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## **Cultural Heritage through Sport for Integrity and Inclusion (Heritage & Sport)**

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### **D3.1: Handbook of Traditional European Games/Sports that are Adjusted**

Lead Beneficiary: University of Belgrade, Serbia

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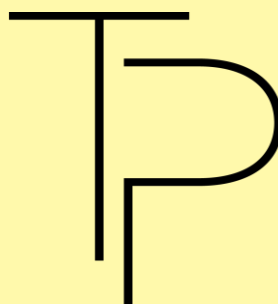
## CONTENTS

|   |    |
|---|----|
| INTRODUCTION.....                                       | 4  |
| SLOVENIA.....   | 5  |
| Pepček .....  | 6  |
| Day and night.....                                      | 7  |
| Jump Rope .....   | 8  |
| Hide and seek .....                                     | 9  |
| Flick buttons .....                                     | 10 |
| Ali je kaj trden most? (Is there a solid bridge?) ..... | 11 |
| Barvice (Crayons) .....                                 | 12 |
| Ledene (ali okamenele) babe (Icicles) .....             | 13 |
| CROATIA.....  | 14 |
| Picigin .....   | 15 |
| Boćanje/Bocce .....                                     | 16 |
| Školica/School game .....                               | 18 |
| Care, care, gospodare/Master.....                       | 20 |
| Ringe ringe raja/Round and round we go.....             | 21 |
| TURKEY .....  | 23 |
| Misket (Marble) .....                                   | 24 |
| Yakan Top (Dodgeball).....                              | 26 |
| İstop (Tag Game).....                                   | 27 |
| SERBIA .....  | 29 |
| Pulling with a stick .....                              | 30 |
| Throwing a horseshoe.....                               | 31 |
| Throwing a handspike or stake.....                      | 32 |
| Throwing a stone .....                                  | 33 |
| Standing long jump .....                                | 34 |

|                                   |    |
|-----------------------------------|----|
| GREECE .....                      | 35 |
| Oi Folies (Nests) .....           | 36 |
| Agalmatakia (Statues) .....       | 37 |
| Ampariza.....                     | 38 |
| To mantilaki (Handkerchief) ..... | 39 |
| Lippa (Game) .....                | 40 |
| Un, due, tre, stella! .....       | 42 |
| “Palla Prigioniera” .....         | 43 |

## INTRODUCTION

Dear friends, this Handbook is made under the project named "Heritage and Sport" co-funded by Erasmus + under the action "Sport Cooperation Partnership". In this publication we aimed to gather traditional games and sports activities from each partner country in order to propose adequate physical activities for children with intellectual and developmental disabilities. These games are simple, effective, engaging and easy to administer. Each partner in the project presented 5 traditional European games/sports from their country in order to create a Modular program with adjustments of individual games that will help teachers, trainers, NGO workers and others to use traditional games/sports and implement them in their own environment.



SLOVENIA



### Traditional Game

#### Pepček

Pepček is an old children's game in **Slovenia** that has brought many fond memories to many people. The instructions for it are quite simple and there is no doubt that your children will enjoy it as well. The game is mainly suitable for children from the age of 4, and you will need at least 3 players for it.

Pepček can be played by 3 or more players, but you will need a soft ball and a larger playing surface.

First, let the children decide which of them will take on the role of "pepček". If there are many players, then they stand in a circle, but if there are only three, each of the players who were not chosen as "pepčka" stands on his side of the field. They should stand facing each other, and the "pepček" should be placed in the middle.

The players then start passing the ball to each other, and the "pepček" tries to catch it. When he succeeds, he switches with the child who threw the ball.

### Number of participants & rules

Pepček can be played by 3 or more players, but you will need a soft ball and a larger playing surface. The rules are quite simple

first, let the children decide which of them will take on the role of "pepček". Players then stand in a circle and the players who was chosen as "pepčka" in the middle. They should stand facing each other, and the "pepček" should be placed in the middle. The players then start passing the ball to each other, and the "pepček" tries to catch it. When he succeeds, he switches with the child who threw the ball.

### Materials/equipment needed

No

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

Based on the children abilities and movement the distance of the circle can be shorter so that the designated player can easier catch the ball.

If there are some players with visual impairments the use of a ball that makes some noise can be used.

