



# ASIAN LEARNING CENTER

## SENIOR HIGH SCHOOL DEPARTMENT

Lapu-Lapu City, Cebu, Philippines



**SUBJECT:** Physical Education & Health 4

**TOPIC:** Recreational Games

**PREPARED BY:** Jevril E. Malbasias

**SEMESTER:** 2nd

**GRADE LEVEL:** 12

**WEEK:** 3

### LEARNING COMPETENCY:

*Discuss the nature of different recreational activities (PEH12FH-IIa20)*



Q1. What are these traditional games?

Q2. Did you try these games before?

## TRADITIONAL GAMES

- These are games commonly played by children, usually using native materials or instruments.
- In the Philippines, due to limited resources of toys of Filipino children, they usually come up on inventing games without the need of anything but the players themselves.

**These are the examples of the Traditional Games here in the Philippines:**

### **Buwan-Buwan**



- A rough circle is drawn on the ground and one person from the group is tagged. He is not allowed to enter the circle, but instead has to touch one of the people inside the circle without having entered it. If he succeeds, he can enter the circle, and the person touched

### **Chinese Garter**



- A game requiring flexibility, adjust and coordination, is a famous game for Filipino kids, most particularly among young ladies amid their elementary years. The game rotates around a normal garter, around a few yards in length, which be brought from sewing store at around twenty pesos or less.

## Bahay-bahayan



- A role-playing game where children act as members of an imaginary family, sometimes to the extent that one of them becomes the family "pet." They then act out various household situations such as dinner, going to mass, and the like.

## Dodge Ball



- A role-playing game where children act as members of an imaginary family, sometimes to the extent that one of them becomes the family "pet." They then act out various household situations such as dinner, going to mass, and the like.

## Langit Lupa



- Langit-lupa is chasing game, a variation of habulan where players can be immune from being tagged as long they stand on an elevated surface.

Etymology - Langit is the Filipino word for "heaven" and lupa is "earth". The game's name describes how the chaser cannot reach players how are elevated from the "earth".



## PATINTERO



- Patintero, also known as harangang-taga or tubigan, (Intl. Translate: Escape from the hell or Block the runner) is a Filipino traditional children's game. Along with tumbang preso, it is one of the most popular outdoor games played by children in the Philippines.

## Luksong Baka



- Luksong baka is a traditional Filipino game. It's called "Jump over the Cow" in English. The original game is simply consisted of 3 to 10 players.

## Sack Race



- The sack race sometimes called 'potato sack race' is a competitive game in which participants place both of their legs inside a sack (or pillow case) that reaches their waist or neck.
- Then they have to hop forward from a starting point toward a finish line. The first person to cross the finish line is the winner of the sack race!

## Sipa/Takyan



- Sipa is the Philippines' traditional native sport which predates the Spanish rule. The game is related to Sepak Takraw. Similar games include Footbag net, Footvolley, Bossaball and Jianzi. The game is both played by two teams, indoors or outdoors, on a court that is about the size of a tennis court.

## Tsato



- Stick game, better be good at it - Two players, one flat stick (usually 3') and one short flat piece of wood (4" usually a piece cut from the flat stick).

## Tumbang Preso



- A popular Filipino street game also known as Presohan. The game requires 3 or more players. Each player is provided with a large throw-away object (could be slippers or a shoe) called "pamato".

### Agawan Base



### Taguan



- (“IT”. catch and own a corner): the “IT” or tagger stands in the middle of the ground. The players in the corners will try to exchange places by running from one base to another. The “IT” should try to secure a corner or base by rushing to any of those when it is vacant. This is called "agawangsulok" in some variants, and "bilaran" in others.

- **Hide and seek** in America. What is unique in Tagu-Taguan compared to its counterpart, hide and seek, is that this game is usually played at sunset or at night as a challenge for them to locate those who are hiding.

### MISSION 3.1

#### ACTIVITY: Jumble Letters!

1. AIPS-
2. ANUTGA-
3. GEDDO LABL-
4. STAOT-
5. CKAS CARE-

#### SYNTHESIS:

Playing traditional games, such as board or outdoor games help children to think for themselves, learn cooperation and teamwork skills, work on strategies and tactics, and learn how to hold a conversation with adults. Games are a fun way of getting your child to learn – without them even realising it!



### PHYSICAL EDUCATION AND HEALTH 4

S.Y 2023-2024

Name: \_\_\_\_\_

Quarter: \_\_\_\_\_

Yr. & Sec: \_\_\_\_\_

Teacher: \_\_\_\_\_

### ASSESSMENT- WEEK 3

#### Test I. Multiple Choices!!

**Instructions:** Read the questions carefully and choose the best answer. Encircle the letter of the correct answer.

1. These are games commonly played by children, usually using native materials or instruments.
  - a. Sports
  - b. Games
  - c. Traditional Games
  - d. Parlor Games
  
2. This game is usually played at sunset or at night as a challenge for them to locate those who are hiding.
  - a. Patintero
  - b. Chinese Garter
  - c. Buwan-buwan
  - d. Taguan
  
3. It is a traditional Filipino game. It's called "Jump over the Cow" in English.
  - a. Luksong Baka
  - b. Chinese Garter
  - c. Buwan-buwan
  - d. Taguan
  
4. It consist of two players, one flat stick (usually 3') and one short flat piece of wood (4" usually a piece cut from the flat stick).
  - a. Luksong Baka
  - b. Chinese Garter
  - c. Tsato
  - d. Taguan
  
5. The game is both played by two teams, indoors or outdoors, on a court that is about the size of a tennis court.
  - a. Luksong Baka
  - b. Chinese Garter
  - c. Tsato
  - d. Sipa/Takyan

## Test II.

**ESSAY:** Answer the question to the best of your knowledge. It must compose of three to five sentences. Write your answer o space provided. (5 points)

1. What is the essence of having traditional games?