



Action: Support to Collaborative Partnership in the field of Sport



My Best Sports Day

Project number: 590320-EPP-1-2017-1-SI-SPO-SSCP

Activity no: 9

Final Guidelines with instructions for implementation the set of European traditional sports & games for children with special needs

Status: Final

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Guidelines with instructions for implementation of traditional games & sports

The project idea of My Best Sports Day is to increase the level of physical activities of children with special needs in primary schools and inspire them with traditional European sports & games. Children with special needs often could not engage in many sports due to physical limitations. Professional experts in project partner countries (Slovenia, Portugal, Italy, Sweden and Turkey) identified and collected existing good practices and concepts on the field of innovative approaches at motivation of children with special needs in sport and raise their inclusion in sport activities. The project ensures the promotion and exchange of European traditional national sports & games between the project partners and enable them to be able to engage children with special needs.

All partner organisations presented their national games from their countries. Partners choose the games based on availability of material for games, expenses for material, individual / group games, physical disability and mental disability. The consortium choose 5 games from each partner country. Chosen games: **corner ball (Sweden), rotten egg (Slovenia), catch the handkerchief (Turkey), boccia (Portugal)** and **ruzzola (Italy)**.

1. Rotten Egg (Slovenia)

Requirements for area/equipment (including the min. or max nr. of participants if needed):

The game is suitable for a larger number of children (minimum 4 children). For the game you only need a piece of crumpled paper or handkerchief, something that represents a rotten egg.

Description (Including adaptation options for children with special need, rules of the game/sport, detailed description of how the game / sport is played or performed):

Everyone is seated in a circle, watching each other, and one of them has a piece of embroidered paper or handkerchief, something that is rotten egg. While running around the circle, he sings: "Can, o can, keep the water in, the one who looks at it, on the back he gets."

With these words he tells other children that they should not look. At a certain point, he decides to drop a piece of paper (rotten egg) behind the back of one of his teammates in a circle. Of course, this must make it as seamless and fast as possible. As soon as the child notices that he got the "rotten egg", he picks up the "rotten egg" and begins to catch the one who has set him the "rotten egg" in the circle. The child must catch the second child who has given him the "rotten egg", before he comes around the circle, that is to say, to his place that he had in a circle before he was "rotten egg". If he catches the child (the one who set the egg), he becomes the "rotted the egg"! For the penalty, he must seat into the middle of the circle until another player is replaced. The game outside the circle continues the

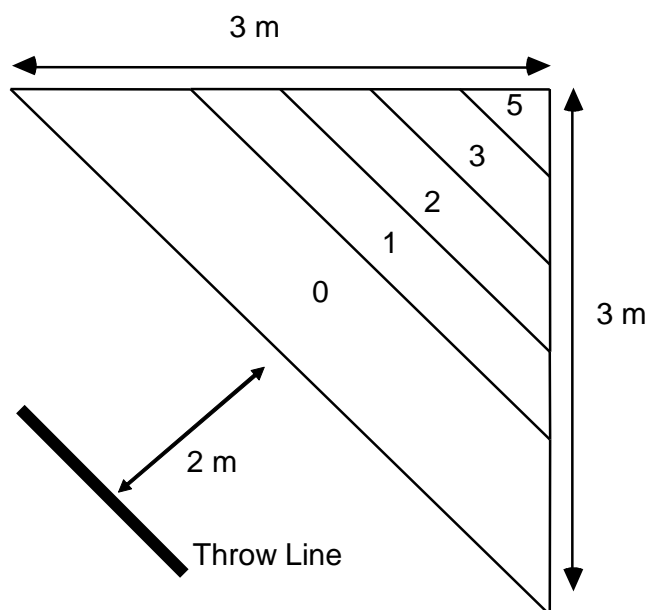
child, who was given the "rotten egg". If he succeeds in escaping, he continues the game out of the circle himself, while the other child goes to the middle of the circle as a "rotten egg".



