

# Awareness and Attitude of Junior High School Students in Traditional Game (Laro Ng Lahi)

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## ABSTRACT

This descriptive correlation quantitative research study aimed to determine the level of awareness and attitude towards Laro ng Lahi of the Junior High School students in selected schools of District of Los Banos. Simple random sampling technique was used in selecting the respondents. A modified and validated survey-questionnaire was developed to obtain the respondent's profile: grade level, age, sex, and family income. To assess the level of knowledge of the respondents in every Laro ng Lahi, statements were formulated that focused on the characteristics of each game, and level of attitude towards playing games. Based on the findings, majority of the respondents are female and have family income within the range of PhP1,000-5,000. It is found that they were aware of different Laro ng Lahi: patintero, agawan base, piko, and luksong tinik, however, they were not aware of the game siato/tsato. Based on their attitude towards games, they were willing to engage themselves in playing games as one of their recreational activities in school. Furthermore, they found the games interesting and could help them to energize, stimulating, and developing socialization. Although they were moderately positive about their fear of playing games and even getting tired and bored, still had positive attitude towards the said games, that it is an enjoyable to play. From these results, physical education teachers are encouraged to design their physical education curriculum guide to include the Laro ng Lahi as part of the students' physical activities. The students may engage themselves in playing laro ng lahi to preserve as one of the Filipino cultures, as an alternative to modern games.

**Keywords:** Laro ng Lahi, junior high school, correlation, awareness, attitude

## INTRODUCTION

Children nowadays spend most of their time playing video games to the point that they slowly forget how to play their very own traditional games. Most of the children today do not even remember the games that were once played before when there was no handheld video game consoles or computers (Armada, et al, 2018).

According to Maranan (2019), indigenous games widely known as "Laro ng Lahi" are Hispanic in origin. It is not only played by youngsters but also by anybody who loves childish humor. While these games are recreational, they are also used to test an individual or group's strength, endurance, and dexterity. Awareness and knowledge of these "Mga Laro ng Lahi" help every Filipino develop a sense of nationalism and the recognition of national identity as a Philippine culture. The advent of modern technology such as the internet, social network, gadgets and the like have taken the youth's attention and interest. The rise of technology has changed the lifestyle of Filipinos. These factors might affect the awareness of the youth of today on Philippine games.

Filipino children nowadays are left with a choice, to keep up with the flow of modern times, dwell on virtual games and completely leaving behind the traditional sports, but these children don't have to make this choice, at what is needed in this matter is to find a better, drastic and creative solution to create the balance that is justly needed (Thomas, 2012; Podgursky et al., 2004; Ghanizadeh et al., 2006; Witt, 1986).

There are many different types of Laro ng Lahi which are played in individual player or group player. Some of them are patintero, agawan base, piko, siato or stick game, and game of conquer. Patintero or "Harang Taga" is the most popular among the Philippine games. It is played everywhere, anytime of the day most especially at

night during full moon. A team is composed of five (5) players and a coach. The officials of the game are the referee, scorer, timekeeper and five (5) linesmen. Two teams compete (the offensive and the defensive teams) to accumulate as many points by passing the lines without being tagged.

Agawan Base literally means "capturing base". It is played by two teams with a minimum of 3 players for each team. The more players the merrier. This game is usually played on the beach since this game involves running, chasing, or tagging, and accidental falling is inevitable. Agawan Base is a form of tag similar to capture the flag but without flag.

Piko is a popular game played in yards or alleys. A geometric figure is drawn on the ground and provided with divisions or compartments. Make available flat pieces of stones which may be used as "pamato" A brick chips, the bottom piece of a clay pot or a smooth chunk of window glass maybe used, too.

Luksong tinik is a popular game in the Philippines. It is originated in Cabanatuan city, Philippines, played by two teams with equal numbers of players. Each team designates a leader, the nanay, while the rest of the players are called anak. There is no required equipment for this game because you only need your hands and your feet. The element of health-related and skill-related fitness required for this game is power.

