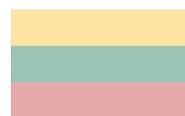
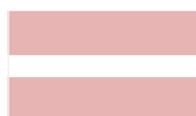




Erasmus+ Y.E.A.H. - Young Europeans Active and Healthy



GAMES WE PLAY(ED)



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ERASMUS+ Strategic Partnership

Y.E.A.H.

Young Europeans Active & Healthy

The collection of games from:

Zespół Szkolno-Przedszkolny w Krzczonowie (Poland)

Rigas 88. vidusskola (Latvia)

Scoala Gimnaziala Sfantu Ilie (Romania)

Instituto de Ensenanza Secundaria 8 de Marzo (Spain)

Agrupamento de Escolas de Idaes (Portugal)

Prienu "Azuolo" progimnazija (Lithuania)

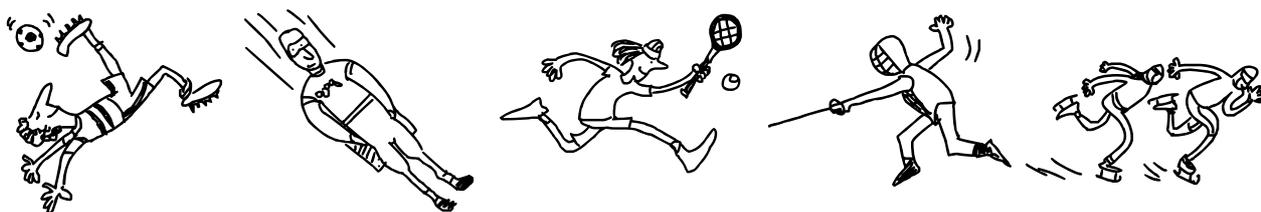
The compilation by

EC/PC - Zespół Szkolno-Przedszkolny w Krzczonowie



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Introduction

The compilation of games/sports which are (or were) played in our partner countries. This booklet was published as a summary and evaluation material of the Short Teaching/Training/Learning Activity that took place in Alicante (Spain) in May 2018. It may serve students and teachers as a manual to popularize and practise the games at their own schools and within their local communities. We would also like to preserve games which have been losing to computer ones these days. Together we will be able not only to revive them but also make them more popular.



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Blind hawks

This is a game that was played both by our parents and grandparents. It can be played in any open area - a field or a sports hall. The game field is a round circle that you create out of clothes or any materials you might have.

The rules:

All players stand in the middle of the circle.

One player is chosen to be the hawk and he is blindfolded. All the other players become the birds hawk is hunting for.

The hawk goes around and listens. The birds clap their hands, so the hawk knows where to move towards. Hawk then runs and tries to catch one of the birds.

The birds cannot go out of the circle. If someone leaves the circle - they have to give

something theirs as a bond until the end of the game (or they lose and become the next hawk). If the hawk goes out of the circle - everyone yells "Fire! Fire!" and hawk knows to turn back.

When the hawk manages to catch a bird - that bird gets blindfolded and is the new hawk.



LITHUANIA

Straw shoes, shack pads

The game can be played by as many participants as they wish to participate.

So, first, make a circle. Then, hand in hand, go in a circle and sing:

Straw shoes

Shack pads

Two times - both the lines are repeated.

After that, everyone turns (rotates) around one leg while jumping.

I can't dance

It pricks my feet

Then, jumping on another leg, repeats the same:

I can't dance

It pricks my feet

Again, join in a circle and sing:



Straw shoes

Shack pads

but this time faster.

Next time you go faster again,



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POLAND

RINGO Polish game for everyone

The game was invented by a fencer and a journalist Włodzimierz Strzyżewski. He described ringo as the most democratic of all sports.



In 1973 it was officially announced as Polish sport for everyone. It is now not only a great recreational sport (regardless of age) but also a professional sport (with official world and European championships).

Basic rules in short:

*The goal of the game is to score 15 points; defend one's own half of the court and throw the ring (above the line) to fall in the opponent's part of the court.

*Ringo is played with a hollow rubber ring.

*The court is 9 metres wide and 18 metres long. The line dividing the court into two halves is attached at the height of 243 cm.

*Ringo can be played outdoors or indoors (e.g. on a volleyball court)

*The central line mustn't be crossed during the game.

*The game can be played with two rings.

*The ring must fly more or less parallel to the surface. It must not be in a vertical position.

*The ring must be rotating when pitched.

*When you pitch or catch the ring, you have to touch the ground with at least a part of one foot.

*When catching the ring, the catcher may make a step and take one foot off the ground.

*The ring may be caught only with either hand but it must be returned with the same hand.

