



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.

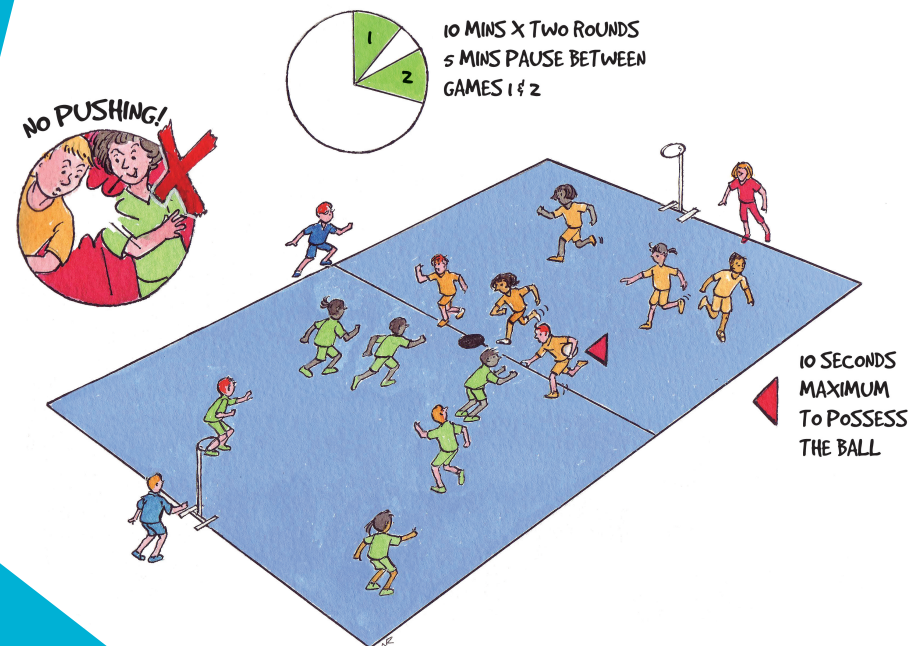
- If a score is not made the defenders take the ball from that point and become the attackers, aiming to score at the opposite end of the playing area.
- If two players hold the ball at once the referee bounces the ball between the two players to restart the game.
- An attacking player may not hold the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



International Inspiration



BRAZIL

Elastic

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 Tips

- 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.





BANGLADESH

Daria Bandha

A traditional tagging game played in rural communities.

Age: 12+

How to play

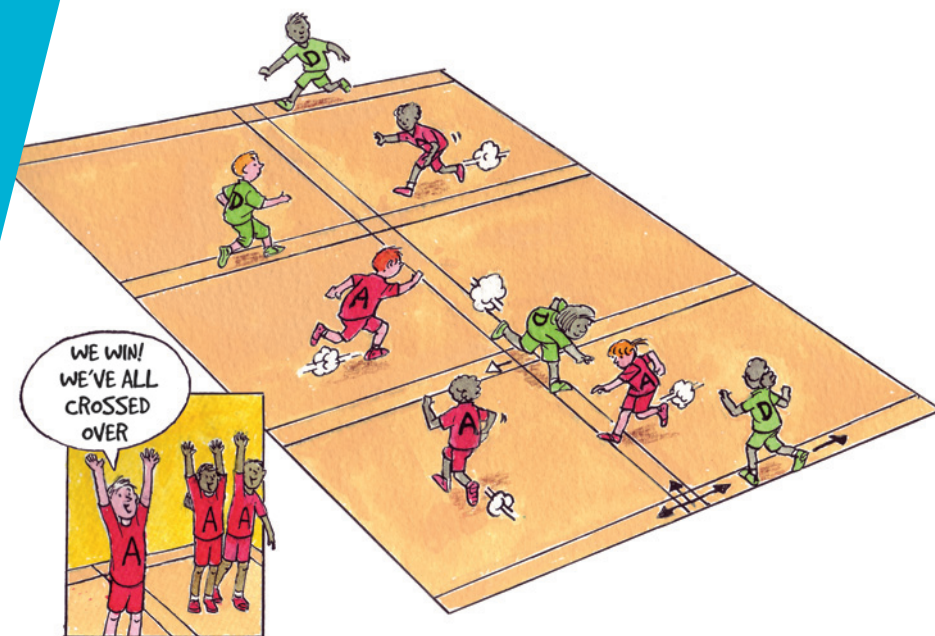
- Two equal-sized teams.
- A playing space 14m x 7m divided into equal spaces – equal to the number of defenders playing the game.
- The attacking team attempts to cross the playing space from one end to the other.
- The defending team try to prevent the attackers crossing the space by tagging them.
- 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 Tips

- 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.