Stick game (tsato/siato), better be good at it - Two players, one flat stick (usually 3') and one short flat piece of wood (4" usually a piece cut from the flat stick). Player A hitter and Player B as the catcher. Played outside on the ground where you dig a small square hole (slanted) where you put the small wood so it sticks out.

These games, rooted in tradition and cultural essence, offer multifaceted learning experiences, weaving learning with amusement (Smith, 2005). "Laro ng Lahi," traditional Filipino games, is one such cultural gem that plays a pivotal role in the Philippines' educational framework, offering a kaleidoscope of learning opportunities and experiences to students (Dela Cruz, 2010).

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 have been their regular and popular pastimes, as well as the favorite games of their parents and grandparents until new and modern forms of entertainment have taken over the interests of young kids (Barros, 2012).

Junior high school students are at a crucial developmental stage, where external influences significantly mold their knowledge, attitudes, and perceptions. Within this framework, a profound exploration into their understanding and viewpoints about Laro ng Lahi is imperative (Martinez, 2015).

Junior high school students, positioned at a crucial juncture of their developmental journey, are subject to a myriad of external influences that significantly contribute to the formation of their knowledge, attitudes, and perceptions (Hasmi, K. 2022).

According to a DepEd Memorandum No. 35, s. 2023, all regions must choose ten members from their delegation to participate in the Palang Indigeno games. In addition, separate events for learners-athletes with Intellectual Disability (ID), visually impaired (VI), and orthopedically handicapped/amputee (OH) under Special Education (SPED) classes, such as Para-Athletics, Para-Swimming, Bocce, and Goalball, will also be conducted.

Aside from Indigenous Filipino Games, Cheerleading, Weightlifting, and Obstacle Course will also be included for exhibition, while Dancesports and Pencak Silat will be featured as demonstration sports in this year's Palang Pambansa.

Historically, traditional games in the Philippines were integrated in physical education (P.E.) courses in all levels of educational institutions and sport activities of the local government units through Senate Bill 1108 and House Bill 2675. These games comprised the major components of the Physical Education curriculum through the efforts of Bureau of Physical Education and School Sports (BPSS) in 1984 (Wilhelmsen, 2012). These efforts supported the provisions of the 1987 Philippine Constitution mandating the State to conserve, promote and popularize the nation's historical and cultural heritage and resources to preserve them for future generations of Filipinos and ensure continuity of Filipino identity and cultural belongingness. To date, the department of

education implemented Section 14, Article XIV of the 1987 Philippine Constitution which states that the state shall foster the preservation, enrichment, and dynamic evolution of a Filipino national culture based on the principle of unity in diversity in a climate of free artistic and intellectual expression through advocating "Laro ng Lahi" in Physical Education curricula.

This study was to determine the level of awareness and attitude on Laro ng Lahi of the Junior High School students. The result of this study made us aware of how knowledgeable our junior high school students are on the laro ng lahi and how they perceive through their behavior in playing these games. This research study is believed to be significant to the Basic Education students to create and develop their physical and social aspects. It will develop camaraderie, leadership, and sportsmanship among the students. Students will be the instruments to preserve the culture through laro ng lahi. Teachers of Physical Education course may have given an idea on how they will introduce the Laro ng Lahi and integrate this in their lessons.

**Conceptual Framework**

This study identified variables that were examined as shown in figure 1, the research paradigm. The independent variable is the respondents' level of awareness while the dependent variable is their attitude towards Laro ng Lahi and the moderating variable is their demographic profile. In addition, the study also attempted to determine the significant relationship between their awareness and attitude when they were grouped according to their demographic profiles.

