## Traditional Physical Games for Older Adults



IN COMMON SPORT ${ }^{+}$: Fit, Food and Fun for Elderly! 2021-2023



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## 1. Introduction

There are multiple stages in the life of a human being, one of them is childhood, in which play becomes the activity of greatest importance for the world around it. Each person begins to discover their own body and its movement possibilities in a playful way. Therefore, play, from childhood to old age, plays an important role in the development of the person, since it satisfies their needs for action and expression, they acquire physical and intellectual skills, they learn to relate to others and with their environment, as well as values and social norms that will later be necessary in adult life.

The game is not only presented at different ages. Also throughout history, games have played a fundamental role and have been present in all cultures and places. They are essential on some occasions to achieve a certain degree of physical, mental and emotional development. They are a determining factor in the socialization and learning process of human beings.

Therefore, the game is an instrument that facilitates and creates interpersonal ties, without regard to race, age, sex or social condition. It is a source of health and helps to improve motor, cognitive and emotional skills.

Traditional games are a perfect excuse to learn and socialize or as a test to demonstrate skills. They are part of a person's life and above all, it is not possible to explain the social condition of the human being without games, since these are a social and cultural expression of the adaptation that the human being has carried out in relation to his environment. Traditional games are called all those known by the people of a certain place, practiced regularly and that are converged and transmitted from generation to generation, which involve a large number of historical facts specific to that place or area of origin. They bring with them cultural aspects of behavior and learning of values, daily tasks, norms and habits. In addition, they are activities where you can learn about the customs and traditions of the people, which from generation to generation have been recovered and maintained.

The transmission of traditional games has occurred orally, generation after generation. It can occur in two ways: the vertical one that occurs through the family and the horizontal one through socialization. Some characteristics of traditional games are:

- They mean a means of transmitting values and culture.
- They are very easy to understand, memorize and follow.
- Its rules are flexible and vary depending on the area and place where they are played.
- Represents an irreplaceable cultural heritage.
- They facilitate and stimulate the development of sociability between generations.
- They promote communication and language acquisition.

Therefore, this document includes various traditional games from 6 European countries with their different game rules (Spain, Portugal, Bulgaria, Italy, Slovenia and Hungary) which are a source of health and help to improve motor, cognitive and emotional skills. of the elderly and facilitate and create interpersonal ties between older adults from different countries.

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## 2. Traditional Physical Games for Older adults

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| Punctuation/Score | The first team to introduce pool by the pole will be the winner. |
| :---: | :--- |
| Others | All the previous measures are relative, being able to adapt in each <br> case to the conditions of the field in which it is played. Can be <br> played individually or in teams. |
| Variants/Options |  |

Billarda de penaguda; Billarda asturiana; Billarda do palao; Billarda limiá; Billarda do corro; Bilarda clásica; Bilarda pared; Bilarda en círculo; Bilarda lisa.

| References | Bibliographical: <br> 1. https://www.billardagalicia.com/que-e-a-billarda/ <br> 2. https://www.usc.gal/gl/servizos/deportes/santiago/xogo s/billarda.html <br> 3. http://juegosjuguetesymuchomas.blogspot.com/2015/03〈uego-popular-billarda-o-estornela.html <br> 4. http://museodeljuego.org/wpcontent/uploads/contenidos 0000001340 docu1.pdf |
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|  | Audiovisual: |
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| 2．Bolos |  |  | №002 |
| :---: | :---: | :---: | :---: |
| Number of players | Two players minimum． | Game Time（duration） | 10 sets <br> （undefined）． |
| Material | －Tape to delimit the field． <br> －Four balls． <br> －Ten pins． |  |  |
| Characteristics and dimensions of the field | The game consists of knocking down the pins（10）after throwing a ball with the hand．This operation is called the roll．A bowling game consists of 10 games where each player makes two tosses or rolls per game． <br> The pins（in total 10）are placed equidistant from each other at 30.5 cm ，at the end of the lane，in the shape of an equilateral triangle． <br> The dimensions of the pitch will be 25 to 30 meters long and 9 to 10 meters wide．These measures are considered minimal． |  |  |
| Objective | Knock down as many pins as possible in a spin obtaining the highest possible score in it． |  |  |
| Game Rules |  |  |  |
| －Failure to step on or cross the foul line（throw line）． <br> －Each player consists of two throws or throws in each game，unless he makes a strike（knock down all 10 pins）on the first throw that he will not throw more in that game．In the last game （10）the player can make 3 pitches if he gets a strike． <br> －Each game（10 games）must be completed by each player in a regular order． |  |  |  |
| Graphic representation／Photography | raphy |  |  |

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|  | Bibliographical: <br> 1. Agramonte, E. A. (2011). Juegos y deportes populares y <br> tradicionales. Pedagogía Magna, (11), 98-108. |
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| España. EmásF: revista digital de educación física, (28), 17-43. |  |
| 3. Bautista, J. E. (2008). El juego y deporte popular, tradicional y |  |
| autóctono en la escuela. Los bolos huertanos y los bolos |  |
| cartageneros. Wanceulen SL. |  |


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5. Fernández, J. E. R., Couto, J. M. P., \& Aguilar, J. P. (2015). El juego de bolos en España: Estudio de revisión. Cultura, ciencia y deporte, 10(30), 177-185.
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fgda.com/images/PDF/deportes/DEPORTIVOS/BOWLING15 03_Reglamento_Bowling_WTBA_FIQ.pdf
7. https://maderadeser.com/promocion-cultura/modalidades/

Audiovisual:

1. https://www.youtube.com/watch?v= bFDWeFjtVA
2. https://www.youtube.com/watch?v=NVSNMRLqRU8


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| Punctuation/Score |  |
| Others |  |
| Carreras ciclistas de chapas |  |
| References |  |

Bibliographical:

1. https://www.guiainfantil.com/articulos/ocio/juegos/jugar-a-las-chapas-actividad-infantil-tradicional/
2. http://www.juegostradicionalesaragoneses.com/juegos/cha pas.htm
3. http://eduviertete.blogspot.com/2016/12/el-juego-de-las-chapas-el-juego-de-las.html?m=0

Audiovisual:

1. https://www.youtube.com/watch?v=lng80 bd4j4
2. https://www.youtube.com/watch?v=KeVgjJWr38w

