

# DTE - DC - PHYSICAL EDUCATION

## FURTHER READING

### CATEGORIES OF INDIGENOUS GAMES

#### Counting games

Usually these games are played in pairs but can also be played in groups. In pairs, the players face each other while in groups the players can be in circle formation. Most of these games are accompanied with a rhyme that is learnt by heart. Clapping may accompany these games simultaneously.

An example of how to teach counting games

1. Learners can be in groups of 10 learners or more.
2. Ensure spatial awareness for learners as they perform the counting games.
3. Guide learners into following the rules of the game.
4. Avail music to accompany the counting game..

**Rope games:** usually played by an individual, in pairs or in groups. When performed in groups there are two people swinging the rope while others jump in tandem with the speed of the rope.

#### Tagging games

These games are called tagging games because you chase to 'tag' or chase somebody. An example is "Chako, Chako". Outlined below is one method of facilitating this game.

1. Form inclusive groups of 10 learners or less.
2. Mark your space 20 meters by 20 meters. Learners have to run within the marked area. Anyone running outside of the marked area is "burnt" or out of the game.
3. Choose one person to be the chaser.
4. Start the game and tag someone.
5. Remember to shout, 'Chako, Chako' as you tag the person.
6. After the teacher blows the whistle, change the chaser until everyone has had a chance.
7. Increase the number of chasers after some time to make it more fun.

Indigenous games have existed for many years. Initially they were played for leisure and entertainment but they are now found within the curriculum design for Primary and Junior Secondary schools in Kenya.

These games are known by different names depending on the locality. Indigenous games use simple equipment or none at all. A game similar to "Hide and Seek" called "Brikicho" uses no equipment.

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### CATEGORIES OF INDIGENOUS GAMES

Indigenous games are linked with other learning areas like Mathematics, Languages, Music and Sciences. When playing these games, language and Mathematical skills are improved.

Health and fitness is improved through indigenous games like rope games. Mental sharpness is enhanced through board games like Ajua. Music can accompany all the indigenous games hence linking the learning area of Music and Physical and Health education.

When facilitating indigenous games just like all other Sports, safety awareness is key. The learners should be guided on spatial awareness and proper use of equipment if any. The indigenous games can also be performed in following non- formal settings.

1. Inter class / house counting competitions
2. Inter schools counting competitions
3. Indigenous School games club
4. Sports day displays

#### **Rope games**

In rope games, ropes can be improvised from banana leaves or inner tubes of vehicles. Other games are just drawn on the ground with a stick.

Kenyan indigenous games provide learners with a lot of fun, conserve cultural heritage, sharpen the brain, provide relaxation, improve eye hand coordination and ensure acquisition of skills.