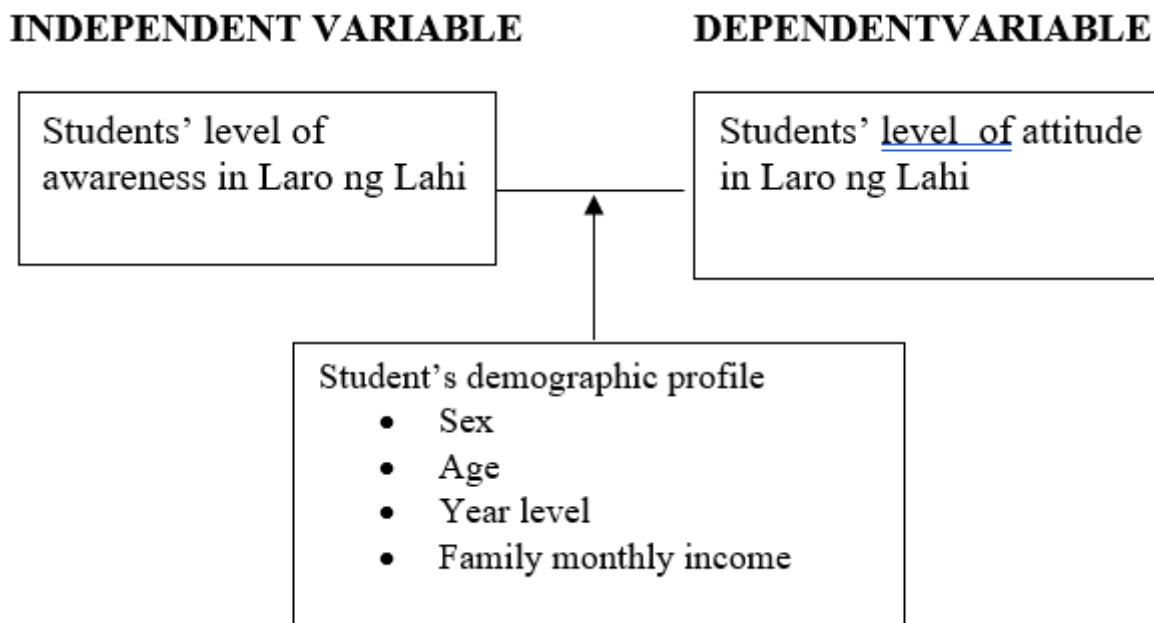


Figure 1. Research Paradigm

**Statement of the problem**

The study aims to determine the level of awareness and attitude in Laro ng Lahi of the Junior High School students.

1. What is the demographic profile of the respondents in terms of:
  - 1.1.sex
  - 1.2.age
  - 1.3. year level
  - 1.4. family monthly income

2. What is the level of awareness and attitude of the respondents in Laro ng Lahi?
3. Is there a significant relationship between the respondent’s level of awareness when the respondents' group according to their profile?
4. Is there a significant relationship between the level of attitude when the respondents' group according to their profile?

**Hypotheses**

The following hypotheses were tested with appropriate statistical tools.

There is no significant relationship between the respondent’s level of awareness when the respondents’ group according to their profile..

There is no significant relationship between the level of attitude when the respondents’ group according to their profile.

The study utilized descriptive correlational design. It is the most appropriated design to determine the relationship between variables such as the demographic profiles of the respondents as independent variables and the dependent variables were the perceived awareness and attitude of the respondents among five (5) selected Laro ng Lahi like; Patintero, Agawang base, Tsato/Siato (stick game), Piko and Luksong Tinik.

The survey questionnaire used on awareness on Laro ng Lahi was researchers-made questionnaire which was validated by the experts in the field of Physical Education, using the following criteria presentation/relevant, organization of topics, applicability, clarity and comprehensibility.

The survey questionnaires used for attitude were adapted and modified from the study conducted by Daren, et al (2004) the modified questionnaires were also also validated.

To assess the awareness of the respondents in every Laro ng Lahi, five statements were included that focuses on the characteristics of each games, and also ten statements for the determine the level of attitude of the respondents towards playing Laro ng Lahi.

The respondents were randomly selected among the junior high school students of Los Baños Integrated School and Los Baños National High School-Batong Malake with a total of 661. The researchers used stratified proportion random sampling and online calculator to get the sample size.