### Picture



<https://www.youtube.com/watch?v=TgZ2XO14azU>

### **Traditional Game**

#### **Day and night**

Day and night game can be played by minimum 3 players. Players designate a leader and follow his/her instructions.

The game leader commands the players with the words DAY and NIGHT. They must stand when he says the word DAY, and when he says the word NIGHT, they have to sit on a chair's contrary to his orders. The players can also just squat down without the use of chairs.

The goal is to follow the instructions, when a player misses the correct move he is eliminated. The winner is the last player in the game.

### **Number of participants & rules**

Day and night game can be played by minimum 3 players. Use of chairs is optional.

The rules are that a game leader is designated. After this he commands the players with the words DAY and NIGHT. They must stand when he says the word DAY, and when he says the word NIGHT, they have to sit on a chair's contrary to his orders. The players can also just squat down without the use of chairs. When a player misses the correct move he is eliminated, winner is the last player in the game.

### **Materials/equipment needed**

Use of chairs is optional.

### **Alternative equipment**

No

### **Tips for adjustment related to children with ID and mobility limitations**

Based on the children's abilities and movement the game leader can adjust the speed of instructions.

If there are some players with movement impairments they can just put up or down their hands or something similar.

### **Picture**



<https://www.youtube.com/watch?v=LSREZVOXZQ4>

### **Traditional Game**

#### **Jump Rope**

For Jump Rope, you will need 4 or more players, a longer rope and a flat playing surface.

First, the children count and determine 2 players who will each hold the rope at their end and spin it. The other players stand between them and jump over the rope. They should be careful to jump in time and not get involved in it. The player who jumps the longest wins.

When children are already somewhat familiar to the game, they can make it even more interesting and difficult in several different ways. The player who spins the rope can every now and then change the direction of rotation, increase the speed of rotation, determine that the children must jump with both feet, etc.

### **Number of participants & rules**

For Jump Rope, you will need minimum 4 players, a longer rope and a flat playing surface.

The rules are that first, the children count and determine 2 players who will each hold the rope at their end and spin it. The other players stand between them and jump over the rope. The player who jumps the longest wins.

### **Materials/equipment needed**

One large rope

### **Alternative equipment**

No

### **Tips for adjustment related to children with ID and mobility limitations**

Based on the children's abilities and movement the two designated players who hold the rope can adjust the speed.

### **Picture**

<https://www.youtube.com/watch?v=87RRczLp0No>



### Traditional Game

#### Hide and seek

The Hide and Seek game is being played in Slovenia, but also in other partner countries (e.g., Turkey, Greece). It is suitable for 2 or more players, but for it you need a larger area full of objects, trees, statues so that the children can hide behind.

First, let the children count to determine who will be the blinded player. He covers his eyes and leans on the "spot for patting place, start point". Then he counts out loud to 10. When he finishes counting, he should call out as loudly as possible: "Before me, behind me, whoever is not hidden, here I come!"

Then he can start looking for teammates. When he sees one of them, he runs to the counting place, touches him with his hand and "pats" his teammate with his name, e.g. "One two three, Marko!" During the search, the other players try to imperceptibly approach the "patting place" and "pat" themselves, i.e. touch the place and call their name. Whoever succeeds, waits until the start of the next game. The game is over when all players are "patted".

### Number of participants & rules

The Hide and Seek game is suitable for 2 or more players, but for it you need a larger area full of objects, trees, statues so that the children can hide behind.

Rules are very simple the first, let the children count to determine who will be the blinded player. He covers his eyes and leans on the "spot for patting place, start point". Then he counts out loud to 10.

Then he can start looking for teammates. When he sees one of them, he runs to the counting place, touches him with his hand and "pats" his teammate with his name, "One two three, Marko!" During the search, the other players try to imperceptibly approach the "patting place" and "pat" themselves, touch the place and call their name. Whoever succeeds, waits until the start of the next game. The game is over when all players are "patted".

### Materials/equipment needed

No

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

Based on the children's abilities and movement game area can be smaller. The area can also be adjusted for the children with moving impairments.

### Picture



<https://www.youtube.com/watch?v=UMkEqKU9C40>

### **Traditional Game**

Flick buttons (slo. frcanje gumbov)

Flick buttons is an old folk game that is played in Slovenia. It can be placed also with coins or similar equipment.

