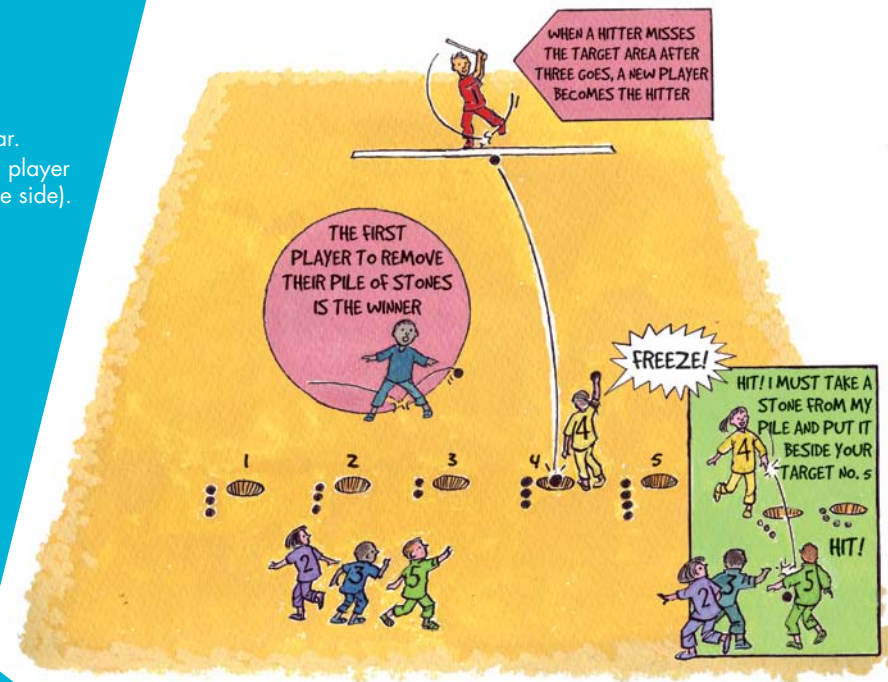
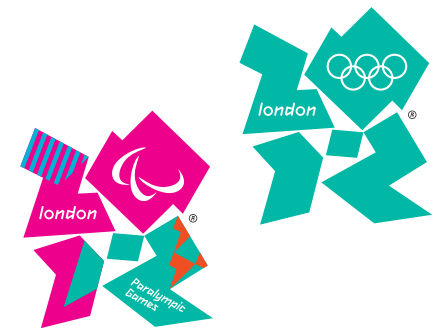
- If the ball lands within a target area the 'owner' of that area may run to retrieve the ball, hold it up and shout 'freeze'.
- The player with the ball can then throw the ball at any other players behind the targets.
- If they hit the player, that player must take another stone from the pile and put it beside their target.
- The player that threw the ball may remove a stone from their target and take another turn at hitting the ball from the start line.
- If the hitter misses the player with the throw they must take another stone and place it by their target and another player becomes the hitter.
- The first player to remove all the stones in their pile is the winner.

Equipment

- A stick.
- A small plastic ball or similar.
- Small stones (three for each player and an additional pile at the side).

Safety

- A soft ball.
- Throw the ball at torso and legs only.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Decrease the space in front and behind the target.
- **T**(ask): Throw instead of hit.
- **E**(quipment): A small bat instead of a stick.
- **P**(eople): NA.

Making the game harder

- **S**(pace): Make the target areas smaller.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): NA.

Including young disabled people

The Inclusion Spectrum offers specific guidance on how inclusion of ALL young people in physical activity can be achieved to ensure maximum participation and achievement.

By applying the principles of STEP within the Inclusion Spectrum ALL young people will have the opportunity to achieve and progress their learning.