Los Banos National High School -BM	Population	Sample size
Grade 7	713	71
Grade 8	933	94
Grade 9	994	93
Grade 10	950	95
Los Banos Integrated School		
Grade 7	409	94
Grade 8	331	76
Grade 9	302	69
Grade 10	302	69
Total		661

## RESULTS AND DISCUSSION

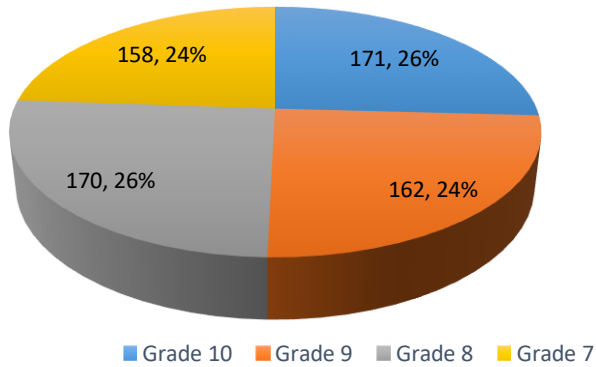


Figure 1. Respondent's grade level

Figure 1 shows the distribution of students' respondents in terms of grade level. The respondents are almost equally distributed among grade 7, 8, 9 and 10, with 158 (24%), 170 (26%), 162 (24%) and 171 (26%) respectively. A total of 661 students respondents.

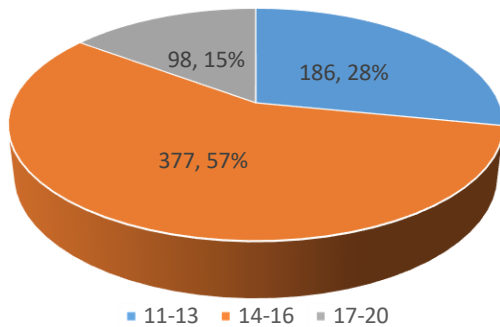


Figure 2. Respondent's age

As indicated in Figure 2, in terms of age, majority of the respondents belong to ages 14-16 or a total of 377 (57%), followed by students ranging from 11-13 with a total of 28% and the least number of respondents with a total of 98 (15%) is from 17-20 years of age.

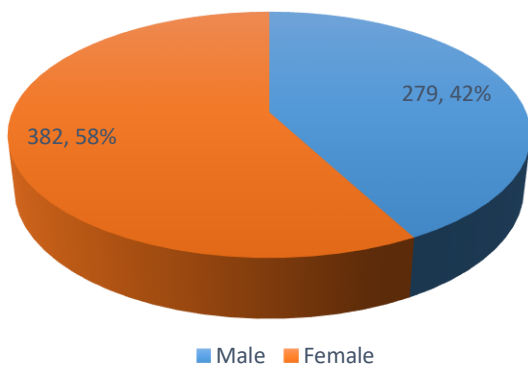


Figure 3. Respondents' sex

Figure 3 demonstrates that the majority of respondents are female, accounting for 382 individuals (58%), but the number of male respondents, which is 279 (42%), is not significantly different.

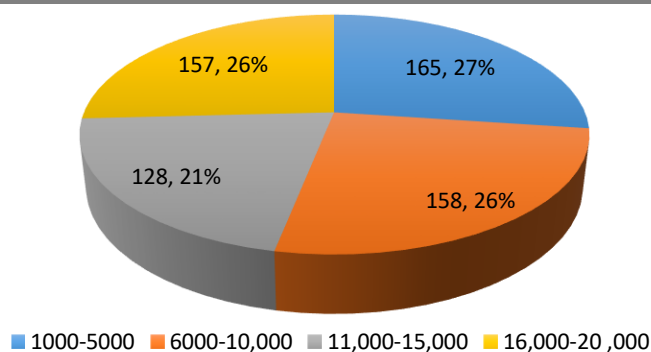


Figure 4. Respondents' Family Income

As shown in Figure 4, the respondents with family income falling within the range of Php1,000-5,000 constitute the highest numeration at 165 (27%), while those with family incomes in the range of Php11,000-15,000 represent the lowest count with a total of 128 (21%). The number of respondents within the Php6,000-10,000 and Php16,000-20,000 family income brackets is nearly equal, with 157 (26%) and 158 (26%) individuals, respectively.