The game is good for the development coordinated movement, concentration and distance estimation.

The game is played by minimum two children, they dig a little hole in the ground and try to flick their buttons in the hole. The hole should be small and must be one

### **Number of participants & rules**

Minimum two players. The rules are that players dig a small hole in the ground and start tossing buttons, they should be one meter away from the hole. The first player who hits the hole wins and collects all the buttons.

### **Materials/equipment needed**

Buttons, coins

### **Alternative equipment**

Something similar to buttons or coins.

### **Tips for adjustment related to children with ID and mobility limitations**

Based on the children's abilities and movement game can be adjusted with the use of a smaller distance and use larger buttons. The area can also be adjusted for the children with moving impairments.

### **Picture**



### Traditional Game

Ali je kaj trden most? (Is there a solid bridge?)

This game is very simple but very interesting. Participants have fun, cooperate, and compete while playing. Two individuals, link their hands together, creating a bridge. They mutually decide what they will symbolize (i.e. an apple and a pear). Children form a line and the leader guides them towards the bridge, initiating a conversation.

Line leader: "Is there a solid bridge?")

Bridge: "Like stone, rock, and bone!"

Line leader: "What material did you use to build it?"

Bridge: "It was built from the stone."

Line leader: "Can our group cross the bridge?"

Bridge: "If you leave the last person for us."

Line leader: "Only if you can catch him!" The bridge holders raise their hands and the children walk through the bridge. They try to capture the last child in line. If they succeed, they quietly ask him: "Do you prefer apples or pears?" The captured child chooses one and stands behind the person representing that choice. Once all the children are in line, the bridge holders join hands and the children hold onto each other's waists. They begin pulling each other towards their respective sides. The team that successfully pulls their opponents over wins (usually resulting in everyone falling on the ground).

### Number of participants & rules

At least five.

### Materials/equipment needed

No

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

In the beginning, an adult can help with the conversation between the bridgeman and the line leader.

### Picture



### Traditional Game

#### Barvice (Crayons)

'Barvice' is a short and educational game that teaches children about colors while improving their attention.

We define the roles: buyer, seller, crayons. Crayons decide what color they will be. We define the area where the crayon can run, we define the store and the home.

A customer comes into the store:  
"Hello, do you have any crayons?"

Seller: "Good day. What color do you want?"

Customer: "I would like \_\_\_\_\_ color!" (chooses one color)

If he chooses a color that one of the children has, the child tries to dissuade him from buying it and says: "Sir, you left the stove on at home!"

The customer runs home and turns off the stove, and the crayon tries to sneak out of the store. The buyer is chasing her. If the crayon manages to make it back to the store before the buyer catches it, the crayon becomes the seller and the buyer becomes the crayon. But if the customer catches the crayon, it goes back to the store and becomes a crayon.

### Number of participants & rules

At least five.

### Materials/equipment needed

No

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

We can adjust the area in which we move and the speed of the movement itself (slow, fast).

### Video of the game



[https://www.youtube.com/watch?v=S29\\_mtMW0cQ&ab\\_chann el=Pod%C4%8Darobnimde%C5%BEnikom](https://www.youtube.com/watch?v=S29_mtMW0cQ&ab_chann el=Pod%C4%8Darobnimde%C5%BEnikom)

### **Traditional Game**

Ledene (ali okamenele) babe  
(Icicles)

This game trains players in tactics and quick reactions while promoting cooperation.

One of the students is a chaser. Whoever the chaser touches freezes or is petrified (stands still in a position with legs apart). Frozen students can be rescued by the other players by crawling between their legs. The hunter wins when he catches all the players.

### **Number of participants & rules**

At least three.

### **Materials/equipment needed**

No

### **Alternative equipment**

No

### **Tips for adjustment related to children with ID and mobility limitations**

We can adjust the area in which we move and the speed of the movement itself (slow, fast). Frozen students can be rescued with a touch on the hand, or head or with a hug. We use this especially when children with mobility impairments are included in the game.

