**PROGRAM OF ACTIVITIES**

Grade 2 Family Day | SY 2013-2014

School of the Holy Spirit Quezon City

January 25, 2014

Theme:

*“Pinoy Familympics”*

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| TIME | ACTIVITY |
| 730 AM | Registration |
| 800 AM | **Opening Ceremonies**   * **Opening Prayer** * **Welcome Remarks** * **Overview of Program Flow and Objectives** * **Overview of Game mechanics** * **Sportsmanship Pledge** |
| 830 AM | Cheer presentation (Per section w/ max of 1 min each) |
| 845 AM | **Stretching Exercises/Preparation for games** |
| 900 AM  930 AM  1000 AM | The Battles- Pinoy Familympics\*   * Pinoy Obstacle Relay (In sequence - Luksong tinik, Luksong baka, Kadang-kadang, and Tumbang preso) * Pinoy Touch ball * Pantintero   Side games for Kids below 7 years old   * For 1-3 years old - Sipa/kick ball * For 4-6 years old – Sungka, Piko, Hollen, Rubber band and Jackstone |
| 1030 AM | **Intermission Number**  **Awarding Ceremonies** |
| 1100AM | Distribution of Family Kits |
| 1130 AM-onwards | **Pamilya salo-salo / Lunch** |

*\*With 10 minutes interval rest between games*

**General Game Guidelines[[1]](#footnote-1)**

SHS Grade 2 Pinoy Familympics

**Objectives**

1. Children are educated on proper playing of traditional pinoy games;
2. Grade 2 family members enjoyed playing the traditional pinoy games with their children; and
3. Camaraderie and sportsmanship demonstrated by the whole family while playing the Pinoy Familympics.

**Over-all Guide**

* Parents and children are required to wear sports attire (Any comfortable sport shirt, shorts, pants or leggings, and for foot ware- slippers/rubber shoes).
* All games will be played with parents or adult members of the family.
* Game players must be in a healthy condition. Prospective players with current medical condition (i.e. knee, foot and/or back problem, etc.) are advised not to play to avoid any injury or complicate any medical problem of the person.

**PINOY OBSTACLE RELAY**

1. **Props/Materials (per section)**

* Safe playing areas. Ideally on grassland to avoid bad impact on the feet and knee when jumping or when sliding off the coconut shell.
* For Luksong Tinik – 2 Parents or adult members of the family will serve as human barriers/obstacles as tinik and 1 Parent or adult to support/guide
* For Luksong Baka – 1 Parents or adult member of the family as human barriers/obstacles as baka and 1 Parent or adult to support/guide
* For Tumbang preso - 3 pieces of old and clean slippers and 3 empty cans of tall evaporated milk
* For kadang-kang – 2 pieces of bao with rope, 1 parent/adult guide and 1 parent/adult as post which the child will go around

1. **Goal –**Get a point by playingeach Pinoy game properly as fast as the player can**.**
2. **Team composition and Players**

* Each section must be represented by 3 teams composed of 30 – 36 student/kid players and 7 parents/adults as human obstacles and support guides.
* Assigned players must play all the obstacle games correctly to earn points.

1. **Mechanics and Rules**

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***Luksong Tinik (Jumping over thorns)***

This game is believed to originate in [Cabanatuan](http://en.wikipedia.org/wiki/Cabanatuan) City, Nueva Ecija, Philippines. The game is played by two teams with equal members by jumping over the *tinik* (thorns).

Each team designates a leader called as *nanay* (mother) and rest of players are called *anak* (children). Players choose their “nanay”, usually highest player as she is assigned to jump the highest “tinik”, while the rest of the players are assigned to jump over the lowest level of thorns.

* Each player gets a point by jumping over the 3 levels of “hand thorns or the kamay na tinik” without making their feet touch the thorns. Jumping over the thorns starts at the lowest level up to the highest level.
* Two parents/adult members of the family sit on the ground and act as the barrier or tinik the children player’s jumps over.
* Levels of thorn

1st level = one foot only. Sole foot of each parent/adult placed against each other.

2nd level = two feet placed on top of the other.

3rd level = two feet plus one hand placed on top of the feet

***Luksong Baka******(Jumping over the cow)***



Luksong baka is a traditional [Filipino](http://en.wikipedia.org/wiki/Philippines) [game](http://en.wikipedia.org/wiki/Game) that originated from [Bulacan](http://en.wikipedia.org/wiki/Bulacan" \o "Bulacan). The players of this game jumps over the “baka” or one parent/adult without making the feet touch the *baka’s* back and/or falling over the *“baka”.* Only the hands of the jumper may be allowed to touch the back of the “baka”.

* To get a point, the starts by jumping at the lowest level of height of the “baka”. The baka or the parent is called the called "Bakang lala" or the "Taya" (It') of the game.
* Level of Baka’s height to jump over

1st level = Baka in a “brace” position (knees bend-down, hands wrap around the knee and in kneeling position facing the ground.