Escola spererion

| 4. Chito/Tanga/ Tuta |  |  | №004 |
| :---: | :---: | :---: | :---: |
| Number of players | Two players minimum. | Game Time (duration) | Undefined. |
| Material | - Five badges that are placed on top of the tuta, chito or thong. <br> - Two doubloons or tostón (iron disc with rounded bevel). <br> - A thong, chito or tuta (piece of wood). |  |  |
| Characteristics and dimensions of the field | It consists of throwing a metallic disk (yew, tostón, chanflo or doubloon) against a cylinder (or similar carved piece of wood (chito, tuta, tanga or tarusa) located at a distance of approximately 20 meters, to then bring the second goal closer to the place where the coin or badge has fallen. The players who shoot later can hit the points of their opponents to move them away and gain an advantage by approaching their own thongs. <br> The game is specified at a score, obtaining points, both for the demolition of the tango, and the one closest to the coin or plate in each game. Each player throws two thongs in turn. The objective of the game is to throw the chito and win the money or the badge. <br> It is played on a flat, unpaved surface of no less than 40 meters. It can be played on different types of terrain (beaten and smooth earth, concrete). |  |  |
| Objective | Throw the chito or tuta to get as close as possible to the badge or money. |  |  |
| Game Rules |  |  |  |
| - You can not take the coins until the chito is free. <br> - As 2 thongs were thrown, if you knocked down the tango with the first one you had the option of hitting the second one, although it is a very difficult move. |  |  |  |


| Graphic <br> representation/Photography |  |
| :--- | :--- |
| Others | It can be played individually or in teams of two to four players. |
| Variants/Options |  |
| Ot maximum of 4 points per roll. |  |

La tanguilla; La tuta; El caliche.

| References | Bibliographical: <br> 1. https://es.wikipedia.org/wiki/Chito <br> 2. http://museodeljuego.org/wpcontent/uploads/contenidos 0000000768 docu1.pdf |
| :---: | :---: |
|  | Audiovisual: |
|  | 1. https://www.youtube.com/watch?v=jzZOp4Cpz2k <br> 2. https://www.youtube.com/watch?v=SB_wSfBwBul |



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| 5. Juego de la Rana |  |  | №005 |
| :---: | :---: | :---: | :---: |
| Number of players | Two players minimum. | Game Time (duration) | Undefined (10 spins). |
| Material | - A frog table (preferably made of wood, in order to avoid noise). The table should have 9 holes, some of them with obstacles. <br> - Ten petancos, petacos or iron discs that are the ones that are thrown. |  |  |
| Characteristics and dimensions of the field | It consists of introducing a petanque or iron disk from a distance through the open mouth of a metal frog placed on a table. The frog table consists of: frog, mill, two bridges and five holes. <br> Each player will throw ten petacos or petancos per game and these games will be played with ten spins. The launch distance will be 3.5 meters. <br> Each player will throw the chips consecutively, once their turn is over, the score achieved is counted. <br> It can be practiced on all types of terrain, you only need a frog table. |  |  |
| Objective | Get the highest possible score in the 10 spins. |  |  |
| Game Rules |  |  |  |
| - It will be launched in turns until one player reaches the agreed score. In the event of a tie, once the game round is over, a new launch is carried out among the finalists. <br> - Once the chips have been thrown, under no circumstances can they be thrown again. Approaching, distracting or crossing when a player is shooting is prohibited. <br> - The highest score is obtained by entering a token in the Toad's mouth, if it happens he must shout: Toad! <br> - Only chips entered from the top are counted. Those that enter from the front are invalidated, without giving a new firing turn. |  |  |  |

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| 6. Petanca |  |  | №006 |
| :---: | :---: | :---: | :---: |
| Number of players | Two players minimum. | Game Time (duration) | Undefined <br> (13 points). |
| Material | - Six metal balls with a diameter between 7.05 cm and 8 cm and a weight of 650 g minimum and 800 g maximum. <br> - A wooden bowling pin with a diameter between 25 mm and 35 mm . |  |  |
| Characteristics and dimensions of the field | Two teams face each other, these can be 3 players (triples), 2 players (duplets) or 1 player (individual). At the start of the game, the bowling pin is thrown from a circumference between 35 and 50 mm in diameter, which must be placed at least 1 m from any obstacle. For such a throw to be valid, the jack must be at a distance of 1 m from the throwing circumference and at least 1 m from any obstacle. Afterwards, each athlete throws, in turn, three balls in the individual mode and in duplets (two teams of two athletes) and two if the game is in triplets (two teams of three athletes). <br> Once the game is over, the balls that are closer to the jack than those of the opponents score one point for each ball. The athlete or team that reaches thirteen points first wins. <br> It can be practiced on all types of terrain, although it is usually done in flat, sandy areas. The tracks are rectangular with a length of 15 m and a width of 4 m . |  |  |
| Objective | Throwing the metal balls as close to the bowling alley as possible. |  |  |
| Game Rules |  |  |  |
| - Players' feet cannot leave the circumference before the thrown ball touches the ground. This player throws the Goal at a distance of between 6 and 10 meters. The bowling alley must be at least 1 meter from any obstacle (wall, tree, etc.). <br> - Only partners can stand between the bowling alley and the circumference. The opponents always on one side beyond the bowling alley or behind the athlete (more than two meters). <br> - When the referee makes the measurement, the athletes must stand more than 2 meters away. <br> - You cannot go over the launch line. <br> - The balls that leave the field of play will be eliminated. <br> - If when hitting the bowling pin, it goes out of the field of play, the game will start again. |  |  |  |

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|  | Audiovisual: <br> 1. https://www.youtube.com/watch?v=mptrrZ69_nc |
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1. https://www.youtube.com/watch?v=mptrrZ69_nc

| 7. Rayuela/ peletre |  |  | №007 |
| :---: | :---: | :---: | :---: |
| Number of players | Two players minimum. | Game Time (duration) | Undefined. |
| Material | - A chalk. <br> - A stone. |  |  |
| Characteristics and dimensions of the field | It consists of throwing (in turns) a flat stone on the square it touches You start at box 1 and go up successively until you reach 8 .. Then, the route is made as follows: you have to go through all the boxes, except for the one with the stone (which has to be skipped), all with a limp and without stepping on the lines or touching the ground with the other foot. <br> When you get to the cross squares, if neither of you has the stone, you can put one foot on each one simultaneously. When you get to boxes 7 and 8 you have to turn, jumping 180ㅇ, and go back to the beginning. When you are in the square before the stone, you have to bend down and pick it up, and complete the round trip. <br> If you manage to do the entire route without failing, you continue to throw the stone, now in square number two and so on. When the stone is not hit in the square, either a line is stepped on or the other foot touches the ground, the turn is lost and it is passed to the next player. |  |  |
| Objective | Throw the stone in all the squares in succession and complete the entire route before the others. |  |  |
| Game Rules |  |  |  |
| - When the game is resumed, it is done from the square where it was failed, and so on until the entire route is completed. <br> - It is necessary that the stone falls within the box, without touching the lines. <br> - Can't step on the lines. <br> - Can't touch the ground with the other foot. |  |  |  |



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Audiovisual:

1. https://www.youtube.com/watch?v=Tk9oPERKZ6c
2. https://www.youtube.com/watch?v=qyJNxHDeE48