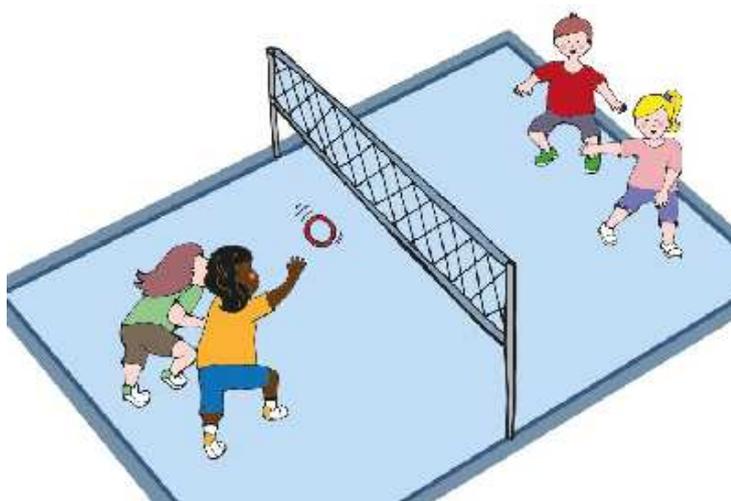
*The ring must not touch only player's hand.

*When you catch the ring, you have to throw it back immediately.

*The position of players on the court is not fixed.

*Players are supposed to appear in aesthetic sport equipment. You may play barefoot.

*Some additional rules may be introduced. For example, an obligation to serve with left and right hands successively.



PORTUGAL

Sack Race

Equipment: burlap sack

Number of contestants: two (at least)



Rules:

The goal is to go through the indicated distance in the shorter period. To move themselves, the players should hold the sack with both hands. A competitor that gets out of the sack, will be

disqualified. If the competition is disputed by teams, the whole team will be disqualified.



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JOC CASTEL

Player age: >9 years

Number of children: > 6 players

Playgrounds: Out in the open spaces (parks, school yard, parking, etc.).

Materials needed: Ball, Stones

Rules

1. Put nine stones one on top of another to form a "castle" stone.
2. Players are divided into two teams. Team 1 will play the role of defender of the castel (staying on the back of the stone castle) and Team 2 will play the role of castelattackers.
3. Team 1 will count nine steps from the castle of stones and will draw a line. From this line Team 2 will try to demolatethe castle with a ball.
4. If, after all members of Team 2 threw the ball, the castle is still standing, the teams changes roles and Team 1 will try to break up the castle with the ball.
5. The castle can be knocked down only by throwing the ballfrom the nine steps line.
6. After breaking down the castle, the defending team at the moment, should try to catch the ball, while the other team runs.After the defending team catches the ball, they will try to hit the other team members with the ball.
7. At the same time, members of the team that managed the demolition of the castle will have to rebuild the castle to win the game. They will have to do it

without being hit with the ball by the opponent team.

How to win the game:

Defending team - if they can take out of the game (to hit with the ball) all components of other team, before they come to rebuild the castle.

Attackers team - if they can rebuild stone castle before all team members will be taken out of the game.

8. The winning team will start the next game in attack position.

Rules:

1. Castle defenders can defend the castle from being rebuilt only with the ball. They are not allowed to hold with hands the other team members, just tobump them with the ball.
2. Defenders must let the ball hit the castle.
3. A player touched by the ball will leave the game. He must letdown the stone/ stones he has in hand, in the same place where hewas touched by the ball.



SPAIN

THE HANDKERCHIEF

Two teams are formed (no matter the number of students) and every member is given a number. In the middle there is a “judge” holding a handkerchief. That

happens, the team loses. If the person gets to his/her team they win a point.



person says a number and the person with that number from every team, rushes to get the hanky and takes it to his/her team. The other one has to run after the other and has to try and catch him/her. If that



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The short Teaching/Training/Learning Activity took place on May 7-11 in Instituto de Enseñanza Secundaria 8 de Marzo in Alicante (Spain / Comunitat Valenciana). The meeting was attended by ten teachers and ten students from all other partner schools. All the games presented in this booklet were practised by all participants. Our involvement contributed to a better international integration and strengthened the ties among partner countries.

Mens sana in corpore sano
(A healthy mind in a healthy body)

Thanks to our project, we are more and more aware of the importance of games. They keep us healthy and fit. They also give us an escape from the daily monotony. Sports and games teach us how to be physically and mentally balanced. Our bodies and minds are stronger and more active. That is why sport is so important in the process of education. All values learnt from physical activities, e.g. sense of cooperation, team spirit, fair play, can be applied in everyday life: at school, workplace or in our families.



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2018



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EXERT