Table 1 shows that the respondents' level of awareness in common five (5) traditional Filipino games known as "Laro ng Lahi".

It reveals that respondents were fully aware regarding the game of patintero, particularly in terms of a player's speed, agility, and the skill needed to outwit opponents or traverse through the members of the opposing team. This is evident from the mean score of 4.55 (SD-0.72) but the overall descriptive interpretation of being knowledgeable on the game patintero is "aware."

In agawan base, the data shows that respondents are fully aware that this game is played by two teams where they seize the opponent's base through good strategy, evidently shows the mean score of 4.51 (SD-1.81) but with an overall interpretation of being aware in this laro ng lahi.

Table1. Awareness of the Respondents in Five (5) Common Types of Laro ng Lahi

Statement	Mean	SD	Verbal Interpretation
<b>A. Patintero</b>			
<b>1. In playing Patintero a player's speed, agility, and ability are required to bet on the opponent or otherwise get through each member of the other group.</b>	4.55	0.72	Fully Aware
2. The basis for winning this game is the number of players who pass each line without being guessed by the opponent.	4.3	0.89	Aware
3. A group includes at least 5-10 members.	4.05	0.99	Aware
4. Patintero can be played in any place as long as the plaster floor that serves as a boundary is covered.	4.22	0.91	Aware
<b>5. To begin the game, one will toss a coin to determine which group will play first and which group will bet.</b>	3.89	1.1	Aware
<b>Composite Mean</b>	<b>4.2</b>	<b>0.9</b>	Aware
<b>B. Agawan Base/ Moro-moro</b>			

<b>1. The game Agawan Base is played by two teams where they “seize” the opponent’s base through good strategy.</b>	4.51	1.81	Fully Aware
2. There are two bases and two teams with four or more players per team	4.44	0.87	Aware
<b>3. Each player has an assigned task. The fast one will attack the enemy’s base to score.</b>	4.31	0.92	Aware
4. To win, your team must capture the opponents base by capturing the opponent’s base.	4.4	0.88	Aware
5. Commonly used bases are poles or trees because they are difficult for attackers to capture.	4.42	0.93	Aware
<b>Composite Mean</b>	<b>4.43</b>	<b>1.08</b>	<b>Aware</b>
<b>C. Piko</b>			
<b>1. Players need to choose a checker- this is something used to mark where the player is it can be a piece of stone or a piece of broken plate.</b>	4.25	1.0	Aware
2. In the shape for there should be lines that separate from each others, these may be box or square shapes. These squares will be numbered to determine which of them the order will be contested by the players.	4.24	1.04	Aware
3. Players must throw their checkers on the inside line. It doesn’t have to be on the line or outside the line.	4.22	1.09	Aware
4. He cannot change the leg used while hopping.	4.23	1.09	Aware
<b>5. The first player throws his checker at number one. He has to squeak from hop number 2 to the highest number and back. Then on his return he will take his checker.</b>	4.18	1.24	Aware
<b>Composite Mean</b>	<b>4.26</b>	<b>1.30</b>	<b>Aware</b>
<b>D. Luksong Tinik</b>			
1. Two players serve as the base of the tinik (thorn) by putting their right or left feet together (sole touching gradually building the tinik.)	4.23	1.04	Aware
2. A starting point is set by all the players, giving enough runway for the players to achieve a higher jump, so as not to hit the tinik.	4.23	1.2	Aware
3. Players of the other team start jumping over the tinik, followed by the other team members.	4.32	0.97	Aware
<b>4. A player must avoid hitting the piled hands with any part of his body or clothing.</b>	4.53	2.95	Fully Aware