PORTUGAL

| 1．Bilros（Pins） |  |  | №001 |
| :---: | :---: | :---: | :---: |
| Number of players | 3 Per Team．Game Time（duration） |  | No limited． |
| Material | － 1 Ball． <br> － 9 normal pins． <br> － 1 Major pin． |  |  |
| Characteristics and dimensions of the field | The game of＂Bilros＂consists of throwing a ball and trying to knock down the pins．Traditionally the game was played with a rag ball． Smooth and regular Terrain． |  |  |
| Objective | Knock down the largest number of pins． |  |  |
| Game Rules |  |  |  |
| －On the playing field，three columns of three pins are formed，with the small pins separated by 15 centimeters． <br> －The large pin is placed in the extensión of the central column， 30 centimeters from the others ，and separated by a line on the floor． <br> －The distance between the players and the pins are 6 to 8 meters． <br> －One player at a time，throws the ball so that it Rolls across the floor，trying to knock dow the pins． <br> －That playser＇s score is counted and one of the players of the opposing team，plays． <br> －The game is finish when a team score 100 points． |  |  |  |
| Graphic representation／Photography |  |  |  |
| Punctuation／Score | 2 points for each small pin dropped， 10 points for each small pin dropped that exceed the line， 20 points for the big Pin． |  |  |

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| Others | Each match is composing by 3 games. |
| :---: | :---: |
|  | Variants/Options |
| Can be played individually. |  |
| References | Bibliographical: <br> 1. https://cm-fcr.pt/wp-content/uploads/2020/04/FP-jogos.pdf <br> 2. https://tradicoes.blogs.sapo.pt/521.html <br> 3. http://sref-ftp.azores.gov.pt/portaledu/CREBrecursos/Projetos/Interciclos/EF/RECURSOS/Docs/JOGOS\%2 OTRADICIONAIS/Jogos\%20Tradicionais\%2OInfantis\%20[Sao\% 20Miguell.pdf p. 10 <br> 4. http://jogostradicionaisp.blogspot.com/2010/05/jogo-dosbilros.html <br> 5. http://jogostradicionais8a.blogspot.com/2011/01/jogo-dosbilros.html <br> Audiovisual: <br> 1. https://www.youtube.com/watch?v=pEJDwe4tLjo |


| 2. "Malha" |  |  |  |
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| Number of players | 2 players per team. | Game Time (duration) | No limited. |
| Material | - Set of "Malhas" (two wooden pins and four metal discs). |  |  |
| Characteristics and <br> dimensions of the <br> field | The game consists of throwing the metal discs at the pins with the <br> intention of knocking them down or getting as close as possible. <br> Smoth terrain. <br> The pins must be at a distance between 15 to 18 meters. |  |  |
| Objective | Throw the metal discs (malha) to pins, with the intention to bring <br> them down or get as close as possible. |  |  |
| Game Rules |  |  |  |
| - Draw a baseline, where players align behind horizontally. Place the Pins vertically. <br> - Trowing alternately from the baseline, players try to overtrhow the pin with their metal discs. <br> - If the pin is overthrown the player earns 3 points. If it's not, the player that threw is Metal <br> disc closest to the pin earns 1 point. |  |  |  |


| Graphic representation/Photography |  |
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| Punctuation/Score | 3 points for dropping the pin and 1 point for each nearest metal disk. |
| :---: | :---: |
| Others | Can be played individually |
|  | Variants/Options |
| Fito;Chinquilho. |  |
| References | Bibliographical: <br> 1. BRONIKOWSKA,M. LAURENT,J.(2015). Recall: Games of The PastSports for Today. Germany:TAFISA, p. (43;44) <br> 2. https://sites.google.com/site/jogostradicionaiseraumavez/h ome/jogo-da-malha <br> 3. https://cerco8c.blogs.sapo.pt/ <br> 4. https://www.ccdpaivas.com/index.php/jogos-tradicionais <br> 5. https://www.portugalnummapa.com/jogo-da-malha/ <br> Audiovisual: <br> 1. https://youtu.be/iPOPild6AFA <br> 2. https://www.youtube.com/watch?v=PIBPYkZpX40\&ab chan nel=RicardoMoutinho |



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| Punctuation/Score | 1 point for each ball closest to the target ball. The game is played up to 9 or 13 points. |
| Others | 1x1; $2 \times 2 ; 3 \times 3$. |
| Variants/Options |  |
| References | Bibliographical: <br> 1. https://sites.google.com/site/ojogodassetas/home/regras-de-petanca <br> 2. https://www.degolados.pt/regras-da-petanca/ <br> 3. https://gamesandchallenges.wordpress.com/petanca/regras -petanca/ <br> 4. https://fppetanca.pt/fpp/?page id=1319 <br> 5. https://sites.google.com/site/petancalusitana/as-regrasoficiais <br> Audiovisual: <br> 1. https://www.youtube.com/watch?v=\|jmLFKIVHIk |


| 4．＂Mata／Piolho＂ |  |  | №04 |
| :---: | :---: | :---: | :---: |
| Number of player | Minimum 4 per team | Game Time（duration） | No limited． |
| Material | －Soft ball． |  |  |
| Characteristics and dimensions of the field | The game consists of exchanging the ball through passes between the field players and what is in the＂piolho＂，trying to hit all the opponent players with the ball． $20 \mathrm{~m} \times 10 \mathrm{~m}$ ． |  |  |
| Objective | Try to hit an opponent below the head，eliminating all opponents from the game． |  |  |
| Game Rules |  |  |  |
| －Each team is placed in their respective midfield，except for the＂piolho＂，which is placed in the back of the opposing team＇s field． <br> －The players iel dor the ball between the＂piolho＂and the field players，trying to hit the opponents with the ball． <br> －The ball is always played with the hands <br> －The game starts with a team exchanging the ball with the＂piolho＂． <br> －Any player can kill，whether in the main 27iel dor in the＂piolho＂，as long as the ball has been grabbed without touching the ground． <br> －Players in the main area of the field try to dodge or grab the ball being exchanged by opponents，without dropping it on the floor．If they manage to grab the ball，they can try to ＂kill＂the opponents． <br> －When a player is caught，he goes to the＂piolho＂zone，remaining there until the end of the game． <br> －The first player to be caught from each team，substitutes with the player who started in the ＂piolho＂and，from here on，all players caught are prohibited from substituting． <br> －Whenever the ball leaves the field，it belongs to the player who is able to catch it，restarting the game from the position he occupied on the field． |  |  |  |



The game can be played with a larger number of players, by genre or with mixed teams.

