```python
# 1. Sum all the items in a list
my_list = [1, 2, 3, 4, 5]
total = 0
for item in my_list:
    total += item
print("Sum of list items:", total)
```

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Sum of list items: 15
```

```python
# 2. Get the largest and smallest number from a list without builtin functions
numbers = [5, 1, 8, 3, 2]

largest = numbers[0]
smallest = numbers[0]

for num in numbers:
    if num > largest:
        largest = num
    if num < smallest:
        smallest = num

print("Largest number:", largest)
print("Smallest number:", smallest)
```

```
Largest number: 8
Smallest number: 1
```

```python
# 3. Find duplicate values from a list and display those
nums = [1, 2, 3, 4, 2, 3, 5, 1]
duplicates = []

for i in nums:
    if nums.count(i) > 1 and i not in duplicates:
        duplicates.append(i)

print("Duplicate values:", duplicates)
```

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Duplicate values: [1, 2, 3]
```

```python
# 4. Split a given list into two parts based on given length
original_list = [1, 1, 2, 3, 4, 4, 5, 1]
split_length = 3

first_part = original_list[:split_length]
second_part = original_list[split_length:]

print("First part:", first_part)
print("Second part:", second_part)
```

```
First part: [1, 1, 2]
Second part: [3, 4, 4, 5, 1]
```

```
# 5. Traverse a given list in reverse order and print elements
colors = ['red', 'green', 'white', 'black']

print("Traverse the list in reverse order:")
for i in range(len(colors)-1, -1, -1):
    print(colors[i], end=' ')
```

```
Traverse the list in reverse order:
black white green red
```