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UNPUBLISHED PHILIPPINE GAMES IN SELECTED  
TOWNS OF CAVITE

*Thesis*

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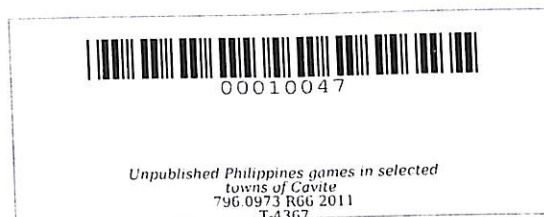
*April 2011*



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**UNPUBLISHED PHILIPPINE GAMES IN SELECTED TOWNS OF CAVITE**

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## ABSTRACT

**ROMASANTA, GLAIZA AINA A. and KRISTINE MARIE T. RONARIO.**  
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The study entitled, Unpublished Philippine Games in Selected Towns of Cavite was conducted aimed to: create awareness of the Unpublished Philippine Games; Preserve the traditions and culture; and integrate teaching curriculum of Physical Education in all levels of education.

Bona fide residents of the different towns of Cavite served as the participants of the study. Historical descriptive method was used in conducting this field research. Participatory approach was also used for a better understanding of their culture.

The recording of the newly-researched games include: *Bangkaan sa Teks* (Banker Game for Teks Game Cards); *Hagisan ng Lasti* (Throwing of Rubber Bands); and *Sili-Silihan* (Chili Game). The analysis on the basic characteristics of the games reflected insightful cultural implications. Through playing the games, different components of physical fitness can be developed such as: Organic Vigor – the cardiovascular respiratory efficiency which contributes to the ability to resist disease; Flexibility – the functional capacity of a joint to move through a full range of motion; Speed – the ability of the individual to make a successive movement of the same kind in the shortest time; Agility – quickness of movement; Coordination – the ability to use the senses together with the body parts in performing tasks smoothly and accurately; and Cardio respiratory Endurance – the ability of the lungs and heart to take in and transport adequate amounts of oxygen to the working muscles.

The objectives of Physical Education can also be developed through playing indigenous games, namely: Physical Development; Social Development; Emotional Development; and Mental Development.

Findings of the study showed that there were lots of unpublished Philippine games in Cavite.

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# **UNPUBLISHED PHILIPPINE GAMES IN SELECTED TOWNS OF CAVITE**

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## **INTRODUCTION**

It is commonly known that games play an important part in the learning process of the child. This educational influence of games on the physical, mental, and moral vitality of a child is a factor why games in the country are still being practiced and observed by the general public (Borja, 1992).

Traditional Filipino games or traditional games in the Philippines are games commonly played by children, usually using native materials or instruments. In the Philippines, 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. Because it is a tradition for Filipinos to play in a bigger and spacious area, most games are usually played outside the house. Some games are played or held during town fiestas in the provinces (Borja, 1992).

The family plays a very important role in the transmission of traditional games on to their children. The families, specifically the parents, reinforce the child's learning process.