

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 promised that if the UK capital was awarded the 2012 Olympic and Paralympic Games it would be a priority 'to reach young people all around 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 enrich 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 21 games are showcased in this resource for young people to play while having fun and learning more about each country's culture and traditions through PE, sport and play.



1. Azerbaijan

Sur papaq

The game originated in the 12th century and is one of the oldest games in Azerbaijan. Originally played on horseback it has evolved over time into the present version of the game.

2. Bangladesh

Daria Bandha

Daria Bandha is the traditional game of rural communities.

3. Brazil

Elastico

This game is not unique to Brazil but is very popular and played by young people across the country.

4. Egypt

The handkerchief game

It is an old Egyptian game played widely across the country.

5. Ethiopia

Korbo

This 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 the game was played on horseback.

6. Ghana

Ampe

The origin is uncertain but it is a simple and popular game played mainly by girls in Ghana.

7. India

Kho Kho

Originated in Maharashtra in ancient times where *Kho Kho* was played on 'raths' or chariots, and was known as *Rathera*.

8. Indonesia

Galah Asin

A traditional game played across the Indonesian archipelago, popular among both children and adults.

9. Jordan

Seven stones

This is an indigenous game with a long history and has been played by generations of children in Jordan.

10. Malaysia

Circle sepak takraw

Origins date back to the 15th century. It is a game played in the Malay states and neighbouring countries of Singapore and Brunei. It was originally known as *Sepak Raga* – *Sepak* is Malay for 'kick' and *Raga* is the rattan ball used in the game. It is an internationally recognised game played throughout South East Asia.

11. Mozambique

Mundo

The game is traditionally played in Zambezia province in Central Mozambique.

12. Nigeria

Okwe

This game's history goes back for generations. Its geographical origin is unknown but people all across Nigeria play this game.

13. Pakistan

Gilli-danda

There is a reference to this sport in the medieval Telugu text '*Palnati Veera Charitrat*' by Srinatha which was written in the later part of the 13th century.

14. Palau

Bani

This game has been passed on from generation to generation since the late 1970s.

15. South Africa

Three tins

It is a game that forms part of South Africa's heritage; preserving and reviving an interest in the region's cultural heritage, it is played widely across the country.

16. South Asia

Kabaddi

The game is believed to be more than 4,000 years old and is played all over Asia with minor variations. It was originally developed as a self-defence strategy against attackers, particularly in rural areas. In some countries it has the status of a national game and the Asian Amateur Kabaddi Association coordinates international matches.

17. Tanzania

Shake

The origin is uncertain but the game is played widely across the country by children.

18. Trinidad and Tobago

Touch tag

Touch tag has been developed from the British Bulldog game which originated in Great Britain, played in school playgrounds from the 1930s. The original game was full contact, however now refined to ensure the safety of players, it is popular in the UK, Australia, New Zealand and Canada.

19. Turkey

Hamam kubbe

This game is popular among young people in Turkey, and has been passed down from father to son for generations. It was originally developed in the Sivas province.

20. Uganda

Owel

The Owl or Crested Crane is Uganda's national symbol and this activity focuses on a 'traditional' message: 'Work is important for daily living; don't allow yourself to be distracted from your daily work.'

21. United Kingdom

Touch tag

Touch tag has been developed from the British Bulldog game which originated in Great Britain, played in school playgrounds from the 1930s. The original game was full contact, however now refined to ensure the safety of players, it is popular in the UK, Australia, New Zealand and Canada.

22. Zambia

Shomba

The origins of this game are uncertain although it is played widely throughout the country by both girls and boys.

Youth Sport Trust