



SPORTS GAMES

On the way to a healthier lifestyle with our European friends



AUTHORS

Szkoła Podstawowa Integracyjna nr 11 Tarnow, POLAND

Zakladni škola a Mateřská škola Polevsko, CZECH REPUBLIC

EEPU Ecole Rene Beaujean, La Chapelle Les Luxeuil, FRANCE

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Introduction

Sports and physical game guide is a permanent result worked out by teachers and students of partner schools of the project entitled "On the way to a healthy lifestyle with our European friends" and funded by Erasmus+ programme. There is a set of various and interesting physical games with rules prepared by partner schools from Czech, Poland and France. Students participated in the preparation of the games at schools and presented them to their partner schools' mates, which you can see on www.youtube.com

The guide is aimed to be inspiration for teachers who want to enrich their P.E. classes. The photos of the games which were carried out during school classes and during short-term exchanges of students are an interesting way of visualising the process of learning and putting into practice.



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Polish game TAG WITH SASHES

1. Pupils make pairs and tag their teams with two colours. They keep the sashes in their hands.
2. Pairs lay down near the cones which are set up around. Each pair is at one cone with their faces towards the centre of the circle.
3. One participant is a chaser and the other pursues them. They can run around both ways.
4. The chaser can lay down on both sides of one of lying pairs.
5. The other participant from the pair, where the chaser has laid down is a chaser now.
6. The pursuer is going to aim the sash at the buttock of the chaser, then the change takes place.



Equipment:

sashes in two colors,
cones



Polish game CATCH THE PREDECESSOR

1. In the game each number of players can participate. They make a circle and stand one by one looking in one direction. The distance between players should be equal.
2. The person who leads the game chooses a player from whom the counting starts. Each student has to remember its number.
3. The leading person chooses one out of 4 numbers.
4. All the players tagged with this number have to run outside of the circle, in the way their faces are directed. They try to catch the predecessor up to 2 laps.
5. The one who is caught, gets a penalty point.
6. From time to time a teacher changes the direction of the run. The game lasts e.g. 10 minutes. The student who gets the smallest number of penalty points is the winner.
7. Instead of tagging students with numbers you can distribute sashes in 4 colours. The players start when the leading person names the colour of the sash.



Place:

pitch or gym

Equipment:

sashes in 4 different colours



Polish game BALL TAG



1. In the game each number of players can participate, they stand on the court.
2. Two „tags” are randomly chosen, who are tagged with sashes or t-shirts. One of them has got a ball.
3. When the leading person shouts „tags” they move through the court (the tag with the ball has to stand, the other can run), they pass the ball between themselves and try to throw at someone's legs.
4. The only defence from being hit are jumps, chase etc.
5. The player who is hit changes the tag.
6. The game has a time limit. The person who has not been the tag is the winner.

Place:

court or the place
in the size of a
volleyball court

Equipment:

volleyball,
sashes or t-shirts



Polish game “NOODLE” GAME



1. Each number of participants is allowed in the game, all players make a circle.
2. One person is in the middle of the circle and keeps the ball.
3. The student with a ball throws it upwards and shouts the name of another student who plays.
4. This person has to catch a ball, others run away.
5. When the ball is caught, they say STOP and everyone stops.
6. The player who keeps a ball takes 3 steps and has to throw at their mate.
7. The person who is hit with the ball has got „a NOODLE” and is out of the game but when the person who throws misses receives „the NOODLE” and is quits the game.

Place:

pitch or gym

Equipment:

a ball



Polish game TAKING BALLS

1. Each number of participants is allowed in the game, but it has to be an even number.
2. Students are divided into 4 teams. The teams take seats in the corners of the pitch.
3. We put balls in the middle of the pitch.
4. When a teacher says (1 person in each team) run to the middle and take 1 ball to their team.
5. The game is over when there is no ball in the middle of the pitch.
6. The winner is a team which has the biggest number of balls.



Place:

pitch or gym

Equipment:

at least 16 balls



The Czech Lions Cup

Goals:

1. to get children and adults moving
2. to improve these physical skills of children
 - dribbling
 - throwing the ball at a target
 - jumping with a skipping rope
 - squat-reach jumps
 - floorball slalom and shooting at the goal
 - running over hurdles, running through cones – slalom and sprinting



Place:

playground or gym,
minimum size
10×16m

Equipment:

one ball, one
hoop, minimum
eleven cones, six
hurdles, one
floorball stick, one
floorball ball, one
goal, one skipping
rope



Instructions to improve the The Czech Lions Cup:

