

Materials	Outdoor space with obstacles (benches, rocks, logs, tree stumps) OR indoor space with obstacles (pillows, chairs, upside down pots)
Learning Outcome	Practice using a variety of movement skills and demonstrate how to follow the rules of the game.

Description

Ounch Neech is a common children's game in Pakistan. Begin by ensuring there is enough space to do the activity and check for safety hazards.

The game starts with one person as "It". They choose either ouch (up) or neech (down). If they choose neech, the ground is not safe and players can be tagged out unless they are ouch, up on something like a stump or a rock. The opposite is true if they choose ouch and can be tagged if they are up on something.

The first person tagged becomes "It" for the next round of the game. Play until all players are tagged or for a specified amount of time.

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 child the reflection questions below and discuss the answers together.

- Do you think it's easier to play ouch (up) or (down)? Why?
- What movements skills do you use during this activity (e.g., running, jumping, dodging, balancing)?



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
<p>Increase the amount of space between the obstacles so the child has more room to approach and dismount the objects.</p>	<p>There is no “it” and the child follows “up” or “down” instructions to move to different objects and perform the movement.</p>	<p>The child steps onto folded mats, pillows, or blankets.</p>	<p>The child holds onto another individual while approaching and dismounting the objects.</p>