| References | Bibliographical: <br> 1. https://cantinhodosmiudos.blogs.sapo.pt/20151.htm\| <br> 2. https://www.cascais.pt/sites/default/files/anexos/gerais/jm ata regulam1213 0.pdf <br> 3. https://sites.google.com/a/aezuff.org/tradicional-games/os-jogos-dos-nossos-parceiros---our-partner-s-games/os-jogos-1/jogo-do-mata---dodgeball-game |
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|  | Audiovisual: |
|  | 1. https://www.youtube.com/watch?v=ef T5AO80D |


| 5. "Tração à Corda" Rope Pull |  |  |  | №005 |
| :---: | :---: | :---: | :---: | :---: |
| Number of players | 8 pe and | , 5 male nale. | Game Time (duration) | No limited. |
| Material | - Battle rope with a scarf held in the middle and a line drawn on the floor. |  |  |  |
| Characteristics and dimensions of the field | The game consists of each team pulling the rope and the opposing elements in their direction, with the winner being the one who manages to pass the first element of the opposing team through the center line. <br> Flat and obstacle free terrain. |  |  |  |
| Objective | The objective of the game is to pull the elements of the opposing team in such a way that the first element of the opposing team passes the center line. |  |  |  |
| Game Rules |  |  |  |  |
| - Two teams with equivalent forces, hold the rope, on each side and at the same distance from the scarf. <br> - Between teams, before starting the game, a line is drawn in the middle and two lateral lines two meters from the center line. <br> - The game consists of each team pulling the rope and the elements of the opposing team to their side, with the winner being the one who manages to pass the first element of the opposing team through the center line. <br> - Defeat is also attributed to the team whose members fall or drop the rope. <br> - It is not allowed to wrap the rope around any member of the body, or dig holes in the ground to plant your feet, if the floor allows it. <br> - It is not allowed to use shoes with sleepers on the sole or tennis shoes with cleats. |  |  |  |  |
| Graphic representation/Photography |  |  |  |  |

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| :--- | :--- | :---: | :---: | :---: |
| Punctuation/Score | Whoever manages to pass the first member of the opposing team <br> to his side, wins the game. |  |  |  |
| Others | Variants/Options |  |  |  |

Can be played with a greater or lesser number of elements.

| References | Bibliographical: <br> 1. http://it6b.blogspot.com/2011/05/traccao-da-corda.html <br> 2. https://cerco8c.blogs.sapo.pt/ <br> 3. https://sites.google.com/site/patrimoniodepataias8oa/iogos Ljogo-da-traco-com-corda-em-linha <br> 4. https://luzdequeijas.blogs.sapo.pt/jogo-da-tracao-a-corda$\underline{2809132}$ |
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|  |  |
|  |  |
|  |  |
|  | Audiovisual: |
|  | 1. https://www.youtube.com/watch?v=qweE8Qd7Y-A |

Escola Superior

BULGARIA

| 1. Blind Grandmother |  |  | №001 |
| :---: | :---: | :---: | :---: |
| Number of players | No li | Game Time (duration) | No limited. |
| Material | - Not applicable. |  |  |
| Characteristics and dimensions of the field | Outdoor game. |  |  |
| Objective | A child is chosen to be a Blind Grandmother and his eyes are blindfolded with a scarf or towel. <br> The other participants start circling around him and teasing him with shouts as he tries to catch one of them and hold him. <br> In the easier version of the game at this point it ends and begins again, as the captured becomes the new Blind Grandmother. |  |  |
| Game Rules |  |  |  |
| - A child is chosen to be a Blind Grandmother and his eyes are blindfolded with a scarf or towel. <br> - The other participants start circling around him and teasing him with shouts as he tries to catch one of them and hold him. <br> - In the easier version of the game at this point it ends and begins again, as the captured becomes the new Blind Grandmother. <br> - In the complicated version, the Blind Grandma has to guess from the clothes and the physics which of the players she has caught and if she makes a mistake, she continues to be the Blind Grandma in the next game. |  |  |  |
| Graphic representation/Photography |  |  |  |

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|  | Not applicable |
| :--- | :--- |
| Punctuation/Score |  |
| Others |  |

In the complicated version, the Blind Grandma has to guess from the clothes and the physics which of the players she has caught and if she makes a mistake, she continues to be the Blind Grandma in the next game.
References

Bibliographical:

1. https://www.facebook.com/watch/?v=339624870678317

Audiovisual:

1. https://www.youtube.com/watch?v=bPk1-TGRbyM

Escola Superior

| 2. Burning, burning towel |  |  | №002 |
| :---: | :---: | :---: | :---: |
| Number of players | No limited. | Game Time (duration) | No limited. |
| Material | - A towel. |  |  |
| Characteristics and dimensions of the field | No specification. |  |  |
| Objective | The game continues until the incoming "consul" is hit. The game ends and a group of winners is announced. |  |  |
| Game Rules |  |  |  |
| - The participants line up in a circle and sit down. They choose one of them, who runs and walks around with the towel in his hand. <br> - Everyone sings "Burns-burns a towel, the dog pulls it." <br> - The participant who runs bends down from time to time to lie to the others in the circle that he is supposed to drop the towel behind someone, and when he really drops it, the one behind him must feel and run around the circle. <br> - The participant who dropped the towel also runs, but in the opposite direction and the first to reach the place where the towel was dropped, he stays there, and the other continues the game by dropping the towel. |  |  |  |
| Graphic representation/Photography |  |  |  |
| Punctuation/Score | The game continues until the incoming "consul" is hit. The game ends and a group of winners is announced. |  |  |
| Others |  |  |  |

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| Variants/Options |  |
| :--- | :--- |
| Not applicable | Bibliographical: <br> 1.https://www.youtube.com/watch?v=1zlcxWTXVsY <br> References |
|  | Audiovisual: <br> 1.https://www.youtube.com/watch?v=1zlcxWTXVsY <br> 2. |



| If he makes a mistake (steps on a line or steps with two feet where |  |
| :---: | :--- |
| Punctuacion/Score | he should be on one) - the next player starts. |
| Others | Variants/Options |
| Not applicable | Bibliographical: <br> 1. https://www.twinkl.es/teaching-wiki/juego-de-la-rayuela <br> Audiovisual: <br> 1. https://www.youtube.com/watch?v=wokiTO46vKM <br> 2. https://www.youtube.com/watch?v=ppg5onOtgiE |


| 4．King of the portal |  |  | №004 |
| :---: | :---: | :---: | :---: |
| Number of players | No limit． | Game Time（duration） | No limit． |
| Material | －Not necessary． |  |  |
| Characteristics and dimensions of the field | Two of the participants stand facing each other with their hands raised up and forward，palms touching，and form a＂gate＂． |  |  |
| Objective | The other participants，lined up in a column，pass through it one after the other，all singing the song together：＂King－portal，open the gates，that the king will go to war！Open，close，leave only one！ <br> At the end of the song，the two participants who form the＂portal＂ lower their hands and close one of the children in them，asking him which of the preconceived words he chooses－for example＂apple ＂or＂pear＂． |  |  |
| Game Rules |  |  |  |
| －Two of the participants stand facing each other with their hands raised up and forward，palms touching，and form a＂gate＂． <br> －The other participants，lined up in a column，pass through it one after the other，all singing the song together：＂King－portal，open the gates，that the king will go to war！Open，close， leave only one！＂At the end of the song，the two participants who form the＂portal＂lower their hands and close one of the children in them，asking him which of the preconceived words he chooses－for example＂apple＂or＂pear＂． <br> －By choosing one of them，the＂captured＂child is assigned to one of the two players． <br> －This is repeated until all participants pass through the gate，who，after choosing one of the two words，stand on both sides of the gatekeepers of the portal． <br> －The two groups of participants are arranged in two columns，facing each other，and caught across the cross． <br> －The first of each group hold hands and begin to pull．This also determines which＂army＂is stronger． |  |  |  |


