



Games Book

Every Move Counts



Co-funded by the
Erasmus+ Programme
of the European Union



Info about the Project

This educational unit is a part of an EU financed project "Every move counts" that was initiated in our schools as we see that a majority of our students spend a lot of their free time using electronic recreation and less and less time being physically active.

Six schools from six countries take part in this project: Croatia, Finland, Germany, Italy, Spain and the UK. Our participating students are aged between 13 – 16 and attend different forms of secondary and primary schools and one SEN (special educational needs) school.

One of our main ideas is that our students are actively involved in the planning and implementation of our activities, so for this unit we asked our students which active games they enjoy most at the moment. Then, each participating school chose one of the popular games for this unit.

Our aim also is to share games that are easy to play with a minimum of equipment both indoors and outdoors and that do not require a high skill level for participation thinking that our students will enjoy these physical activities as they are student centred, fun and safe.

We are trying to prioritise the LOVE of sport above LEARNING sport so that they become healthy active adults.

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Game 1 Square-Ball

Mittelschule Holderhecke Berggrheinfeld

Basic Information

(5-8 players) per pitch

The pitch consists of four adjacent squares (2mx3m, for example). The squares are marked with boundary lines and have numbers.

There is one player in every square, the other players are waiting in line outside the squares. Player 1 gets the ball and brings it to the match.

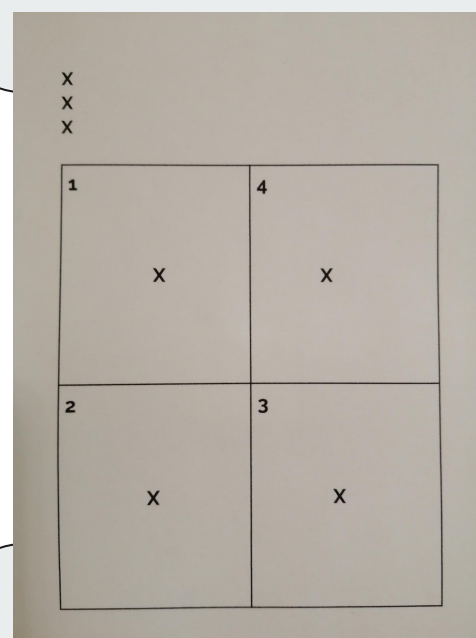
Rules:

- You always play with a light rubberball or volleyball.
- The ball may only jump up once in every square.
- You are only allowed to play it with your hand/arm from below
- If the ball jumps up twice inside one square, the player has to leave the square and queue in line.
- The players who are in the field change their squares. (Example: Mistake was in square 3 player 2 moves to square 3 / player 1 moves to 2 / new player moves to 1)
- The new number one brings the ball back into the game.

Exemption: If the ball that was played by number 1 drops down in square 4 and jumps directly into square 3 without being touched, the game goes on.

How to win:

There is no winner in this game. Students just play it for a limited time like 15 – 20 minutes and they really enjoy it.



Game 2 Brilé

IES MARQUÉS DE CASARIEGO Tapia de Casariego

Basic Information

'Brilé' is a very popular game in Spanish schools and it is named in different ways, since some people refer to it as "prisoner ball" or "cemetery" as well. The number of players may vary. You only need a soft ball so that you don't hurt the other players. There isn't a specific size for the field and it can be played outdoors or indoors.

How the Game Works

Two teams with the same amount of players are created and the field is divided into two equal parts. Each team is located on each side of the field. However, there is one player that is placed in the opponents' half, outside the limits of the field ("the cemetery"). Players try to eliminate their opponents by throwing the ball (not letting it bounce) and hitting them on any part of their body. In case this happens, the player that has been hit is considered to be "burnt or dead" and should go to the "cemetery". Then he is the one to get the ball back in play. If one player manages to catch the ball without it falling on the ground, the ball is given to this player's team, who will continue the game.

How to Win the Game

One team wins when they are the first to eliminate all the members of the opposing team