1. **START**

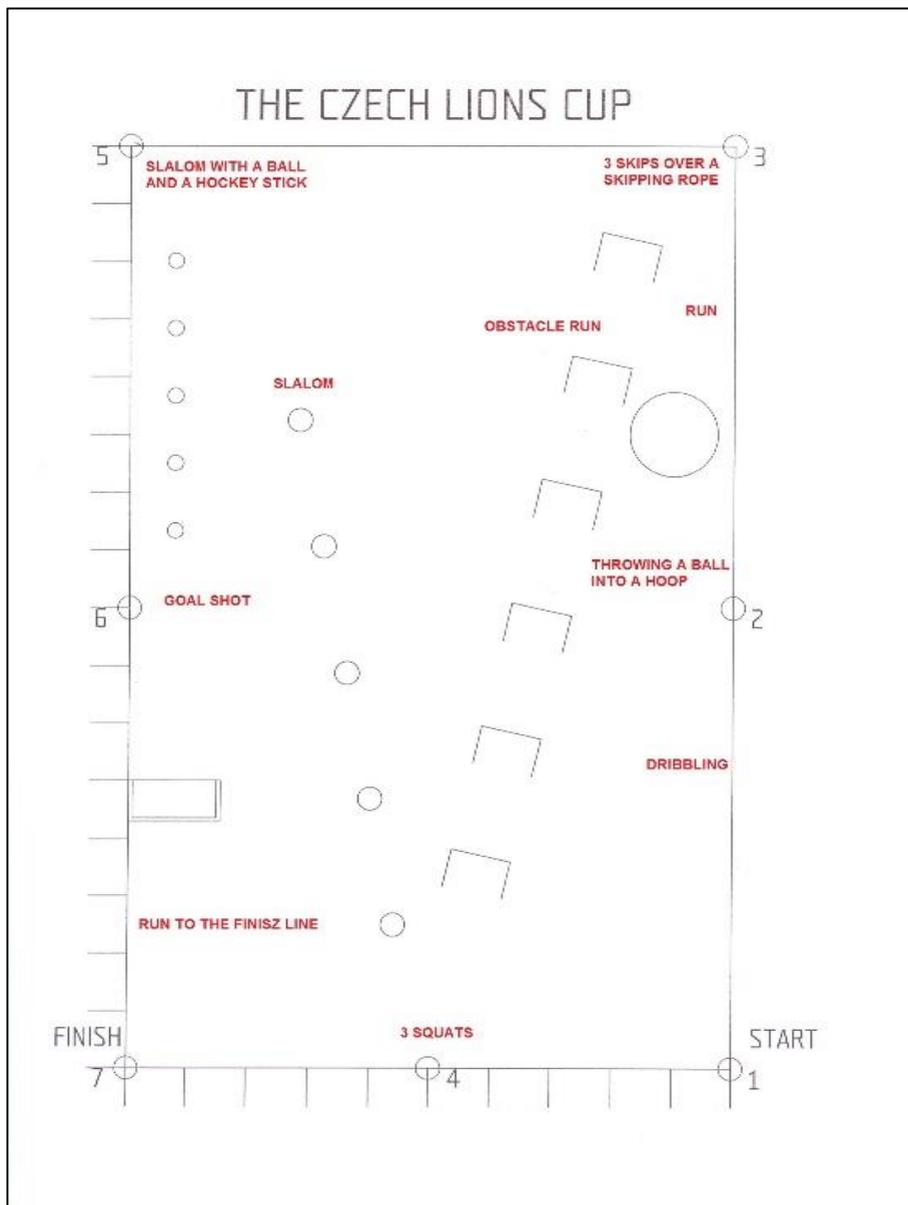
- take the ball and go to the start dribble at least three times
- stand on the line and throw the ball to the circle – hoop (distance 2m)
- jump three times with the skipping rope run over the hurdles(six pieces)
- squat-reach jumps three times run through the slalom (five cones)
- run through the slalom with the floorball stick (five cones)
- at the line take a shot(3 ...sprint to the finish)

7. **FINISH**

Criteria for improvement:

- teacher to monitor correct techniques for each skill and to encourage fair play
- for each incorrect attempt at a skill there will be a penalty
- ✓ to miss a goal plus 5s
- ✓ to miss a hoop plus 5s
- ✓ not to jump with a skipping rope plus 5s





Czech game DODGEBALL

1. Divide the players into two equal teams.
2. Each team has its own captain.
3. The captains start the game behind the opposite team.
4. The first team starts - the team try to throw the ball to their captain.
5. The captain must catch the ball and try to throw it at a member of the opposite team.
6. If the captain hits anybody then they are out and must join *their* captain behind their opponents.
7. If somebody catches the ball or it doesn't hit the floor, then players can continue throwing.
8. If the ball is dropped, then the game restarts from the opposite side.
9. When the last player is out then the captain of this side enters the field to play.
10. If and when the captain is hit, the game is over.