| Graphic representation/Photography |  |  |
| :---: | :---: | :---: |
| Punctuation/Score | Not applicable. |  |
| Others |  |  |
| Variants/Options |  |  |
| No applicable |  |  |
| References | Bibliogr <br> 1. <br> Audiovisur <br> 1. <br> 2. | hical: <br> ps://www.youtube.com/watch?v=WBuV2Ygh5F8 <br> ps://www.youtube.com/watch?v=WBuV2Ygh5F8 <br> ps://www.youtube.com/watch?v=J2-pAt16BPs |


| 5．Dodgeball |  |  |  |
| :--- | :--- | :--- | :--- |
| Number of players | Two equal groups min <br> 5 players in each <br> group． | Game Time（duration） | Not limited． |
| Material | －Volleyball playground． |  |  |
|  | －Balls． |  |  |

Graphic
representation/Photograph
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| 1. Bowls |  |  |  |
| :---: | :---: | :---: | :---: |
| Number of players | Individual or in team. <br> From 1 to 3. | Game Time(duration) | Each player in action is allowed one minute to play their ball. <br> The same minute also includes the time required to closely observe the position of the bowls already played. |
| Material | - Colored synthetic bowls the largest of all - size: 100/109 mm weight: 800/980gr. |  |  |
| Characteristics and dimensions of the field | The sport of bowls must be practiced on flat ground, divided into regular lanes delimited by fixed lateral sides in wood or other nonmetallic material, preferably transparent, and by oscillating head sides in rubber. The height of the side and headboards must be uniform cm . 25 with a tolerance of $+/-2 \mathrm{~cm}$. <br> The bottom, built with materials obtained directly from nature or with synthetic composite material, must have a homogeneous smoothness and allow the regular technical exercise of the game. The field is rectangular $24,50 / 28 \mathrm{mt} \mathrm{x} \mathrm{4,00} \mathrm{mt}$. |  |  |
| Objective | The games in approaching as close as possible to the small ball and in hitting, declaring the target, with your own bawl one more bowl or the small ball. |  |  |
| Game Rules |  |  |  |
| - The game in approaching as close as possible to the small ball and in hitting, declaring the target, with your own bawl one more bowl or the small ball. <br> - The team that threw the jack also throws the first ball. The aim is to get the boules as close to the jack as possible. Players must not cross the shooting line, which is drawn approximately 25 m from the end of the playing field. One of the second team players now has the opportunity to throw his ball to get as close as possible to the jack. <br> - The team whose ball is furthest from the jack must now throw the remaining balls in succession, trying to get them as close as possible to the jack. <br> - The cue ball can be hit. It always remains the focus of the game and moving it simply changes the point where you have to aim. |  |  |  |

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| Punctuation/Score | At the end of the throws, the team that comes closest to the jack is the only one to score (one or more, depending on the position of its other balls). If the second closest ball is always from the same team, it is awarded another point (the same is true for the third and fourth bowl); otherwise, the count stops. <br> If two boules from different teams are at the same distance from the jack, no points are awarded and the game continues with the next round and continues to play until one team reaches 12 points. |
| :---: | :---: |
| Others |  |
| Variants/Options |  |
|  |  |
| References | Bibliographical: <br> 1. www.federbocce.it <br> Audiovisual: <br> 1. https://www.youtube.com/watch?v=8e-XYkzH320 |



|  |  |
| :---: | :---: |
| Punctuation/Score | The teams are pitted against each other usually in a best of three matches. The winner of the match must win two out the three pulls to win the match. |
| Others |  |
| Variants/Options |  |
|  |  |
| References | Bibliographical: <br> 1. http://museodeljuego.org/wpcontent/uploads/contenidos 0000000834 docu1.pdf <br> Audiovisual: <br> 1. https://www.youtube.com/watch?v=RW--EnOYO6o |


| 3. Capture the flag |  |  |  |  | №003 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Number of players | From a minimum of 10 players to a maximum of 30 participants divided into 2 teams. One flag bearer. | Game 7 | tion) |  | ited. |
| Material | - A flag. It can be represented by a common handkerchief or piece of cloth that will be held in the hand by the flag bearer. |  |  |  |  |
| Characteristics and dimensions of the field | The playing field is essential that it is chosen carefully, because it must be spacious enough, otherwise it compromises the fun. <br> The field must be wide and at least 20 meters long, so that the two teams of players, each arranged in a row and on their side, are at least 10 meters apart. |  |  |  |  |
| Objective | The object of the game is to steal the flag and return without being caught by your team. |  |  |  |  |
| Game Rules |  |  |  |  |  |
| - The flag bearer stands on the center line of demarcation. <br> - The other participants are split into two balanced teams. Each player has assigned a number. <br> - The game manager holds out his outstretched arm letting the handkerchief dangle then shouts out a number of his choice. <br> - The pair of players from opposite teams but with the same number then sprint towards the center of the field with the aim of taking the handkerchief. <br> - Whoever arrives first, in addition to grabbing the flag, must also be careful while returning to his team because the opponent can chase him and if he touches him the point passes to him. If, on the other hand, the one who grabs the flag first manages to return to his team row without being touched, he will earn a point. <br> - Once the race is over, the players return to their seats, the flag resumed by the game leader and the game continues with the call of other numbers. |  |  |  |  |  |
| Graphic representation/Photography |  |  | dgdgo |  |  |

AND FUN FOR ELDERLY!


| Punctuation/Score | Each player who manages to steal the flag and return safely to his team <br> without being touched is awarded a point. |
| :---: | :--- |
| Others |  |
| Variants/Options |  |

There is also a variant where the flag bearer shouts more than one number in turn, so many people will compete for the flag to bring a point to their team.