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

Korbo

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

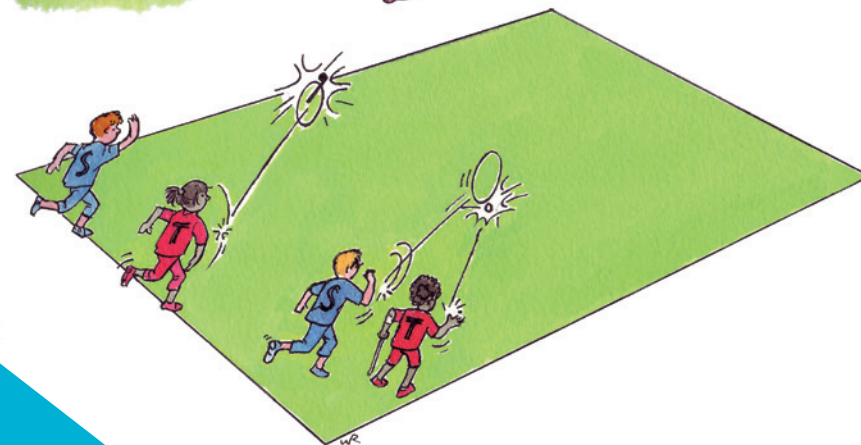
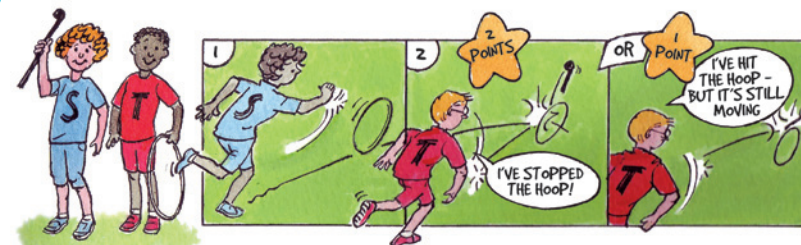
- Two points if the throw stops the hoop.
- One point if the throw touches the hoop but does not stop it rolling.

Equipment

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

Safety Tips

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



International Inspiration



Adaptations and variations

Making the game easier

- **S**(ace): 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.





INDIA

Kho Kho

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

Age: 10–14 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

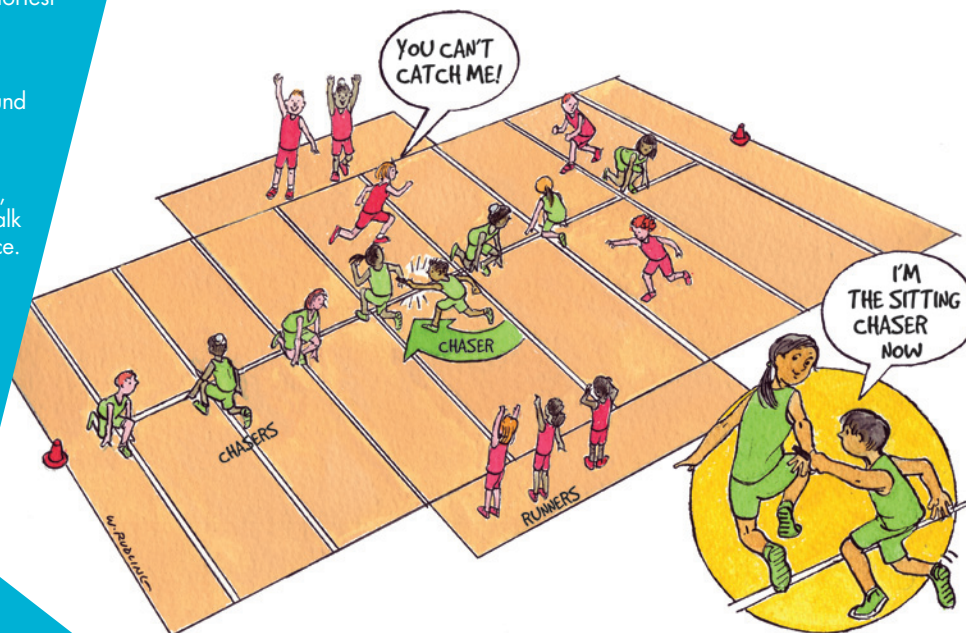
- the team that tags all opponents in the shortest possible wins.

