

# Nature and Risk Associated with Philippine Games

## TOPIC 3



### Filipino Traditional Games or "Mga Laro ng Lahi"

- are games that Filipino children invented (but some are adopted as well) that are played usually by using native materials/instruments or without the need of anything but the players themselves.
- Laro ng lahi or traditional games are important because they keep the cultural values of our ancestors alive.
- It teaches kids how to cooperate, strategize, and make friends with neighbors within five minutes. It also encourages them to appreciate the outdoors, whether it be under the clear blue skies and grassy fields or under the dimly-lit street lights, preferably in an area without traffic.

What are the Filipino Traditional Games that you have played?

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The Philippines is one of the countries that is known for its diverse and rich cultural heritage plus its unique traditions. Highly influenced by the different colonizers from the Spanish to the American to the neighboring Japan, those long history and interaction collides to the contributing factors that shaped and developed our culture nowadays. Truly our practices exude uniqueness, exuberance and spiritual image that greatly embody the Filipino identity.

Traditional Filipino games are the games that are usually played by the Filipino children with great use of the native materials. Fun and very exciting which is only found in the Philippines. But these traditional Filipino games along with other practices are slowly declining and disappearing along with the Filipino sense of identity with it.

While we are gradually going into the world of globalization and the progress it brought to the country is well, on the lope side it has slowly stripped the important things that are already part of our culture and traditions for several decades.



<https://www.youtube.com/watch?v=wSJ95c1ZrA8>

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### History of Laro ng Lahing Filipino

In some several study mad by scholar in our country specifically the book 'A study of Philippine Games' (1980), author Mellie Leandicho Lopez emphasizes that 'laro' is the Filipino generic term for all forms of recreational play. The closest word term for the game is the 'palaro' referring to a group of special occasion games that take place during wakes, festivals and town fiestas. This would also refer to games that are competitive in nature where each contest is always brought to a conclusion. Malay (1956) pointed out that 'Filipinos like to play game,' and this is observed true. Traditional and high-tech games are simultaneously played around the country. As part of Filipino pastime, especially in the rural areas and during moonlit nights, the neighbourhood gathers and shares games in the plazas, open areas, and main roads, trying different sets of games and interacting with each other as part of their recreation, socialization, and relaxation after a hard day's work.

Due to limited resources of toys of Filipino children, they usually come up on inventing games without the need of anything but the players themselves. With the flexibility of a real human to think and act makes the game more interesting and challenging.

A few decades ago, kids used to gather in the streets or in their neighborhood playground to play their favorite Larong Pinoy games like piko, patintero, taguan, tumbang preso, siato, luksong tinik, etc. These has been their regular and popular pastimes, as well as the favorite games of their parents and grandparents until new and modern forms of entertainment has taken over the interests of young kids.



### Traditional Filipino Games are healthy for us

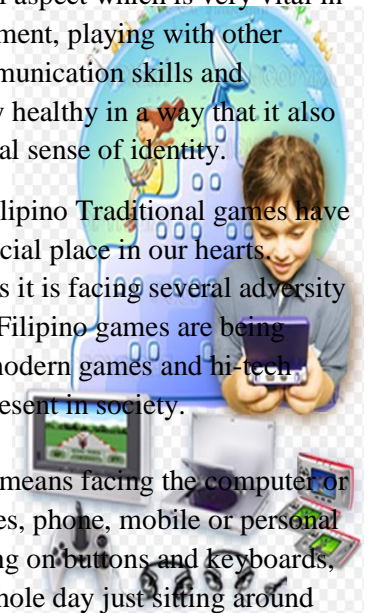
We are living in the world right now we're technology is rising up to the occasion. The time where millennial often disregard this traditional games for technological advancements. But according to several researches, these traditional Filipino games are very healthy for our body physically, socially and emotionally.

