



DAKAR ACTIVITY

TRADITIONAL SPORTS

Find out about a traditional sport.

Wrestling is the number one sport in Senegal. It is a part of African culture. What sport is popular in your culture?

1. Ask older people, such as your grandparents, what sport they played as a child.
2. Can they show or tell you how to play it?
3. Can you watch it or, even better, give it a go?
4. Involve your family and friends too!



Wrestling is an Olympic sport. Men and women compete separately.