2nd level = Baka bends over with his/her knees and placed his/her hands on knees.

***Kadang-kadang***

Kadang-Kadang is an outdoor racing game. It is also known as Tiyakad which was first played in Cebu in 1969.  Kadang-kadang means “simple play” using a bamboo stilt or coconut shell.

This game is played by preparing two parallel lines drawn 10 meters apart. One is the starting line and the other is the end or goal line. Teams also prepare by making the first player puts the kadang or coconut shell under each foot.

Kadang is proper placed by putting the coconut string’s between the big toe and the second toe of each foot and pulling string up to their waist or up to a height comfortable to the player.

* Upon the signal of the game referee, the players walks on the kadang to reach the end line and returns back to the start of the line to pass the kadang to the next player.
* The kadang is passed on to the next player until the last player is done playing the kadang.
* The team who’s players did not slipped off the kadang and the fastes gets the highest score.

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***Tumbang Preso*** *(Customized version for Pinoy Familymics)*

Tumbang Preso is another traditional Filipino street game. The goal for the game is for every player to hit and knock down the empty milk can with the pamato (slipper). When the can is hit, the player picks up her pamato and give it to the next player in line.

* The game starts by making the layers fall in line. Start of the line is assigned by each team’s line guard. Each team also assigns their “pamato” or slippers to hit the can.
* On the signal of the game referee, each team’s player starts hitting and knocking out the can placed 6 meters away from them.
* Once the pamato was thrown by the player, they need to grab it back and give it to the next player in line for the game to continue.

1. **System of Scoring**

* Per obstacle game, each player will be given 1 point if game is played improperly and 2 points if played correctly.
* Per obstacle game, each team can get maximum points of 10.
* Luksong Tinik Scoring

1 point = feet touches the thorn

2 points = feet did not touch the thorn

* Luksong Baka Scoring

1 point = feet touches the baka/fall over the baka

2 points = feet did not touch the baka

* Kadang-kadang Scoring

1 point = slipped off from the kadang

2 points = straight walking without being slipped off from the kadang

* Tumbang preso Scoring

1 point = missed/unhit can

2 points = can flipped over using the piece of slipper

* **Additional points**

20 points = speed points

**PINOY TOUCH BALL**

1. **Props/Materials -** Soft aerodynamic ball(medium size); court size –5 meters X 5.75 meters
2. **Goal –** get a maximum of 10 points by hitting the target with a ball.
3. **Team composition and Players**

* Each section must be represented by 3 teams for this game.
* Each team should have 10 to 12 members.
* Game players are 6 Grade 2 students/other kids in the family playing as **Throwers** and 6 parents/adult family members playing as **Targets**.

1. **Mechanics and Rules**

* Each game will be played for a maximum of 2 minutes.
* 3 teams of each section will be competing simultaneously with other sections.
* Throwers are allowed to hit their targets on any parts of the body except on the face and sensitive body parts such as breast and genitals.
* Targets that will be hit by the ball will be out of the game.

1. **System of Scoring**

* Each team can have a maximum of 10 points per game.
* One hit = 1 point
* By end of 2 minutes time, targets that are left standing/unhit will be the actual points garnered by their team.

**PATINTERO**

1. **Props/Materials –** Each court with size of 5 meters X 5.75 meters. Each court will be multiplied to 3 boxes.
2. **Goal –**Accumulate as many points as possible by passing thru the end of the lines and back and forth without being tagged.
3. **Team composition and Players**

* Each section must be represented by 3 teams.
* Each team should have 10 to 12 members composed of half Grade 2 students/other kids in the family and half parents/adult family members
* Players are composed of line guards and line passers. A defensive team is called line guard while an offensive team is called the passer.

1. **Mechanics and Rules**

* The game is started with bato-bato pick. Winner in bato-bato pick automatically becomes the passer.
* In a span of three (3) minutes time, offensive team or the line passers must accumulate points to get a score during the game.
* Once the limit elapses, the line guards or defensive team assume the positions of the passer.
* To get a point, each passer is supposed to cross the lines from the starting point and back without being tagged.
* Five line guards are positioned on the 5 vertical lines and four on the horizontal lines of the court. Line guard’s feet are placed or walking only on the court lines assigned to them.
* Line guard’s aim is to tag the line passer or the opponent using their hands without going out of their assigned line.
* If any of the line passer is tagged, the passer is automatically out of the game.

1. **System of Scoring**

* Each passer gets 1 pt per entered level.
* Passers accumulate points as they pass each level from point of entry to end of the patintero line and vice versa without being tagged.

1. Detailed mechanics will be consulted/approved by Grade 2 P.E. teacher [↑](#footnote-ref-1)