| References | Bibliographical: <br> 1. https://www.mundoprimaria.com/blog/el-juego-del-panuelo <br> 2. http://www.ugr.es/~patrimonioeducativo/ambitos/socializacio n/juegos/el\%20pa\%C3\%B1uelo.pdf |
| :---: | :---: |
|  | Audiovisual: <br> 1. https://www.youtube.com/watch?v=05EGP7tERi4 <br> 2. https://www.youtube.com/watch?v=_PbPLivdNUk |


| 4. Zachegn  №004 <br> (It's a dilect word for the brick in the center of the fied)   |  |  |  |
| :---: | :---: | :---: | :---: |
| Number of players | Team of 6 players. | Game Time (duration) | 3 hours. |
| Material | - One brick or stone (Zachegn). <br> - Coins. <br> - Little stones (marela.) |  |  |
| Characteristics and dimensions of the field | Brick (Zachegn): cm. $15 \times 15$ or $15 \times 30$. <br> Little stones: $3-4 \mathrm{~cm}$. <br> The playing field must be on a flat ground, possibly unpaved (or with a short cut grassy ground), with the shape of a rectangle obtained by adding two squares with a side of 4.5 meters. <br> The brick (zachegn) is placed in the center of a short side of the rectangle; while in the center of the opposite short side there's the players' shooting position. |  |  |
| Objective | The target is to hit the brick (Zachegn) with little stones called "marela" to make the coins fall. |  |  |
| Game Rules |  |  |  |
| The game gets its name from the variable-sized stone that is placed on the playing field. Generally it is a brick or a half brick on which various coins are placed. The brick is placed in a vertical position and before starting the players decide the number of coins to put on it. <br> The target is to hit the brick (Zachegn) with little stones called "marela" to make the coins fall. Each player, in turn, throws the marela ttrying to hit the zachègn to make the coins fall. The winner is whoever is in the end with their "marela" closest to the coins. <br> Respecting the Romagna tradition, the Zachègn competitions will start at 15.00 and will last for three hours. <br> The playing field must be on a flat ground, possibly unpaved (or with a short cut grassy ground), with the shape of a rectangle obtained by adding two squares with a side of 4.5 meters. <br> The zachegn is placed in the center of a short side of the rectangle; while in the center of the opposite short side to determine the players' shooting position. |  |  |  |
| Graphic representation/Pho | aphy |  |  |


| Punctuation/Score |  |
| :---: | :---: |
| Others |  |
|  | Variants/Options |
| References | Bibliographical: <br> 1. https://www.festeesagre.it/il-comitato/zachegn/ <br> 2. https://opportunity.inefc.es/wpcontent/uploads/2023/01/ES Social-Inclusion.pdf <br> Audiovisual: <br> 1. https://www.youtube.com/watch?v=xrt5dm1ffsE |

## SLOVENIA

| 1. Balinanje (Bowls/Bocce) |  |  | №001 |
| :---: | :---: | :---: | :---: |
| Number of players | Competitions: <br> Individuals (player vs player) with 4 balls per player <br> Pairs (two players vs two players) with 2 or 3 balls per player. <br> Threes (three players vs three players) with 2 balls per player; Doubles (four players vs four players) with 2 balls per player. | Game Time(duration) Scoring | 7-13 points 1-3 hours. |
| Material | - Game ball. <br> - Jack. <br> - Drawing pad. |  |  |
| Characteristics and dimensions of the field | The court is rectangular, $2.5-4 \mathrm{mt}$ wide and $27,5 \mathrm{mt}$ long. |  |  |
| Objective | The game is base don the principale thtat players must bring their own ball as close as posible to an object called a " balin" (jack). The opposing player, when it is his turn, also tries to get his ball as closet o the jack as posible, or to remove those balls that are in the way. |  |  |
| Game Rules |  |  |  |
| - The team that won the jack by draw, starts the game and plays the first ball after the jack is thrown. After that the team that does not hold the point plays until it has taken the point by kicking or approaching. If no ball remains on the court after a knock-out or a close-in, the opposing team shall continue to play. <br> - When one team has no more balls to play with, the other team plays and tries to win additional points by approaching or knocking down balls that prevent this. A team can also knock-down a jack, but must make an announcement. If the jack is lost (the throw is regular or accepted) and both teams still have balls, the game is played again in the same way. The jack is thrown by the player of the team that threw it last. |  |  |  |



|  | When all balls have been played, the team scores the number of points - <br> balls that are closer to the jack than the closest opponent's ball. <br> A team may also accept points offered (conceded) by the other team <br> without playing all the balls. If a jack is lost (valid or accepted throw) and <br> only one team has balls left, that team gets as many points as it has balls <br> remaining. The team that won the points throws the jack in the new turn. <br> If no team scores a point, the team that threw the ball before shall throw <br> it. |
| :---: | :--- |
| Others |  |
| In addition to the classic game mentioned above, there are also other versions - speedball, relay <br> knocking, precision knocking and rounders. |  |
|  | Bibliographical: <br> 1. https://en.wikipedia.org/wiki/Bocce <br> 2. https://www.bzs.si// |
| References | Audiovisual: <br> 1. https://www.bzs.si/ |

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| 2. Vleka Vrvi (Tug of War) |  | №002 |
| :---: | :---: | :---: |
| Number of players | 2 team team, reserv | $3 \times 2$ minutes. |
| Material | - Rope - thickness $45-50 \mathrm{~mm}$, length up to 25 m long. <br> - A mark (flag) must be fixed in the middle of the rope length. At the distance of 2 metres of the centre mark on the both sides must be a sign. <br> - The place where the first competitor is allowed to grasp the rope. |  |
| Characteristics and dimensions of the field | The pitch is rectangular, at least 5 m wide and 30 m long. <br> The ground is either natural or asphalted. <br> The competition area must be marked with a starting line, which no team shall cross. <br> The finishing lines must be drawn on both sides, at a distance of $1,7 \mathrm{~m}$ from starting line. |  |
| Objective | Pull the centre mark across the finish line. |  |
| Game Rules |  |  |
| - On the referee's command to "raise and tension the rope", the teams shall tension the rope so that the centre flag on the rope rests vertically above the starting line for at least two seconds, after which the referee shall signal the start of the pull by blowing his whistle. <br> - The winner is the team that manages to pull so many rope to its side in two minutes that the centre mark of the rope crosses the finish line on its side. If after two minutes neither team has succeeded, the referee shall stop the game and decide whose side the centre flag is on. <br> - The team on whose side the centre flag is is the winner of the current game. The first team to win two draws is the winner of the match. |  |  |
| Graphic representation/Photography |  |  |

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| Punctuation/Score | $\begin{array}{l}\text { A team shall be awarded } 1 \text { point for winning the individual tow. To win } \\ \text { overall, you need to win } 2 \text { tows. }\end{array}$ |
| :---: | :--- |
| Others | $\begin{array}{l}\text { Competitors hold the rope with their bare hands, without using anything } \\ \text { to improve their grip. Violations of the rules during a match are penalised } \\ \text { by a win for the opposing team. }\end{array}$ |
| Variants/Options |  |$\}$| References |
| :--- |
| Bibliographical: |
| 1. http://www.zsrs.si/index.php/predstavitev-zveze |
| Audiovisual: |
| 1. https://www.youtube.com/watch?v=nshRJ3vKmuM |