5. When all members are done jumping over the feet, the players on the base add a hand at a time. The palm and fingers are open wide above their feet. The same process is repeated until all the base players have piled their hands over.	4.29	0.99	Aware
<b>Composite Mean</b>	<b>4.33</b>	<b>1.63</b>	<b>Aware</b>
<b>E. Tsato/Siato</b>			
1. Two players, one flat stick (usually 3') and one short flat piece of wood (4" usually a piece cut from the flat stick).	3.45	1.36	Aware
2. Player A hitter and Player B as the catcher. Played outside on the ground where you dig a small square hole (slanted) where you put the small wood so it sticks out.	3.29	1.34	Not Aware
3. Player A hits the wood with the stick so it catches air enough to be hit by the stick.	3.29	1.32	Not Aware
4. Player B on the other hand has to anticipate and catch the small piece of wood to nullify the points and become his turn OR looks forward to Player A to miss hitting the wood.	2.19	1.36	Not Aware
5. The further the wood gets hit the more points you get (usually counted by the number of stick length).	3.29	1.39	Not Aware
<b>Composite Mean</b>	<b>3.30</b>	<b>1.35</b>	<b>Not Aware</b>

Legend: 1.00-1.49 Not Aware; 1.50-2.49 Moderately Not Aware; 2.50-3.49 Moderately Aware; 3.50-4.49 Aware; 4.50-5.00 Highly Aware

In the level of awareness of respondents in the laro ng lahi, piko, respondents are aware on playing this game that players need to choose a checker to mark where the player is, by putting a piece of stone or a broken plate, squares are numbered, they only used one of their legs for hopping in every box. The overall mean is 4.26 with standard deviation of 1.30.

The result in the level of awareness of respondents in luksong tinik shows that they are fully aware with mean score of 4.53 (SD-2.95) in knowing that they need to avoid hitting the piled hands with any parts of their bodies or clothing otherwise they will be out in the game. But the rest of the features of the game, the respondents are only aware that two players serve as the base of the tinik (thorn) by putting their right or left feet together with mean score of 4.32 (SD-1.04); starting point is set by all the players by giving them enough runway to achieve a higher jump with a mean score of 4.23 (SD-1.2); players of the other team start jumping over the tinik with mean score of 4.32 (SD-0.97); and when all members are done jumping over the feet, the players on the base add a hand at a time. The palm and fingers are open wide above their feet. The same process is repeated until all the base players have piled their hands over with mean score of 4.29 (SD-1.63).

However, it was revealed that respondents' level of awareness on playing tsato/siato falls into not aware. It means that they are not aware the there is one player as hitter and the other player as the catcher, it is played outside on the ground and dig small hole to put the short stick or wood; player will hit the short wood up on the air using the long stick; the other players anticipate and catch the small piece of wood to nullify the points and become his turn to hit the small wood. It evidently show in the overall mean score of 3.30 (SD-1,35).

In the study of Amoy, et al. (2021) entitled Level of Awareness on Philippines Native Games among Basic Education Students of Saint Michael College of Caraga, it is found that among the seven Philippine native games, the respondents were moderately aware of the two native games, namely Piko and Siato, while the rest were

slightly aware. Therefore the result of this study shows that there was opposite result in terms of level of knowledge or awareness of the respondents based on their demographic profile.

Table 2. Respondents' Level of Attitude towards Laro ng Lahi.

Statements	Mean	SD	Verbal Interpretation
1. <b>I would like to play Laro ng Lahi as my recreational activity.</b>	4.29	2.25	Positive
2. I feel fear to play with others.	3.44	1.37	Moderately Positive
3. I feel tired on playing, too tiring for me.	3.35	1.33	Moderately Positive
4. I feel uncomfortable playing Laro ng Lahi.	3.92	1.47	Positive
5. <b>I feel bored playing Laro ng Lahi.</b>	<b>2.80</b>	1.39	Moderately Positive
6. I find Laro ng Lahi interesting games.	4.18	1.56	Positive
7. I like that the energy we are in movement in Laro ng Lahi.	4.21	1.01	Positive
8. I get along better with other after playing together in Laro ng Lahi.	4.07	1.07	Positive
9. I believe that Laro ng Lahi stimulates and develop socialization.	4.31	1.11	Positive
10. I enjoy playing Laro ng Lahi.	4.14	1.05	Positive
<b>Composite Mean</b>	<b>4.18</b>	<b>1.06</b>	<b>Positive</b>

Legend: 1.00-1.49 Negative Attitude; 1.50-2.49 Moderately Negative Attitude; 2.50-3.49 Moderately Positive Attitude; 3.50-4.49 Positive Attitude; 4.50-5.00 Highly Positive Attitude As shown in Table 2, the respondents' composite mean of 4.29 and standard deviation of 2.25 which described that the level of attitude towards laro ng lahi was positive.