Inclusion Spectrum checklist

- Work on the principle that ALL young people can take part at their own level of ability and be challenged in an appropriate way to improve.
- There are five options for inclusive activity for young people to progress learning and experience success:
 - Open – Naturally inclusive activities that need no modification.
 - Modified – Variations and adaptations (STEP) to modify the activity.
 - Parallel – Groups or teams based on ability.
 - Separate practice for individuals or groups enabling successful integration.
 - Disability sport activities for non-disabled and disabled young people (reverse integration).

Skills developed

- Hitting.
- Throwing.
- Changing direction.

This activity can be used as

- A game.

Olympic and Paralympic Values this activity can develop

- Equality.
- Respect.
- Courage.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Students.





UGANDA

Owel

A rhythmic movement activity – the Owel (crested crane) is Uganda’s national symbol.

Age: 6 to 9 years.

How to play

- Children hold hands in a circle.
- Select someone to lead the following chant with the rest of the group chanting the chorus.
- The song with translation:
 - Leader: Owel! (Oh crested crane!)
Chorus: Owel ! (Oh crested crane!)
 - Leader: Oh Owel! Chorus: Owel!
 - Leader: Owel bende furo?
(Does the crested crane dig?)
Chorus: Owel!
 - Leader: Owel bende rego?
(Does the crested crane grind flour?) Chorus: Owel!
 - Leader: Owel bende jweto?
(Does the crested crane pick vegetables?) Chorus: Owel!
- Leader: Chandi Omako owel.
(When poverty strikes it)
Chorus: Owel, owel goyagoya,
owel goyagoya asaya.
(Yet it takes pride in its crown)
- Children hop on one foot or the other keeping the rhythm within the circle.
- Variation: children sway their body side to side.
- At the last chorus, children express the pride of the bird in their own way (but gracefully, for example nodding the head).
- Once complete, change the leader until everyone has had a turn.

Safety

- Break into smaller circle groups if there are more than 30 children.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): NA.
- **T**(ask): Vary initial movement, for example hopping to jumping.
- **E**(quipment): NA.
- **P**(eople): A smaller number of children in a circle.

Making the game harder

- **S**(pace): NA.
- **T**(ask): Increase the number of hops or jumps per chant.
- **E**(quipment): NA.
- **P**(eople): NA.

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Adaptations for this game could be:

- instead of hopping, children can sway their bodies right and left; or
- work in pairs to support those who may need some help.

Skills developed

- Coordination.
- Flexibility.
- Strength.
- Cooperation.

This activity can be used as

- A warm up.

Olympic and Paralympic Values this activity can develop

- Friendship.
- Respect.
- Inspiration.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





UK

Touch tag

A tagging game played mainly in the UK and other commonwealth countries.

Age: 11 to 18 years.