### **Picture**



CROATIA



## Traditional Game

### Picigin

Picigin is a **Croatian** amateur sport (game) that is played with a small bouncy ball on a sandy beach, in the shallows. It is played by people of all ages. It is protected cultural goods of the Republic of Croatia.

Picigin is a game where there are no winners.

It is played in the shallows, on a sandy beach. Other variants (stone, gravel, etc.) are not desirable due to the possibility of injury. The most favorable depth is up to the ankle, due to the ease of running, and deep enough to cushion the fall, that is, the landing.

## Number of participants & rules

The basic rules are very simple: five players in a sea ten to twenty centimeters deep – up to the players ankle (if the water is deeper, it only slows down the game and reduces the attractiveness) arranged in a pentagon six to seven meters apart, hits a small bouncy ball ("BALUN") with the palms, trying that the ball does not fall into the water.

The ball should be hit with the palm of your hand, and it is desirable to use both hands equally in the game (most often the mistake of inexperienced players is to play only the "stronger" one). 5 players take part in the game. Of those five, two are anchors (technicians) and the other three are runners. The mix of line-ups by gender and age is most common.

## Materials/equipment needed

Small bouncy ball

## Alternative equipment

Any kind of soft ball can be used

## Tips for adjustment related to children with ID and mobility limitations

Accessible Locations: Making beaches and coastal areas accessible to people with disabilities, including ramps and wheelchair paths, allows them to participate in the game.

Even though Picigin is intended to play in water, it can be adjusted to play on the ground (i.e. park). The size of the ball can be also adjusted so that children with ID or mobility limitations can catch it. The idea is to increase motoric skills of children by preventing the ball to hit the ground.

In addition, the number of player can vary from 2 to more.

## Picture



Photo source:

<https://www.picigin.org/hr01.html>



## Traditional Game

### Boćanje/Bocce

Bocce is a traditional Mediterranean sport (e.g., Italy). In Croatia, bocce is also known as balote.

Because this game does not require strength and speed (except in speed disciplines), and injuries are very rare (except for careless observers, when a bocce or boule bounces and hits someone), it is widespread among all age groups, from 7 to 87.

Regarding the fact that you do not need to have a large or specially prepared surface (it can be played on all types of surfaces, except extremely muddy) to play this game, it is widespread in all environments, from rural and small-town environments (where it is most widespread) to urban environments. Despite the fact that the game was once disparaged in highly urbanized areas, where it was considered "immigrating" and "too small-town", the game began to spread to these strata as well.

**Objective:** The objective of Bocce is to score points by getting your team's bocce balls closer to the BULIN (a smaller target ball) than the opposing team's balls.

## Number of participants & rules

**Bowling court** – It is played on a field (it is ideal if it is fenced, usually with boards 20 cm high) with a length of 10 (folk) to 20-30 meters (competitive). The width is from 2.5 to 4 meters.

**Participants** – You can play one against one, two against two, and you can also play with three against three players.

**Game – Starting Play:** A player from one team throws the bulin (or pallino) onto the court. Then, they throw their first bocce ball, trying to get it as close to the bulin as possible.

**Alternate Throws:** Teams take turns throwing their bocce balls. The team that is not closest to the bulin gets to throw until they are closest or run out of balls.

**Scoring:** Only one team can score in each frame. Points are awarded based on how many of their balls are closer to the bulin than the opponent's closest ball.

**Winning:** The game typically consists of multiple frames or rounds. The first team to reach a set number of points or complete a specified number of frames wins.

**Fouls:** Stepping over the court boundary or not throwing the bulin or bocce balls within a set distance can result in fouls.

## Materials/equipment needed

Balls are made of solid wood.

## Tips for adjustment related to children with ID and mobility limitations

Bocce is an inclusive sport that can be adapted to accommodate individuals with disabilities. While specific rules may vary depending on the level of disability, here are some general guidelines for playing bocce with children with ID and mobility limitations:

**Adaptive Equipment:** Depending on the participants' disabilities, you may need adaptive equipment. For instance, individuals with mobility impairments might use a ramp or a device to release the bocce ball.

**Modified Court:** The court's surface should be even and wheelchair-accessible to ensure that everyone can participate comfortably.

**Assistive Devices:** Participants may use assistive devices like ramps or pointers to assist with throwing or directing the bocce ball.