Equipment

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

Equipment

- 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.

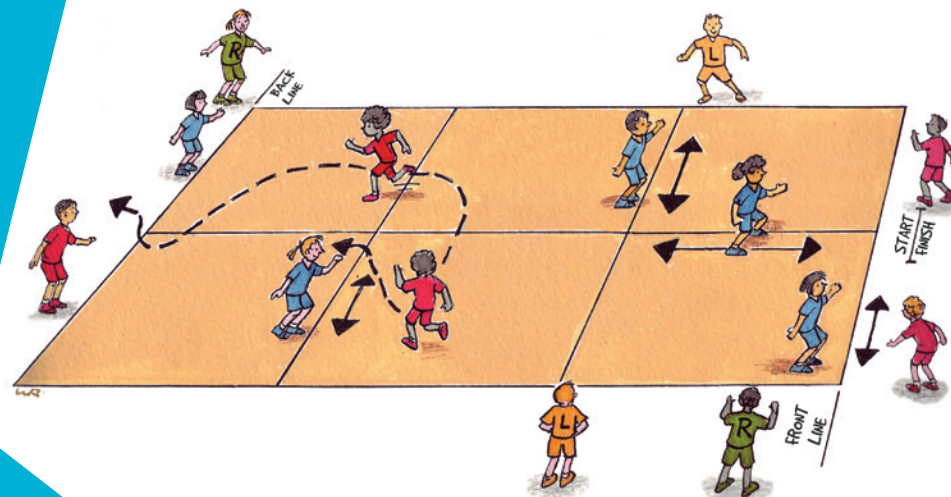
- Defenders may not move off their line to tag the attackers.

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.





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

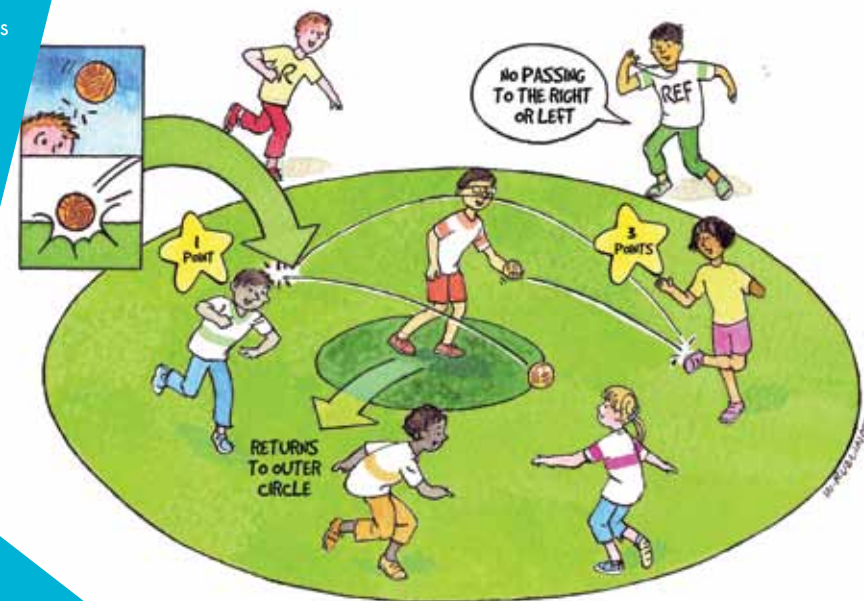
- Kick-volley, head pass = one point.
- Shoulder, knee, toe or other body pass = two points.
- Team total is the number of points gained from the three tosses.

Equipment

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

Safety

- Ankles protected by socks, 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 (i.e 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 (i.e 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.