2. Corner ball (Sweden)

Requirements for area/equipment (including min/max nr. of participants, if needed):

The suggested area is approximately 3 metres x 3 metres on a flat surface. The game is played into a corner which can be walls or made from barriers/benches. The scoring areas and Throw Line need to be marked up. For example, indoors, this can be done with tape and outdoors, this can be done with chalk. The scoring areas in the diagram below shows four scoring options: 1 point, 2 points, 3 points and 5 points. Other scoring options and the size of the scoring areas can be adjusted. 5 balls are required. Recommendation is to use tennis balls. The scores/points can be recorded with a notepad and pen or other digital formats. The game is played by one person at a time. There is no limit to how many players can be in the game. Special rolling equipment can be used for people with severe physical disabilities, which can be as simple as a tube or a piece of drainpipe.



Description (including adaptation options for children with special need):

The player/contestant starts behind the Throw Line with all 5 balls. The player/contestant throws or rolls one ball at a time. Throwing or rolling, and overarm or underarm is allowed. The ball will come to a rest in a certain area of the playing surface in one of the scoring sections. The player/contestant then throws/rolls another ball. Hitting the previous ball is allowed to improve its position in the scoring area. When all 5 balls have been thrown/rolled, the scores/points for all 5 balls are recorded. In the example diagram, the maximum score is 5 balls x 5 points = 25 points. Special rolling equipment can be used for people with severe physical disabilities.



3. Catch the handkerchief (Turkey)

Requirements for area/equipment (including min/max nr. of participants, if needed):

The game is suitable for a larger number of children (minimum 4 children). For the game you only need a handkerchief.

Description (including adaptation options for children with special need):

The game is played by two teams both have equal number players. The teams make lines facing each other with the 20 or 25 meter distance. A circle of half meter radius is drawn between the middle of the teams.

A referee for leading the game holds up a handkerchief in his/her hand and stays in the middle of the circle. The referee starts the game by saying a number, for example "Fives!". The fifth players of

each team begin to run to the referee to catch the handkerchief first. The player who catches the handkerchief immediately tries to turn back to his/her place, because the other player tries to catch him before he arrives at his place.

If the player with the handkerchief can arrive his place, his team gets one point. If the player of the other team can reach and catch him the other team gets a point. Then the referee starts the game again by saying another number and it goes like that.



4. Boccia (Portugal)

Requirements for area/equipment (including the min. or max nr. of participants if needed):

-Boccia can be played individually. Two teams play against each other. One plays against one, two against two or three against three.

- The surface should be flat and smooth (e.g. polished concrete, wooden, natural or synthetic rubber.) The surface should be clean.

- The dimensions of an official Boccia court is 6x10 meter, but a 3x5 court can work as well. Throwing area divided into six throwing box. All measurements of the boundary lines are measured to the inside of the relevant line.

- A set of Boccia consists of 6 red and 6 blue Boccia balls, as well as a white jack ball. Each ball has a circumference of 270 mm and weighs approximately 275 g.

- Light foam covered referee's paddle. With this paddle the referee can signalize who is to play. Can also be used as knee protection.

Description (Including adaptation options for children with special need, rules of the game/sport, detailed description of how the game / sport is played or performed):

Boccia is a proven tool which activates disabled people, improves their quality of life and integrates within the community. Boccia is suitable for everyone, but has found great popularity among people with even the most severe physical disabilities (cerebral palsy or related neurological conditions

involving a wheelchair). Boccia is an effective way to integrate physically disabled individuals with able-bodied individuals in sports clubs, NGO's, schools, rehabilitation centers, or the home.

Boccia rules and how is it played:

Two teams play against each other. One plays against one, two against two or three against three.

Each side has 6 red balls and 6 blue balls and a Jack ball. A coin toss determines whether the player uses red or blue balls and rules designate which playing boxes are used for red or blue.