Game 3 Grasshopper Game

Osnovna skola Ivana Rabljanina Rab

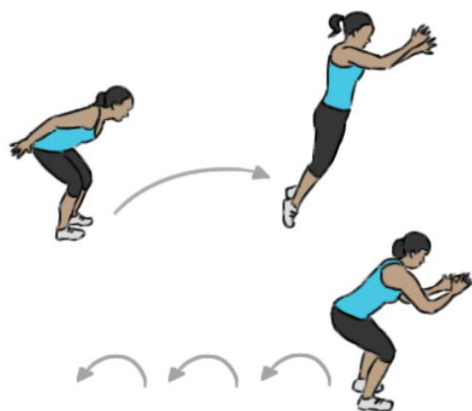
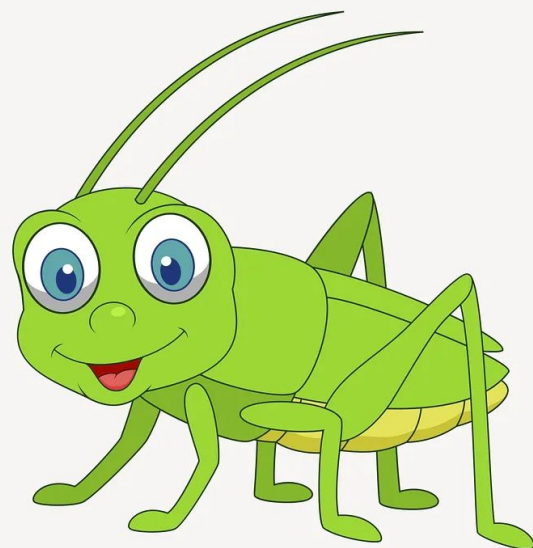
The grasshopper game is one of the games that marked our growing up and childhood. The game is played in a group. One of the players must be chosen to be the grasshopper. His task is to step on the players foot while the players try to jump away, and if he manages to do that, the player is out of the game.

So, how do you play it?

Gather up a group of people, it should contain more than 3 players. Next, choose a person who is going to be the grasshopper. The grasshopper will stay in the middle, while the rest of the players form a circle around them, putting one foot in front. The grasshopper then says "The grasshopper hops on 1, 2, 3" and while he counts, the players need to jump 3 times, as far as possible, on each count. Then the game begins. The grasshopper will then count ("1, 2, 3") each time he wants to jump. On 3, he will try to catch one of the players while they try to jump away. Both the grasshopper and the player can jump once at a time.

How to win the game?

To win the game, you need to be focused. Pay attention to the grasshopper movements (you never know when they can trick you). Try to jump as far away as possible. The last one left in the game is a new grasshopper. And most of all, have fun!!



Game 4 Seven Crushes

Istituto Comprensivo Statale Luigi Capuana Aragona

Basic information

This game is very common in our country and it is similar to volleyball. Indeed, you need the same type of ball. There isn't an ideal number of player. It can be played outdoors or indoors.

How the game works

You have to get in a circle and pass the ball to one of the player. This is repeated seven times. When the game starts the player has to say "one" and then throw the ball. In the last passage, which is the seventh, you have to smash the ball only with one hand and try to hit a player to eliminate him. A player can't touch the ball twice in succession and he can't stop the ball. He can try to take the ball only on the seventh passage to stay in the game.

How to win the game

Remember to count the ball's passages in your mind because if you drop the ball you have to say the number of touches done until that moment. If you don't know the number or say the wrong one you are disqualified and a player starts to play again saying "one". The game ends when there is only one player in the circle.



Game 5 Duck, Duck, Goose

Pendle Community High School & College Nelson

Basic Information

Duck duck goose is a game for everyone young and old can play this game. It can be played indoors and outside. You do not need any equipment for this game.

How the Game Works

Everybody but one person sits in a circle. You can stand up if you want)

You will need at least four people to play but the more players the better fun.

Decide who will be "it" first. "It" or the "fox". They will be the person saying "duck, duck, goose" and choosing who will be the goose chasing him or her

The person who is "it" will start walking around the circle and tapping the top of each player's head, saying either "duck" or "goose." Typically, "it" taps and says "duck" several times before selecting someone and saying "goose."

Choose a "goose" and run. At a time of his or her choosing, "it" will tap a player's head and say "goose." "It" then takes off running around the circle, and the goose jumps up and chases after "it." The goose's goal is to tag "it" before "it" is able to sit down in the goose's spot.

How to Win the Game

There is no winner in the game.



Game 6 Finnish Dodge Ball

Lauritsalan koulu Lappeenranta

Basic Information

The ideal number of players is 10-20. You need a soft ball bit smaller than volleyball. The size of the field depends on the number of players. It can be played outdoors or indoors.

How the Game Works

All the players are on the field. Two balls are thrown at the start of the game onto the field and you need to throw the ball at the other players (below the neck) so that the ball doesn't hit the wall or floor/ground before hitting the other player. If the player who is getting the ball thrown at catches the ball the one who throw the ball gets burned. This can be played in teams if you want to.

How to Win the Game

You can't move with the ball in your hand except if there are only two players left. Then the both players are given a ball and both of them can move. When one of the remaining players burns the other player then he wins and then we can start a new game. If another player throws the ball at you and you don't catch it you get burned. If the player who burned you gets burned you can go back to the game.





Participating schools

Mittelschule Holderhecke Bergrheinfeld



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