**Scoring:** Scoring remains consistent with traditional bocce rules. The team or individual closest to the bulin/pallino (the small target ball) scores points.

**Time Limits:** In some cases, time limits may be extended to accommodate players with slower movements or decision-making processes.

**Encouraging Inclusion:** Promote a welcoming and inclusive atmosphere to ensure that everyone can enjoy the game regardless of his or her abilities.

## Picture



reinforced and fixed with nails (folk), plastic (filled with liquid or any other formable material) or metal (competitive playing). The balls are spherical in shape. The diameter is not constant, but it is usually made such that they can fit in the fist, that is, so that they can fill the fist.

Bulin or bula (pallino in Italian), the smallest object in the game, made of wood and usually painted red for classical disciplines, or white for technical disciplines, with a diameter of approx. 30 mm.

### **Alternative equipment**

Plastic balls instead of heavy wooden or metal.



Photo Source:

<https://disabilityhorizons.com/>

2022/03/boccia-a-uniquely-accessible-sport-disabled-sport/

### **Traditional Game**

#### **Školica/School game**

Školica or school game is a traditional game played by children in Croatia, but the same game is played in other partner countries (e.g., Turkey, Slovenia, Italy).

The goal of the game is to increase motoric and balance skills of children. During the game children need to focus on throwing the tile on precise square, jumping on one and both legs.

### **Number of participants & rules**

*Participants* – no limitation

*Game* – eight to ten squares are drawn on the ground arranged two by two in parallel. A piece of tile or small stone is shoved (pushed with the foot), jumping on one leg. The goal is to push the tile into another field-class, and then you could jump after it on one leg into that field. It is necessary to go through all the classes. In the upper squares you could rest, i.e. stand on both feet. If the tile falls on the line, the player passes the game to another player. After passing classes, everything is repeated without standing, jumping on one leg. At the end, the player stands with his back to the school and throws a tile over his head. If he succeeds in getting it into the upper field, he is the winner.

### **Materials/equipment needed**

Chalk for drawing the field and small tile, stone or piece of branch for throwing.

### **Alternative equipment**

Throwing material can be adjusted, it is only necessary that it is small in order to fit into the field.

### **Tips for adjustment related to children with ID and mobility limitations**

School game can be useful for children with autism, but the approach to play should be adapted to their needs and abilities. Experts recognize the importance of play in the development of social and communication skills in children with autism. Here are some tips:

**Adjust the rules:** The rules of the school game can be adjusted to suit the child's needs. You can remove complexity or add stimulating elements.

**Communication Support:** Encourage verbal and non-verbal communication during play. This may include asking questions or commenting during the game.

**Sensory sensitivity:** Think about the sensory needs of the child. Kindergarten play may involve touching the ground, so it is important to understand the child's sensitivity to touch and adapt the play.

**Provide a structured environment:** Children with autism often feel safer in structured environments. Set clear expectations during the game.

**Individual approach:** Every child with autism is unique. Adjust play and support to your child's needs and interests. Collaborating with therapists: Working with therapists or autism experts can be helpful in

developing customized games and strategies.

School play, when properly adapted, can provide fun and an opportunity to develop important skills for children with autism.

### **Picture**



Photo Source: <https://www.vrtic-viskovo.hr/content/3283/igre-iz-davnina>

[https://www.youtube.com/watch?v=64S\\_i9rh2V8](https://www.youtube.com/watch?v=64S_i9rh2V8)

### Traditional Game

Care, care, gospodare/Master  
This game has a long tradition in Croatia.

The game promotes physical activity, teamwork, and social interaction among children.

### Number of participants & rules

#### *Participants*

No limitation

#### *Game*

On one side stands a group of children lined up next to each other. On the other side is a child who the emperor. The children agree on a schedule in which they ask questions to the master i.e. "Master, master, what time is it?" The Master turns his back to the group and answers: "2 horses" (long steps) Or "5 mice" (small steps) Or "1 ant" (very small) etc. After each completed task, the children ask a question again. The winner is the one who reaches the Master first. He can notice that someone has come too close to him and then he can say: "The clock fell into the well!" The one closest to him must go back to the beginning. To make the game more interesting, children can change their voice so that the Master does not recognize them.

