

Okwe

A throwing and catching game said to be 'as old as man', played all over Nigeria.

Age: 11+

Players: Two or more.

Pitch: 2m x 2m for two players, a larger space is required for more players.

Time: Unlimited.

Rules: Two or more players are required to play this game.

The playing space required depends on the number of players, for example 2m x 2m for two players.

Throw all seven playing objects on the ground.

One player picks one of the objects and throws it up. Before it comes down, he or she picks up one of the remaining six objects on the ground and then catches the object thrown up.

Continue to throw one object up and continue to pick up the other objects on the ground one by one with the same hand, until all six objects have been picked up.

Repeat the activity and continue to increase the number of objects picked up in one turn until all six objects have been picked up at once to end the game.

If before picking up the object on the ground the one thrown up falls to the ground the player loses his or her turn and another player takes over.

The stage at which the player loses their turn is where they continue from when it is their turn again.

The throwing and catching action should be completed using the same hand.

If either more or fewer objects are picked up by mistake the player loses his or her turn.

Scoring

- Score one point for completing the task of picking up six objects.

Equipment

- Small roundish objects that have a smooth surface like pebbles, rubber seeds and beads.

Safety

- The objects should be smooth.
- The objects should be thrown away from players' faces.



Adaptations and variations

Easier

- **Space:** After throwing, move the objects on the floor closer together before the game begins.
- **Task:** Reduce the number of objects to be used in the game.
- **Equipment:** Use softer textured objects.
- **People:** Work in pairs – one thrower/catcher and one gatherer of objects.

Harder

- **Space:** After throwing, move the objects at least 10cm apart.
- **Task:** Increase the number of objects in the game.
- **Equipment:** Use smaller objects.
- **People:** NA.

Inclusion

Try:

- playing the game on a table; or
- objects may be touched or pushed aside while a partner throws and catches one object.

Skills developed

- Catching
- Throwing
- Reaction time

This activity can be used as

- A skill-development activity
- A game

Who could use this card?

- Teachers
- Young leaders
- Sports coaches
- Community leaders
- Students

