

Games from Ghana

Ampé

Materials: fast-paced music playing (can be played only to clapping)

Object: to be highest scoring team

Directions: Students divide into two teams. One player from each team stands opposite one another. One player is Ohyiwa and the other is Oware. Players begin jumping and clapping with the music. As they land, each manipulates one leg forward, with knee locked. Ohyiwa wins a point if the left leg meets the other player's right leg or vice versa. Oware wins if the left leg meets the other player's left leg, or if their right legs meet. The team that reaches 10 points first wins. A set of games can be played and the team with the highest number of wins wins the day.

Note: This game is physically challenging. The teacher may wish to stop after one round has been played and hold a brief class discussion centered on the following questions: (refer to the NGS Africa map and Ghana country facts to propel the discussion)

- Where is Ghana?
- What is the weather and climate like there? (Take into account its proximity to the equator).
- What materials do you need to play this game? (As you can play this to singing or clapping alone, you need no materials or equipment or special fields to play Ampé. Why might this game be popular in a poor country?)
- What kind of physical fitness do you need to play this game successfully?

Pilolo

Materials: small balls, sticks, or pinnies

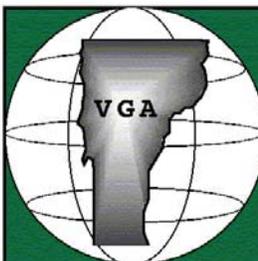
Object: to find the hidden objects and get back to the finish line as quickly as possible

Directions: Select one "leader". While the players close their eyes, the leader hides objects all around the playing area (this may be best played outdoors or in a gym with good hiding spots). The players gather at a starting/finish line. The leader then yells "Pilolo" and the players run to find a hidden object and get back to the finish line first. The person who crosses the line first wins. Another variation: divide the players into two teams. The team whose players all cross the finish line first wins. The game is played several times.

Notes: Pilolo means "time to search for." In the notes that accompany the game it states that this game is normally played in the afternoon, depending on how many chores need to be done. The notes also state that this game helps keep children physically, mentally, and emotionally fit. Discussion questions:

- How might this game keep children mentally and physically fit?
- Why do children have to wait until chores are done to play? (In many African cultures, children do very important household work, like caring for livestock, cooking, and watching younger kids.)

Reference: both games were found at Kids Play, www.gameskidsplay.net.



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