Games like this require physical endurance and stamina and thus boost your immune system. It also developed the social aspect which is very vital in child stage development, playing with other children boost communication skills and confidence. It's very healthy in a way that it also promotes our cultural sense of identity.

Truly wonderful, Filipino Traditional games have already marks a special place in our hearts. Although at presents it is facing several adversity as these traditional Filipino games are being overshadowed by modern games and hi-tech gadgets, it is still present in society.

At present, playing means facing the computer or other gaming devices, phone, mobile or personal laptops as to pressing on buttons and keyboards, and spending the whole day just sitting around while facing the gadgets' screen which is quite alarming.

Indeed, time changes rapidly but one thing we can do is to start introducing and promoting these old practices of traditional games to the younger generation in a way we can help of instilling in them a sense of history.





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### Risk Associated with Philippine Games

More people today are participating in Philippine Games not only for enjoyment, but to improve their health and physical fitness. Others participate for leisure and competition. Unfortunately, these activities involve the risk of injury. An injury may arise when unintentional or intentional damage occurs to the body from activities involving physical effort, carried out for enjoyment or relaxation purposes. For minor injuries, the severity is often measured by time lost from participation, whereas catastrophic injuries are usually classified as either fatal or non-fatal.

Although many Philippine Games are non-aggressive, some of them can be moderately intense and may contain some competitive aspects. As a result, injuries from recreation activities can often occur. These may result simply from the nature of the activity, especially more fast-paced sports, or as a result of some form of negligence. Injuries can range from very mild to severe, depending on the situation.

#### What Are Some Common Philippine Games Accidents or Injuries?

Some common Philippine Games accidents and injuries include:

Simple strains or sprains

- Cuts, abrasions, and bruises
- Skin rashes or exposure to allergens or toxins

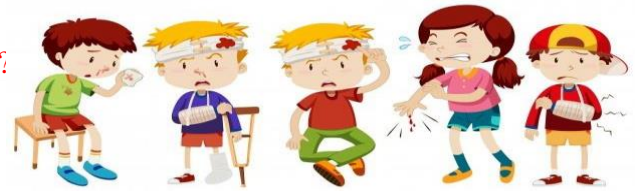
Since the term “recreation” covers a broad range of activities, it also follows that there can be a wide range of injuries resulting from participating in recreational activities beyond the aforementioned injuries. More serious cases involve broken bones, fractures, and other similar injuries.

#### Who Can Be Held Liable for a Recreation Accident?

Most recreation accidents are based on some form of negligence. This is where a person or party fails to exercise a reasonable amount of care that is reasonably due to another person in that situation. This will vary depending on the situation.

#### Helpful Ways to Avoid Injuries

- **Choose your activities carefully.** Carefully consider which activities you take part in, as some games bear a greater risk of injury than others—especially if you have a chronic condition or susceptibility to one of those injuries. For example, if you have bad knees, Luksong Baka may not be the best choice for participation.
- **Stress the importance of warming up.** Before participating in any exercise, you should spend at least 10 to 20 minutes warming up. Depending on the sport, this could include light jogging, specific exercises, and stretching. You'll also want to spend some time stretching your muscles after the game is over.
- **Get the proper equipment.** Wearing proper protective gear may feel obstructive in some cases, but it's worth wearing to reduce your risk of injury. Protective equipment, like helmets, pads and shoes, are very
- **Emphasize hydration.** Heat-related illness is a real concern for athletes, especially during hot and humid days. Parents should make sure their children have adequate water before, during and after play, and watch for any signs of a heat-related illness, including fatigue, nausea, vomiting, confusion or fainting.
- **Emphasize proper technique and guidelines.** In every sport, there is a correct way and a wrong way of doing things.
- **Recognize injury and get help early.** You should know



*Games are good for you, both physically and mentally, so you shouldn't have to avoid them just to prevent the possibility of an injury. With the right strategy, you can reduce—though not eliminate—the threat of some of the most common injuries across the board.*