Equipment:

one ball and a field for players



Czech game BOMB

BOMB – Players must crouch quickly and put their hands on their heads

WATER – Climb upwards to get as far away from the ground as possible

STATUES – Stop moving and keep still

FIRE – Players have to run quickly to the speaker

BIRD – Put your arms out like birds wings

BEAR – Players must hide themselves from the speakers view while the speaker closes his/her eyes and counts to ten

BETLES – Players must lie on their backs and kick with their arms and legs

CAT – Players must crouch and „meaow“ like a cat

DOG – Players must crouch and bark like a dog

For each turn the speaker has to choose the last player to obey his command and say run to next turn can continue.



Rules:

1. Choose one child to be a speaker
2. A speakers job is to shout words - each word has a special movement

Fantasy is without boundaries. You can make up your own variations.



Czech game THE MOLECULE



How to play :

Speaker's role is to say numbers from two to eight to other children and the other children have to create groups of that children.

Sometimes some children will be out.

You can try different versions, for example: The speaker says the number followed by a part of the body-For example: Four heads.

You can practise English in this way.

You need one speaker and some children.

Have fun!



French game THE CLOCK



How to play :

The A team is in a circle in the hoops. They must do the maximum of turns with the ball (they pass it to their neighbour) while the B team runs around the circle of A team players (one at a time). One player of the A team is the clock: he/she must count each time the ball goes through his/her hands and had make a complete turn.

The game stops when the last player of B team claps the hand of his captain.

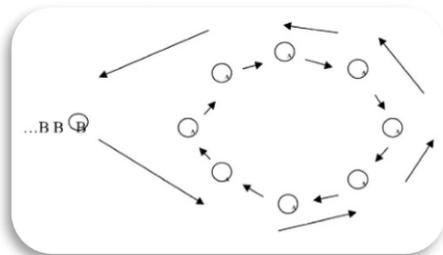
Count the numbers of turns the ball has made in the A team.

Exchange the roles (B team passes the ball while A team runs).

The winner is the team that has run the fastest (they have the smallest number with the adversary's clock)

Equipment:

a ball, a stopwatch,
as many hoops as
there are players



French game THE HEDGEHOG



Goal :

one must be the fastest to take all the clothespin on his adversary

How to play :

One against one, each pupil gets 3 clothespin that he can place wherever he wants on his clothes. The pupil that takes all the 3 clothespins from the other pupil wins.

The time for this game is 3 minutes.

Equipment:

Clothespin

Plot to delimit the playing space

A stopwatch



French game THE CONQUEST OF THE BALL



How to play :

1 pupil is on his knees and keeps the ball, the other one is trying to take the ball from them.

Be careful not to arm or be armed.

The game lasts for 1 minute.

Equipment:

1 ball for two pupils

1 wrestling mat for 2 pupils



French game THE 3 BALLS

How to play :

There will be 2 teams.

At the signal one player from each team goes running takes a ball in the first hoop and puts it in the second hoop, comes back, takes a ball in the first hoop and puts it in the third hoop, comes back, takes a ball and puts it in the fourth hoop. Then goes back and touches the hand of the next player.

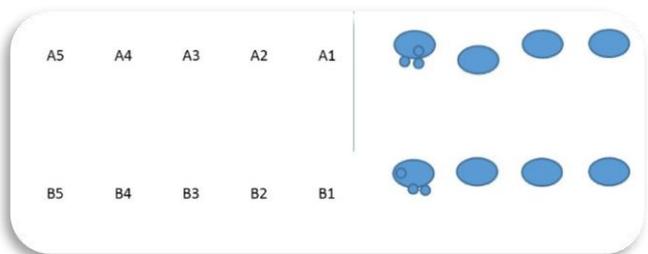
This player takes the ball in the fourth hoop and puts it in the first hoop, then takes the ball in the third hoop and puts it in the first hoop, then takes the ball from the second hoop and puts it in the first hoop.



Equipment:

6 balls

8 hoops



Links

https://www.youtube.com/watch?v=hOE9r0_KsDs - tag with sashes

<https://www.youtube.com/watch?v=qeblbNWbfJ8> - catch the predecessor

<https://www.youtube.com/watch?v=GZXQfgUQucg> - ball tag

<https://www.youtube.com/watch?v=vkzAWhs2xeM> - „noodle” game

<https://www.youtube.com/watch?v=vkzAWhs2xeM> - taking balls

<https://www.youtube.com/watch?v=NXgkcLqsRD0> - The Czech Lions Cup

<https://www.youtube.com/watch?v=bK-AcFJJ05E> – dodgeball

<https://www.youtube.com/watch?v=TcDa8Dm2YLg> – the bomb

<https://www.youtube.com/watch?v=3HATzmuUAKI> – the molecule

<https://www.youtube.com/watch?v=d6fMFYUrNQg> – the clock





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