The mean range of 2.80 to 4.31 ( SD= 1.01- 2.25) which consisted of the statements: they like to play Laro ng Lahi as their recreational activity (M=4.29,SD=2.25); they find Laro ng Lahi interesting games (M=4.18,SD=1.56); they like the energy in the movements of the games (M=4.21, SD=1.01); they get along better with other playing together (M=4.07,SD=1.07); they believe that playing these games stimulates and develops socialization (M=4.31,SD=1.11); and most specially they enjoy playing the Laro ng Lahi (M=4.14,SD.1.05). However, respondents were moderately positive on their fear to play the games (M=3.44, SD=1.37), feel tired (M=3.35, SD=1.33) and bored (M=2.80, SD=1.39)

The result is somehow similar to the study of Mozar (2020), which stated that traditional Filipino games or Laro na lahi in the Philippines are games commonly played by children, usually using native materials or instruments. Indeed, Laro ng Lahi offers salient values, characteristics and even skills enhancement which are vital to students' total development vis-a-vis social, emotional, mental and physical aspects.

Another study connected is by Adamson, et al (2004) that secondary school girls' appear to have the potential to increase participation in rugby union if the game is perceived to be fun, and exciting, offers positive social thing interaction and is seen to be safe.

Table 3. Correlation between respondents' level of awareness on Laro ng lahi.

Awareness	Computed	N	p-value	Remarks
Age	0.06	661	0.10	Not significant
Sex	0.01			
Income	0.03			
Year Level	0.07			
5% level of significant				

Based on the assumption wherein there is no significant relationship between the respondents level of awareness and their profile in terms of age, sex, income, the table 3 shows that in terms of respondents age the level of awareness has no significant relationship based on the P.r value in terms of age(-0.06); sex(-0.01); income(-0.03); Therefore, there is a significant relationship between the level of awareness on the P.r value in terms of year level (0.07).Therefore, the hypothesis is accepted.

Table 4. Correlation between respondents' level of attitude on Laro ng Lahi.

Attitude	Computed r	N	p-value	Remarks
Age	0.06	661	0.10	Not significant
Sex	0.01			
Income	0.01			
Year level	0.06			
5% level of significant				

Based on the assumption wherein there is no significant relationship between the respondents level of attitude and their profile in terms of age, sex, and income, the table 3 shows that in terms of respondents age the level of attitude has no significant relationship based on the P.r value in terms of age(-0.06); sex(-0.01); income(-0.01); However, there is a significant relationship between the level of attitude on the P.r value in terms of year level (0.06). Therefore, the hypothesis is accepted.

## CONCLUSION

It is concluded that students are willing to engage themselves playing laro ng lahi as one of their recreation activities in the school. Further, they find the games interesting and could help them to energize, stimulate, and develop socialization. Although they are moderately positive on their fear in playing games and even get tired and bored still they have positive attitude that laro ng lahi is an enjoyable games to play.

The study also concluded that there is no significant relationship between the level of awareness and attitude of the respondents on Laro ng Lahi which mean that the null hypotheses is accepted.

Similar decision on the null hypothesis stating that if there is no significant relationship between the level of awareness and attitude of the respondents on Laro ng Lahi when they were grouped according to their demographic profile , therefore the null hypothesis is accepted.

## RECOMMENDATION

Based on the result of the study the following recommendations were made

1. The school administrators may consider incorporating Laro ng Lahi in the school activities related to sports.
2. Teachers are encouraged to design their physical education lesson plan to include the Laro ng Lahi as part of the student's physical activities
3. Students may engage themselves in playing laro ng lahi to preserve as one of the cultures of the Filipinos as an alternative to modern games.
4. It is recommended to conduct similar study in a larger scope to determine the other respondents' perceptions.

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