

Materials	Two scarves or cloths
Learning Outcome	Use game play strategies and tactics to retrieve an object from an opponent while protecting your own object.

Description

Ensure there is enough space to do the activity away from any safety hazards. Explain to the youth that Luta De Galo is a popular game played in Brazil. Luta De Galo means fight of the roosters in Portuguese.

It is a two-player game with each player tucking a scarf or piece of cloth into their side pocket or waistband of their pants. Each player crosses their dominant arm across their chest and lifts the opposite leg up requiring them to hop. Each player tries to pull their opponent's scarf or cloth out while hopping on one foot with one arm across their chest.

If a player puts their leg down, or pulls the scarf or cloth with the hand across their chest, the other player wins the round.

Physical Education Competencies



MOVE

Develop psychomotor skills, tactics, and strategies that facilitate a variety of physical activities across diverse environments.



THINK

Develop cognitive skills and strategies for a variety of movement contexts that facilitate critical thinking, decision-making, and problem solving.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate movement competence and confidence.



Reflection Questions

Reflection is important to support learning during physical activity. Consider asking the youth the reflection questions below and discuss the answers together.

- *What different moves did you use so your opponent could not pull out your scarf or cloth?*
- *Why do you think it is important to practice activities with your non-dominant side?*



Inclusion Considerations

Modifications can be made to a variety of activity components to ensure inclusion. As you plan activities, consider how everyone can be involved and how to modify or adapt the activities to ensure the full inclusion of all. The STEP framework provides modifications to the following activity components — space, task, equipment, and people.

S Space	T Task	E Equipment	P People
Complete the activity in a space with minimal distractions.	The youth uses both arms and uses the form of movement that will bring them the most success.	Use a stuffed animal or large, soft object tucked into your sleeve.	The youth holds onto another individual for stability while doing the activity.