### Materials/equipment needed

Chalk for drawing the field and small tile, stone or piece of branch for throwing.

### Alternative equipment

No equipment necessary

### Tips for adjustment related to children with ID and mobility limitations

Children with ID and mobility limitations can participate in the game. For children with mobility limitations (i.e. children in wheelchair) rules can be adjusted for instance, one step is one wheel turn, half of the step is half of wheel turn.

### Picture



Photo Source: foto-kad-ste-zadnji-put-igrali-care- precare-koliko-je-sati-ova-djecica-danas/398714/  
<https://youtu.be/OCxOmHWS8BM?si=dXXDODbNtFeTr2Jh>

### **Traditional Game**

Ringe ringe raja/Round and round we go  
RINGE RINGE RAJA/ ROUND AND ROUND WE GO game has a long tradition in Croatia.

The game promotes physical activity, teamwork, and social interaction among children.

### **Number of participants & rules**

#### *Participants*

No limitation

#### *Game*

The game involves children forming a circle, holding hands, and singing the "RINGE RINGE RAJA" song while moving in a circle. One child, usually in the center of the circle, goes under the hands of the other children while the song is sung. When the song ends, the child in the center must guess who is standing behind them.

### **Materials/equipment needed**

No equipment necessary

### **Alternative equipment**

No equipment necessary

### **Tips for adjustment related to children with ID and mobility limitations**

This game is not specifically designed for children with disabilities, but it can be adapted to include children of all abilities. Inclusion is an essential aspect of childhood play and development, and modifications can be made to accommodate children with disabilities so that they can participate and enjoy the game along with their peers.

**Adaptation of equipment:**  
Depending on the type of disability of the child, you may need to adapt the equipment. For example, if the child uses a wheelchair, ensure that the game can be played on a surface that is accessible to the wheelchair.

**Customization of the rules:** The rules of the game can be customized to allow for greater inclusivity. For example, you can change the scoring method or allow children to play in teams to help integrate children with different needs.

**Involvement of parents and professionals:** Collaboration with parents of children with disabilities and professionals such as pedagogues can be crucial. They can offer valuable tips and resources for customizing your game.

**Sensory adaptation:** Think about the sensory needs of the child. Ensure that the game includes

sensory elements appropriate for children with disabilities, such as sound effects or textures.

Inclusive environment: Create an inclusive environment where all children feel welcome and supported. This can encourage cooperation and mutual understanding among children.

### Picture



Photo Source: <https://m.facebook.com/FlipkoFlips/photos/ringe-ringe-raja-kako-dalje-idu-stihovi-popularne-stare-igre-za-djecu-/1551452774984610/?>

TURKEY



### Traditional Game

#### Misket (Marble)

Marbles, known by different names worldwide, is one of the oldest and popular game among **Turkish** children. It is known that Roman Emperor Augustus Caesar also played this game in his childhood. In the past, round pebbles or fruit seeds were used as balls, and marble ones were made in the 18th century.

It is known as “misket” or “bilye” in Türkiye. It is one of the most fun and exciting street or outdoors games.

The main objective of the game is to use various techniques to either get marbles close to a target or collect the marbles of opponents by hitting them. Players aim to outperform their opponents by skillfully using their marbles.

There are several variations of playing the marble game in different countries and even in different cities.

### Number of participants & rules

The number of participants in marbles can generally be 2 or more. Players come together and establish the game's rules. It can be played individually or in teams. However, basic rules might include: Players take turns using their marbles; The player in turn throws their marble toward a specific target (e.g., a hole or other marbles); The player whose marble is closest to the target collects other players' marbles by hitting them; The order in which players use their marbles changes in a predetermined sequence. An alternative marble game rules are: A triangle is drawn. However, the dimensions of this triangle vary depending on the number of players; Each player places an equal number of marbles on and inside the lines of the triangle; A goal line is drawn 3-4 meters away from the triangle. Each player shoots to this line with his game ball; The starting order of the players is determined according to the proximity of the marbles to the line; The ball is shot from the goal line to the balls in the triangle. The ball that is shot and taken out of the triangle belongs to the player who made the throw; The game continues until all the marbles in the triangle are finished.

### Materials/equipment needed

Marbles in different colours and sizes.