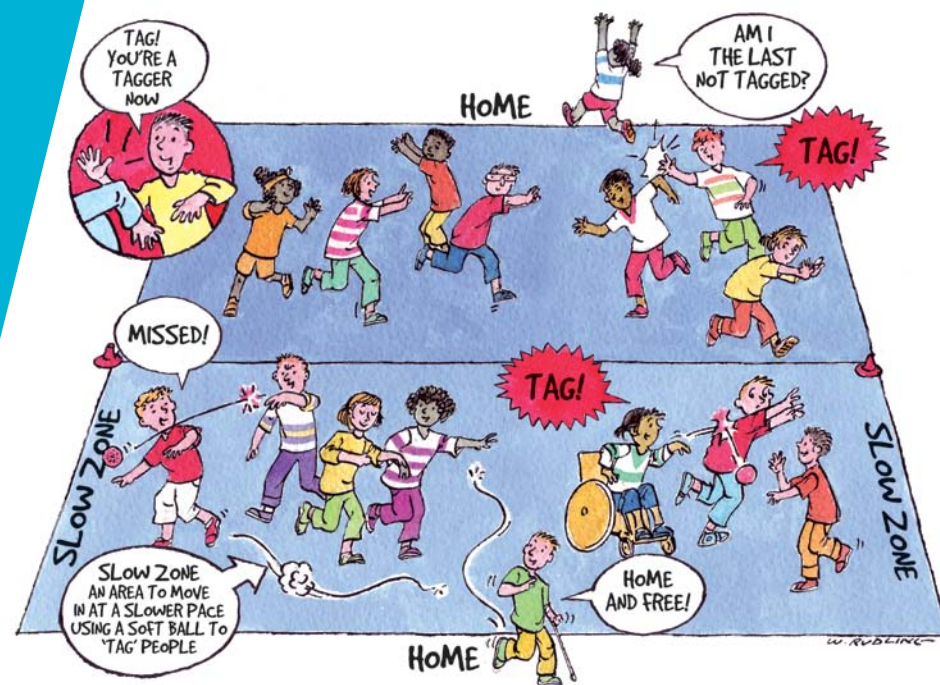
How to play

- No defined number of players – enough to make the game fun.
- A large indoor or outdoor playing space.
- Two 'home' areas at either end are marked with a line across the width of the playing space.
- One or two players identified as the 'taggers'.
- The taggers stand in the middle of the playing space and shouts 'Tag' to begin the game.
- All remaining players stand at one end of the playing space – 'home' base.

- The aim of the game is to run from one end of the playing space to the other without being 'tagged' by the tagger(s).
- When a player is caught they become a tagger.
- The winner is the last player or players still 'free'.
- A game consists of a number of rounds with different taggers each time.

Safety

- Enough space for the players to move with ease.
- 'Tag' between shoulder and waist.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Reduce the playing space.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): Increase the number of taggers to start with.

Making the game harder

- **S**(pace): Increase the playing space.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): One tagger to start the game.

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An adaptation for this game could be to allocate 'safe' zones or channels for children with mobility difficulties.

Skills developed

- Coordination.
- Flexibility.
- Agility.

This activity can be used as

- A warm up.
- A game.

Olympic and Paralympic Values this activity can develop

- Determination.
- Equality.
- Respect.
- Courage.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.





ZAMBIA

Shombwa

A dodging and tagging game played widely throughout Zambia.

Age: 5+

How to play

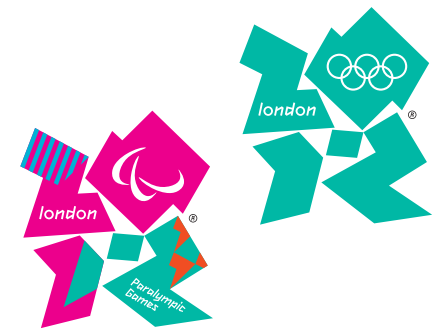
- Two teams with a minimum of three players per team.
- An open flat playing space with no specific boundaries.
- One player from team A – the dodgers – begins by filling a vessel with sand.
- Team B – the taggers – take it in turns to throw a soft ball at the dodger from an agreed distance.
- When tagged (hit with the ball) this player goes to the back of the team and the next dodger steps forward to continue filling the vessel.
- The game continues until either the dodgers fill the vessel, empty it and count to 10 or the taggers eliminate the dodgers before they complete the task.

Equipment

- An ichimpombwa, soft ball or similar.
- A vessel.
- Sand.

Safety

- Players can only be tagged below shoulder height.



International Inspiration



Adaptations and variations

Making the game easier

- **S**(pace): Taggers move further away.
- **T**(ask): NA.
- **E**(quipment): A larger vessel to fill.
- **P**(eople): Decrease the number of taggers.

Making the game harder

- **S**(pace): Taggers move closer.
- **T**(ask): NA.
- **E**(quipment): NA.
- **P**(eople): Increase the number of taggers.

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Skills developed

- Aiming.
- Throwing.
- Changing direction.
- Coordination.

This activity can be used as

- A warm up.
- A skill-development activity.

Olympic and Paralympic Values this activity can develop

- Determination.
- Courage.

Who could use this card?

- Teachers.
- Young leaders.
- Sports coaches.
- Community leaders.
- Parents.

