

Pilot country: Uzbekistan

Topic of the Lesson: “Besh tosh” and “Lanka” Uzbek Folk Games

Class: Grade 6

Subject: Physical education

ICH Element Selected: Traditional folk game

ESD theme:

Duration: 45 minutes

Objectives

Students understand the rules and can play the *Besh tosh* and *Lanka* Uzbek folk games.

Materials required

1. Textbook *Uzbek Folk Games* (Chapter 2, p. 14-19, Chapter 3, p. 20-24);
2. Five stones
3. Lanka

Lesson plan and stages

Description	Description of activities/works	Method	Duration
Stage 1: Organisational part	1. Check attendance and divide class into groups.	Boys and girls' group	2 min
	2. Recap of main concepts of the previous lesson.	Small group work	3 min
Stage 2: Explanation of a new theme	Introduce the objectives and rules of the <i>besh tosh</i> and <i>lanka</i> Uzbek folk games. Ref. texts 3 and 4 below	Small lecture	10 min
Stage 3: Practical exercise	1. Play <i>besh tosh</i> with a group of girls.	Group work	25 min
	2. Play <i>lanka</i> with a group of boys.	Group work	
Stage 4: Home work	1. Learn the rules of <i>Besh tosh</i> and <i>Lanka</i> Uzbek folk games 2. Practice playing the games after classes. 3. Discuss with parents if and how they played these games.	Group work	5 min

Key words:

Besh tosh: a game traditionally played by girls and using five small stones.

Lanka: (1) an object made out of leather; (2) a game played with this object.

Part 1: *Besh tosh* Uzbek Folk Game

1.1 Content of the Game *Besh tosh*

One of the mostly widespread games among the Uzbek people is *Besh tosh*. *Besh* means *five* and *tosh* means *stone*: the game is played with five stones.

The game is mainly played by girls, in spring, summer and autumn. It contribute to developing children's agility.

1.2 Game Process

The game is usually played by 2 to 3 players.

In order to play this game five small round stones are needed. The group selects the first player, who will also be the game master.

Players must catch stones without dropping any of them. If a player drops a stone, s/he loses his/her turn and the next player can play.

First phase

1. The game master scatters the 5 stones on the ground. She throws one stone and tries to pick up another stone on the floor with the same hand. This action is repeated for each stone.
2. The game master scatters the 5 stones on the ground. She throws one stone and tries to pick up two stones on the floor with the same hand. This action is repeated for the remaining two stones.
3. The game master scatters the 5 stones on the ground. She throws one stone and tries to pick up one stone on the floor with the same hand. She throws one stone again and tries to pick up the remaining three stones.
4. The game master scatters the 5 stones on the ground. She throws one stone and tries to pick up all four stones on the floor with the same hand.

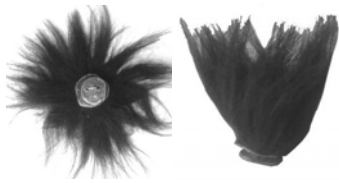
Note: the lesson plan describes two more stages of the game with different throwing configurations.

Part 2. Lanka Uzbek Folk Game

2.1 Content of the Game *Lanka*

The game *Lanka* is mostly played by boys. It is widespread over several regions and usually played in spring, summer and autumn.

A lanka is made out of a round piece of sheep or goat's leather (2 to 3 cm diameter), with wool attached. A metal chip is attached to the leather with copper wire.



2.2 Game Process

The game is usually played by 2 to 6 children.

The group selects the first player, who will also be the game master.

The game is played in five stages. It ends when a player completes all five stages. When a player drops the lanka, the next player starts playing from the same stage.

Players cannot touch the lanka with their hands while they kick.

First phase. “birlik”

A player kicks the lanka five times with the inner side of his right or left foot and then catches it. He can rest his foot on the ground between each kick.

Second phase, “lisa”

A player kicks the lanka five times with the inner side of his right or left foot and then catches it. He cannot rest his foot on the ground between each kick.

Third phase, *juftlik*.

A player kicks the lanka ten times with the inner side of his right or left foot and then catches it. He can rest his foot on the ground between each kick.

Fourth phase, *nuri*.

A player kicks the lanka 5 times with the kicking foot crossed behind his standing leg. For each kick, he jumps on his standing leg. He then catches the lanka. He can rest his foot on the ground between each kick.

Fifth phase, *janji*.

A player kicks the lanka 5 times with the kicking leg bent over his other knee. For each kick, he jumps on his standing leg. He then catches the lanka.

The player who loses the game is called the “*dog*”. The “*dog*” throws the lanka to the winner who shoots it strongly in any direction. If the dog caught the lanka, players can start another game. If the dog cannot catch the lanka, the winner kicks it again, up to 3 times.

The game ends when a player completes all five stages.

Recommendations:

1. Teachers can invite a traditional ICH bearer to teach the games.
2. Teachers can show a video clip of the game during the lesson.

Knowledge and Skills	Key Questions
<p>Knowledge obtained: Acquire knowledge about objects, sand rules of <i>Besh tosh</i> and <i>Lanka</i> Uzbek folk games.</p>	<p>Questions:</p> <ol style="list-style-type: none"> 1. What objects are used in the <i>Besh tosh</i> game? 2. How many phases are there in the <i>Besh tosh</i> game? 3. What object is used in the <i>Lanka</i> game? How is it made? 4. How many phases are there in the <i>Lanka</i> game? 5. Explain the key words used in the games <i>Besh tosh</i> and <i>Lanka</i>? 6. Explain the rules and process of the folk games <i>Besh tosh</i> and <i>Lanka</i>.
<p>Skills acquired: Be able to play the folk games <i>Besh tosh</i> and <i>Lanka</i> independently. Specific skills acquired through these games include:</p> <ul style="list-style-type: none"> • Fingers, shoulders and legs movements are more coordinated • Students develop agility and rapidity. • Students’ focus is improved 	<p>Tasks: Practice the folk games <i>Besh tosh</i> and <i>Lanka</i> with friends after the lesson</p>

Homework assignments:

1. Learn the rules of the *besh tosh* and *lanka* folk game.
2. Identify and describe various phases of the games as shown on some pictures.
3. Discuss with your parents if they played these games in their youth. Did they use the same rules or some variations? Collect text, video, audio, photos about these games.
4. Play this game with your friends after lessons in your free time.