### Tips for adjustment related to children with ID and mobility limitations

**Simple Rules:** Simplify and make the rules of the game easy to understand.

**Assistance:** Provide assistance when needed to children with intellectual or mobility disabilities. You can help them with throwing or collecting marbles.

**Flexibility:** Be flexible during the game and allow children to progress at different paces. It's important for each child to be able to play at their own speed.

**Focus on Fun:** Shift the focus of the game to enjoyment. Instead of winning or losing, emphasize having fun and social interaction.

**Shorten the Distance:** It is important to adapt the game according to the disability level. Shorten the distance to shooting line or using bigger triangles or bigger marbles.

**Group Games:** Group games can offer social interaction and cooperation opportunities for intellectually disabled children. Organizing marbles as a group activity can be beneficial.

**Timing:** Using timer to set the duration of the game

**Motivation:** You can use rewards or praise to motivate children to play the game.



Playing Area: A flat and smooth surface or playing field.

### **Alternative equipment**

It can be played with billard-ball depends on the disability level of children.

### **Picture**



Youtube Video:

[https://www.youtube.com/watch?v=djgxZMk\\_NIE](https://www.youtube.com/watch?v=djgxZMk_NIE)

### Traditional Game

#### Yakan Top (Dodgeball)

Dodgeball is a game played in different ways in Türkiye. It is called dodgeball in some places with different names. In addition, although it is known that it is played in different countries. It is a fact that dodgeball is played in different ways on the street, at school, picnics and educational institutions. Dodgeball is a children's game that emphasizes attention, speed, agility and not getting out of game, which is fun to watch, fast and at the same time requires a lot of struggle.

The main objective of the game is for players to throw a ball at opponents in such a way that it makes it difficult for them to dodge or catch it. Players aim to use their speed, reflexes, and strategies to avoid being hit by the ball while attempting to eliminate opponents. The game can be played in teams or individually.

### Number of participants & rules

The number of participants in dodgeball is usually 4 or more, but this number can vary depending on the complexity of the game and the size of the playing area. Basic rules may include: Players are divided into equal teams (e.g., 2 players per team); Each team has a ball, and they try to eliminate opposing team players by throwing the ball at them; Players attempt to prevent the ball from hitting the ground before they catch it; If a player is struck by the ball and cannot catch it, they are eliminated from the game, and the opposing team earns a point; The winning team is determined by either eliminating all players of the opposing team or by accumulating more points.

### Materials/equipment needed

Ball: One or more balls, which are the primary game materials.

Playing Area: Typically played in an open area, and markers can be used to define boundaries.

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

Modification: Adapt the game to match the abilities and needs of the children. For example, you can adjust the speed or size of the ball.

Accessibility: Ensure that the playing area is adapted to allow children with disabilities to comfortably participate and move around. playing on soft ground or grass pitch

Visibility: Use different colour vests to define the teams.

Teaching: Using videos to teach the game before playing

### Pictures



Video of the game: <https://www.youtube.com/watch?v=Pvqla2ZdyWM>

### **Traditional Game**

#### **Istop (Tag Game)**

Istop (Tag) is a game typically played among children, often referred to as a chase game. The primary objective of the game is for players to chase and touch other players to stop them. Tag is a popular group game that encourages physical activity and fun. The game requires players to use speed, coordination, and tactics.

### **Number of participants & rules**

Istop usually requires a minimum of 4 players, but it can be played with more participants. Basic rules may include:

It is played in an open field with boys and girls. A ball is required for this game. Players gather together. One person is designated as the midwife. He/she takes the ball in his/her hand and throws the ball into the air by saying the name of one of the players. If the person whose name is called catches the ball before it hits the ground, he/she throws it in the air by saying the name of another player. If he fails to catch the ball and it falls to the ground, he catches it and says "istop". When "istop" is called, the players stay in their places without moving. If the midwife throws the ball to someone and hits them, they are out of the game. If not, the midwife throws the ball in the air again and calls the names of the other players. The game continues in this way. The last player standing wins the game. Alternative playing rules that can be played without a ball: Players attempt to touch another player and say "Tag!" when they make contact; The player who says "Tag!" stops the movement of the player they touched; The tagged player then becomes "it" and must chase and tag another player; The game continues until someone is tagged and becomes

### **Tips for adjustment related to children with ID and mobility limitations**

**Grouping:** Divide players into groups that match their skill levels and mobility abilities to create inclusive and fair games.

