

Banyoka



Aim of the game: To be the team to reach the finish line

Set up: Find a play area that has trees or shrubs, rocks or other obstacles. Alternatively, you can make up your own obstacle course.

Rules:

- Divide the players into 2 groups of 6 or more children
- Each team forms a snake (banyoka): the players sit on the ground behind each other. Their legs are spread apart and arms are placed around the waist of the child in front of them
- Each 'snake' moves together by shuffling on the ground and moving side to side. They move around their obstacle course toward the finish line. They are not allowed to disconnect from each other which makes it a little tricky when going around the trees and rocks.
- The winning team is the first to cross the finish line



Equipment and Materials: Anything to create an obstacle course. If rocks and bushes are unavailable then create an obstacle course by using household items such as chairs, boxes, cones, toys, etc.

Age:
3+

Number of players:
12+

Duration:
Infinite

Banyoka



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Teaching Style

1. Provide clear and simple instructions
2. Encourage players to communicate throughout the game
3. Safety instructions to be tailored to the environment and participants playing the game.
4. Provide enough time for players to familiarize themselves with the equipment and the game

Equipment

1. Place more/less obstacles

Rules

1. The players may practice before the race, trying to improve and make fewer mistakes each time
2. Organise an individual race

Environment

1. Make the race and obstacles more/less difficult
2. Make the race longer/shorter
3. For beginners, using a sloping ground might be a good introduction