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| 3. Skuljanje |  |  | №03 |
| :---: | :---: | :---: | :---: |
| Number of players | Individual or team (up to 5 players per team). | Game Time (duration) | Not specified, winning 13 points. |
| Material | - "Škulja". <br> - "Balin" (jack). |  |  |
| Objective | The game is based on the principle that players must bring their own "škuljas" as close as possible to an object called a balin (jack). <br> The opposing player, when it is his turn, also tries to get his "škulja" as close to the jack as possible, or to remove those "škuljas" that are in the way. |  |  |
| Game Rules |  |  |  |
| - The draw determines which team starts the match and throws the first ball. <br> - A member of the drawn team throws a jack and then throws "skulja". The team that scored a point in the last game shall continue to throw a jack. A player stands in the initial playing area and throws the "skkuljas" over the centre box into the other playing area, while the opposing team's players must stand outside the playing area. A member of the opposing team continues throwing until their "škulja" is closer to the jack. The team whose "skulja" is closest to the jack wins a point. If two "škuljas" of opposite teams touch the jack, the teams continue to play alternately until the situation changes. <br> - When one team has used up all its "škuljas", the other team plays the remaining "škuljas". All "škuljas" that remain closer to the jack than the nearest "skulja" of the opposing team shall count as points. If the opposing team knocks out the jack with the last throw, the other team's remaining "škuljas" are scored. <br> - The "skuljas" may be changed during the game, but before the jack is thrown. It is not allowed to replace a "skulja" that has already been thrown, even if it is broken. The largest piece is taken into account and smaller pieces are removed from the field. "Škulja" that touches the rope (boundary of the field) is out of bounds. "Škulja" outside the field of play is also void. If a player steps on the line of the field, it is a foul and the "skulja" is ruled out. <br> - The first team to score 13 points (called also 'punts') wins. |  |  |  |


| Graphic representation/Photography |  |
| :---: | :---: |
| Punctuation/Score | All "škuljas" that remain closer to the jack than the nearest "škulja" of the opposing team shall count as points. |
| Others | In 2016, the game škuljanje was entered in the Register of Living Cultural Heritage maintained by the Ministry of Culture. <br> http://www.nesnovnadediscina.si/sl/register <br> The origin is thought to be a shepherd's game played when cattle were grazing. Over the generations, boys and men have played škuljanje when there was time to do so. The children watched the game and, if they were diligent, they could join in. Interest in this game increased at the end of the 20th century. The first tournament was organised in Arčoni in 1996. Since 2006, members of Slovenian teams have also taken part in international competitions in Croatia. In spring 2016, the first International Festival took place in Buzet, Croatia, during which the first official match between the national teams of Slovenia and Croatia was played. |
| Variants/Options |  |
|  |  |
| References | Bibliographical: <br> 1. https://www.gov.si/assets/ministrstva/MK/DEDISCINA/NES NOVNA/RNSD SI/Rzd-02 00055.pdf <br> 2. http://www.nesnovnadediscina.si/en/register-of-intangible-cultural-heritage/skuljanje <br> Audiovisual: <br> 1. http://www.skulja.si |

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| 4. Pandolo |  |  | №004 |
| :---: | :---: | :---: | :---: |
| Number of players | 2 teams, at least 3 players in each team. | Game Time (duration) | Agreed number of rounds. |
| Material | - Pandolo. <br> - Maca. <br> - Protective gloves. <br> - Safety helmet. <br> - Net. <br> The pandola court is bounded by two side lines, the baseline and the end line. The base and line "maca 12 " are also part of the pitch. The baseline is the start of the court, the lenght of baseline is 5 mac ( 2.75 mt ). <br> The sides lines shall apparent intersect behind the baseline. The angle at which the two side lines intersect is called the base angle. It shall not be greater than $60^{\circ}$. The final line is a circular arc centred in the middle of the baseline. <br> The end line extends from one side line to the other. The distance from the centre of the baseline to the end line (the radius of the arc) is called the length of the court. <br> There is generally no limit to the length of the pitch. The recommended lengths are between 50 macas ( 27.5 mt ) and 80 macas ( 44 mt ). <br> At a distance of 12 macas ( 6.6 mt ) is marked "maca 12 " line. The "maca 12 " line is a circular arc centred in the middle of the baseline. It extends from one side line to the other. <br> At a distance of 2 mt behind the base, a height of 2 m is visibly marked (example: to set a safety net). The ground of the court can be paved (asphalt, concrete, stone) or unpaved (grass, sand, gravel). <br> The floor does not have to be completely flat. |  |  |
| Characteristics and dimensions of the field |  |  |  |
| Objective | Pandolo is a game of territorial conquest. The teams try to get the sharpen wooden stick (pandola) as far away from the starting point (base) as possible and win as much territory (court) as possible. <br> The pandolo players bounce a wooden stick (maca) around the court. |  |  |
| Game Rules |  |  |  |
| - The game consists of serving, targeting the base, knocking out the pandolo for points and estimate the distance. First one team attacks the territory, the other defends it, then the teams switch. "Pandolo, pandolo, (number). " This is the announcement of the serve and is also a prerequisite for the attacker to be able to start at all. |  |  |  |


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- The number that is called is the number of points the team has scored so far. The attacking team tries to use a wooden stick - maca, a sharpen wooden stick - pandolo, to bounce as far as possible and to gain as much ground as possible. The opposing team tries to prevent them from doing so and defend their territory. Each attacker has three serves. If he is unsuccessful in any of these, he is immediately eliminated. The team with the most macas wins - the distance is measured by the length of the stick, which is 55 centimetres.
- Measuring is usually the most fun part of the game: first, the attacking team 'eyeballs' how many macas it has scored - if the opponents agree, the attackers get the same number of points, if they disagree, the measuring begins. And if the assessors get caught out, they could lose all the points, even those they have already accumulated in that game.

| Graphic |
| :--- |
| representation/Photography |
| Punctuation/Score |
| Others |

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References

Bibliographical:

1. www.pandolo.si/pandolo/
2. http://www.nesnovnadediscina.si/en/register-of-intangible-cultural-heritage/skuljanje

Audiovisual:

1. https://www.youtube.com/watch?v=Usc14DcXT20

| 5. Pikado (Stell Dart) №005 |  |  |  |
| :---: | :---: | :---: | :---: |
| Number of players | Individuals, up to 6 players for the game. | Time of play (duration) | Reducing the score to zero. |
| Material | - Dartboard. <br> - Darts. |  |  |
| Characteristics and dimensions of the field | There are no set dimensions, but the playing area must allow enough space for the players, referee and other participants. The height of the centre of the dartboard from ground level is $1,73 \mathrm{~m}$. <br> The throwing line is $2,37 \mathrm{~m}$ from the line marking the position of the target. The throwing line shall be raised 38 mm from ground level and shall be 610 mm in length. |  |  |
| Objective | The aim of the game is to score as many points as possible on each throw. The game starts with a certain number of points, usually 501 or 301. <br> The player who reduces his score to zero first wins. |  |  |
| Game Rules |  |  |  |
| - Which player will have the initial throw is determined by aiming at the centre of the dartboard. Players then throw 3 darts in the order given. In each attempt, their score is deducted from their total points. The official rules are: <br> - A hit in the major part of any numbered compartment, usually coloured black and yellow, counts as much as the numerical value of that compartment. <br> - A hit in the narrower outer part of this compartment, coloured red and green, doubles the point value of this compartment ( $20 \times 2=40$ ). <br> - A hit in the narrower inner part of this compartment, approximately halfway between the outer boundary of the target and the centre and again coloured red or green, triples the point value of this compartment ( $20 \times 3=60$ ). <br> - The centre circle is divided into a green outer circle of 25 points and a red inner circle of 50 points. <br> - A throw past the target does not result in any points. |  |  |  |
| Graphic representation/Photography |  |  |  |


|  |  |
| :--- | :--- |
|  | The game is played by starting with an odd number of points 501，701 <br> or 1001．The score achieved in each throw is subtracted from the <br> current score．The score is counted for each dart that remains stuck <br> in the target or the arrowhead touches the target，with as many <br> points as the field in which the dart is stuck or the arrowhead touches <br> the field is worth．The maximum possible score in a 3－dart game is <br> 180 points，which can be achieved if all 3 darts land on triple 20． |
|  |  |

## Variants／Options

The 21－point；Killer；Around the Clock．

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| :--- | :--- |
|  | Audiovisual： <br> 1．https：／／www．youtube．com／watch？v＝A7DQMqeOMWs |



Excola syiperio


|  |  |
| :--- | :--- |
| Punctuation/Score | 10 circles, the external means 1 point and the "bull's eye" means 10 points. |
| Others | Archers can use traditional or modern (competitor) bow and arrow as well in <br> recreational competitions. |
| Variants/Options |  |

Para-Archery is an adaptation of archery for athletes with a disability.
There are also several other lesser-known and historical forms of archery, e.x. with hunting targets, novelty games, from horse, flight archery, where the aim is to shoot the greatest distance.

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ONT
Excola superió

| 2. Méta |  |  | №002 |
| :---: | :---: | :---: | :---: |
| Number of players | 20 (10 players in eac team). | Game time (duration) | Undefined. |
| Material | - Tennis ball (or other smaller ball). <br> - $50-100 \mathrm{~cm}$ long wooden bat. |  |  |
| Characteristics and dimensions of the field | The field is $30 \times 50$ meters with four buoys or flags in the corners. The middle of the field is signed by a hoop. One end of the field is the "running méta line", the opposite is the "hit méta line". |  |  |
| Objective | The team that scores the most back runs by the end of the game is the winner. |  |  |
| Game Rules |  |  |  |
| - The pitcher throws a ball from 4 meters to a player from the batting team who tries to hit it with the bat. Both of them stands outside the "hit méta line". <br> - After hit it, he can choose: stay (when the hit was not so good) or run to the "running méta line" and back. <br> - The catcher team can not run just stay in the field. When one of them catch the ball and hit the running player or pass it 3 times amoung the team members, the two team change roles. <br> - - When the player of the batting team can run back to the "hit méta line" the team get 1 point and their next member will get the bat. |  |  |  |
| Graphic representation/Photography |  |  |  |

4

| Variants/Options |  |
| :--- | :--- |
| Punctuation/Score | A running back means 1 point. |
| Others |  |

Castle méta; skanzen méta; circle méta; running méta with a bit different rules.

| References | Bibliographical: <br> 1. https://uni-eszterhazy.hu/public/uploads/mozgasosjatekok 5551e3be52c44.pdf <br> 2. https://hu.wikipedia.org/wiki/M\%C3\%A9ta (j\%C3\%A1t\%C3\%A9k) |
| :---: | :---: |
|  | Audiovisual: <br> 1. https://www.youtube.com/watch?v=OvftBI8Ky00 <br> 2. https://youtu.be/tMSaxbWkC 8 |


| 3. Lengőteke (Swinging Bowling) |  |  | №003 |
| :---: | :---: | :---: | :---: |
| Number of players | 2 players. | Game time (duration) | Undefined. |
| Material | - Base. <br> - 9 tenpins. <br> - Pillar with swinging ball. |  |  |
| Characteristics and dimensions of the field | The game needs just a small place: the base of the tenpins is $35 \times 35$ cm . The place should be free around it for 1 meter. |  |  |
| Objective | The swinging ball has to tip down the tenpins from the back swing. |  |  |
| Game Rules |  |  |  |
| - The players have to swing the ball (which hanging in a rope from the pillar) in frnt of the tenpins and when it comes back can tip down them. The ball can not touch the tenpins when it goes (direct tip down not allowed) just when it comes back. <br> - Every tenpin means 1 point. The player has to tip down as many as he can from 2 swings. <br> - Players swings in 5 rounds, each turn means 2-2 swings. The winner is who has more points after the 5 rounds. |  |  |  |
| Graphic representation/Photography |  |  |  |

1

| Punctuation/Score | 1 tenpin means 1 point. |
| :---: | :---: |
| Others | Players can swing as many as needed to take down every tenpin. The winner is who can make it with fewer swings after the 5 rounds. |
| Variants/Options |  |
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## 3. Summary of Traditional Physical Games for Older adults by Country

| Traditional Physical Games | Spain | Portugal | Bulgaria | Italy | Slovenia | Hungary | Total |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Billarda/Estornela | X |  |  |  |  |  | 1 |
| Bolos/ Birlos | X | X |  |  |  |  | 2 |
| Carrera de chapas | X |  |  |  |  |  | 1 |
| Chito/Tanga/Tuta | X |  |  |  |  |  | 1 |
| Juego de la rana | X |  |  |  |  |  | 1 |
| Petanca/ Petanque/ Balinanje | X | X |  |  | X |  | 3 |
| Rayuela/Peletre /Dame | X |  | X |  |  |  | 2 |
| Mata/Piolho |  | X |  |  |  |  | 1 |
| Traçao a corda / Rope pull/Tug of War |  | X |  | X | X |  | 3 |
| Blind Grandmother |  |  | X |  |  |  | 1 |
| Burning, Burning towel |  |  | X |  |  |  | 1 |
| King of the portal |  |  | X |  |  |  | 1 |
| Dodgeball |  |  | X |  |  |  | 1 |
| Bowls |  |  |  | X |  |  | 1 |
| Capture the flag |  |  |  | X |  |  | 1 |
| Zacheng |  |  |  | X |  |  | 1 |
| Skuljanje |  |  |  |  | X |  | 1 |
| Pandolo |  |  |  |  | X |  | 1 |
| Pikado |  |  |  |  | X |  | 1 |
| Archery |  |  |  |  |  | X | 1 |
| Meta |  |  |  |  |  | X | 1 |
| Lengoteke/Swinging Bowling |  |  |  |  |  | X | 1 |
| Total | 7 | 4 | 5 | 4 | 5 | 3 | 28 |

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