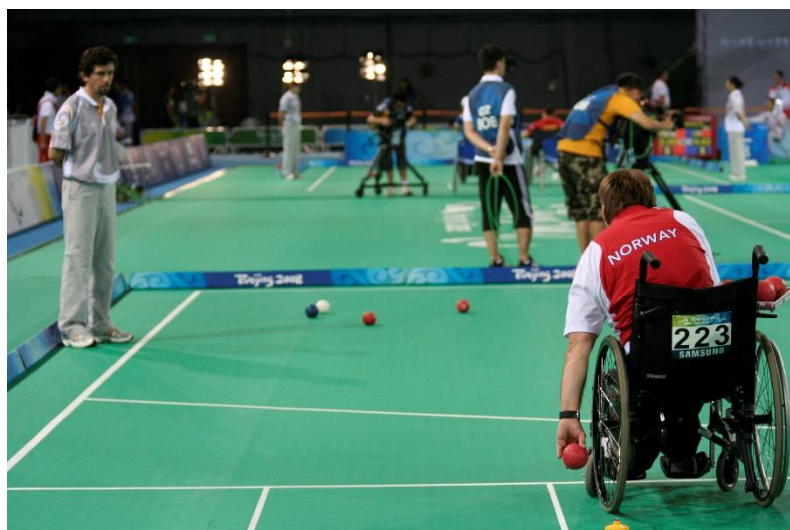
If desired, you can add the rule that the players have to sit down while shooting. Otherwise, you can let the players decide themselves whether they want to play sitting or standing.

The dimensions of an official Boccia court is 6x10 meter, but a 3x5 court can work as well – simply use the space available! You can choose to mark the starting line or the entire circumference of the court with tape. One team plays with the red balls, the other plays with the blue balls. The players are sitting or standing next to each other facing the starting line. The game begins: Red Team begins by throwing the white jack ball onto the court. Then, Red Team throws a red ball, trying to place it as close to the jack as possible. Then Blue Team throws one or more balls, attempting to place one of their balls close to the jack ball. When a blue ball is closest to the jack ball, or when Blue Team is out of balls, the turn reverts to Red Team. If the jack is pushed out of court, it is reinserted into the middle of the court. If desired, you can mark the middle with a cross. The game then continues. When all the balls have been thrown, a referee determines the points awarded for that end. The color that is closest to the Jack receives the number of points equal to the number of balls that they have closer to the jack than their opponent's closest ball. The score accumulates for a number of ends specified in the rules for each division.

Counting points: The team whose ball is closest to the jack has won. 1 point is given for each ball closer to the jack than the opponent's closest ball. Minimum points per round is 1, maximum points is 6. If there is a tie – e.g. if both a red and a blue ball is touching the jack – both teams are given 1 point.

In the next round, Blue Team starts the game by throwing the jack onto the court.

A Boccia match consists of four rounds (called ends in the official rules).



5. Il Lancio della Ruzzola (Italy)

Requirements for area/equipment (including the min. or max nr. of participants if needed):

Number of participants is unlimited, but for the organization of a tournament you need at least 2 persons for a team, following the template for tennis tournament eliminatory or any other your idea.

The game requires the use of a tool: Ruzzola. The RUZZOLA is a wooden disk with a diameter of 13 cm and a thickness of 4.5 cm with a weight of at least 450 grams.

Description (Including adaptation options for children with special need, rules of the game/sport, detailed description of how the game / sport is payed or performed):

The game is played on open roads or along short special routes called "treppi"; the definition of "treppo" is a dirt road formed by some curves to make the throwing ability more difficult; considering that we have children and young Klds with disabilities, the best place will be a straight path of maximum 20-30 meters on the place.

The objective of the game will be to rote the Ruzzola along the straight line by rotating until the finish line arrives. The player will win when he has scored 5 throws by crossing the finish line; the launch of the Ruzzola will be canceled if the same goes out of the delimited path or if it can not rotate along the same path.

