International Inspiration

Traditional games around the world

A brief introduction to the International Inspiration programme

Presenting London’s bid to the IOC in Singapore on 6 July 2005, Sebastian Coe proposed that if the UK capital was awarded the 2012 Olympic and Paralympic Games it would be a priority to reach young people all over the world and connect them to the inspirational power of the Games so they are inspired to choose sport.

In response to this vision, International Inspiration was drawn up to reach the lives of 12 million children of all abilities in schools and communities in 20 countries (21 including the UK) through the power of high-quality and inclusive physical education, sport and play.

Since 2007 the key partners in the International Inspiration programme – UK Sport, the British Council and UNICEF – have been working together to deliver an ambitious and widespread international sports legacy programme for the benefit of young people in the UK and across the world.

Overview of the resource

The traditional games resources have been developed specifically to recognise each country’s participation in the International Inspiration programme. They celebrate all the benefits and happiness that have come from 20 overseas countries and the UK working together since 2007, using physical education and sport to create and share innovative, high-quality practice that has developed learning in many areas and improved the lives of millions of young people all over the world.

Each International Inspiration country has selected a game that they feel best represents their culture and traditions. These 22 games are showcased in this resource for young people to play while learning fun and learning more about each country’s culture and traditions through PE, sport and play.

International Inspiration countries

1. Azerbaijan

The game originated in the 12th century and is one of the oldest games in Azerbaijan. Originally played on horseback, this ancient past time is now part of the modern version of the game.

2. Bangladesh

A traditional game played widely.

3. Brazil

The game originated in Brazil and is very popular and played by young people across the country.

4. Egypt

The traditional game of rural communities.

5. Ethiopia

The game has been played since 1900 and has increased in popularity since 1973. It is particularly popular in the Oromiya, Benishangul and Southern regions. Originally played on horseback, it has evolved over time into the present version of the game.

6. Ghana

Ampe, a traditional game played widely throughout South East Asia.

7. India

Kabaddi is a very popular game played mainly by girls in Ghana.

8. Indonesia

Okwe is a traditional game played across the island and the coastal areas.

9. Jordan

Sur papaq is a traditional game played widely throughout the country.

10. Malaysia

Circle sepak takraw is a traditional game played by young people across the country.

11. Mozambique

Daria Bandha is the traditional game of rural communities.

12. Nigeria

Kabaddi is a traditional game played across the island and the coastal areas.

13. Pakistan

Cultural sport is a traditional game played widely.

14. Palau

This game has been played for generations in Palau.

15. South Africa

Beche is a game that forms part of South Africa’s heritage, it is played widely across the country.

16. South Asia

Futbol is a traditional game played widely throughout Asia. It has evolved over time into the present version of the game.

17. Tanzania

The game is not unique to Brazil but is very popular and played widely across the country.

18. Trinidad and Tobago

Elastico is a traditional game played widely.

19. Turkey

The game has been played for generations in Turkey. It has evolved over time into the present version of the game.

20. Uganda

Surat is a traditional game played widely.

21. United Kingdom

Touch tag is a traditional game played widely.

22. Zambia

The game has been played for generations in Zambia. It has evolved over time into the present version of the game.