**Modifications:** Modify the game to accommodate children with disabilities. You can slow down the game or provide more time for players with mobility challenges.

**Support and Assistance:** Offer additional support to children who need it during the game. You can assist and encourage them.

**Special Rules:** Create special rules or variations of the game tailored to the abilities of children with disabilities.

**Motivation:** Use positive feedback and encouragement to boost the motivation of all children involved.

**Visibility:** Use different colour vests to define the teams.

**Teaching:** Using videos to teach the game before playing.

### **Pictures**



the new "it"; Quickness and agility are essential for players trying to avoid being tagged.

### **Materials/equipment needed**

Ball: One ball, which are the primary game materials.

### **Alternative equipment**

It can be playing without ball, too.



Video of the game: [https://www.youtube.com/watch?v=z5GaE6tm7\\_o](https://www.youtube.com/watch?v=z5GaE6tm7_o)

SERBIA



### Traditional Game

#### Pulling with a stick

Pulling with a stick can be done in a standing, sitting, squatting or lying position. It is especially well-known and often presented at a folk competitions in **Serbia**, in a game form named "pulling into the opanak". In the discipline of "pulling up into an opanak", the competitors (in the past the majority of the Serbian rural population wore shoes called opanak/opanci) place their soles towards each other so that the soles of the shoe (opanak) touch. After the referee's command (whistle sound) to start pulling, the contestants try to bring the opponent out of the balance position (raise from a sitting position) by holding the opponent's wooden stick, usually by grasping or holding each other's hands,. The winner is the competitor who manage to put the other competitor out of the equilibrium position.

### Number of participants & rules

The competition could be held individually or in teams. In a team competition, the placings in all disciplines of one team in the competition are added up. For example, within the mandatory program of the national program there are six disciplines (long jump, shoulder throw, horseshoe throw, archery, fast scraping of shapes and running over natural obstacles). It is planned that every year two disciplines from the mandatory program will be omitted and instead of them a competition will be organized from two disciplines that are part of the optional program (folk wrestling which can be "in the belt", "in the bones", "in the muscles", "pelivansko"; folk tug-of-war such as "cat's meat", tug-of-war with "one" or "two" sticks, tug-of-war; sports games such as football and volleyball) gained the most popularity.

### Materials/equipment needed

A wooden stick with a diameter of 3-4 cm, of a cylindrical shape, about 1 m long.

### Alternative equipment

For children, a plastic stick can be used instead of a wooden one, which has sufficient strength so that children cannot deform it during the pulling.

### Tips for adjustment related to children with ID and mobility limitations

The competition can also be organized in the sports hall. The starting positions of the competitors should be changed depending on the ability of the children performing the pulling. The competition should be performed on mats to increase the safety of the participants. For example, if the starting position is sitting, children should sit on mats and have mats placed around them.

### Picture



(Zivanović, 1970, p. 23)



[https://krusevacgrad.rs/carapansko-nadmetanje-narodni-viseboj-u-zdravinju-okupio-pedesetak-takmicara/?rstr\\_nocache=rstr5316590a06f107c7](https://krusevacgrad.rs/carapansko-nadmetanje-narodni-viseboj-u-zdravinju-okupio-pedesetak-takmicara/?rstr_nocache=rstr5316590a06f107c7)

### **Traditional Game**

#### **Throwing a horseshoe**

The competitor is behind the line and usually approaches the line with one leg that can be extended or slightly bent at the knee joint. He holds three horseshoes in his hands. At a distance of ten meters there is a pole that has been driven into the ground and painted to be conspicuous. The competitor throws one horseshoe at a time with one hand. During the throw, the competitor must not commit a violation over the line. If he commits an offense in an attempt, he will not be counted in the competition. After throwing, the distance from the post to the nearest part of all the horseshoes is measured. The sum of all distances after three throws gives the score of each competitor individually, and the sum of all individual throws of the members of one team gives the score of one team (a lower result presents a better score).

### **Number of participants & rules**

The organizer prescribes the number of participants per team, and the total number of competitors depends on the popularity of the competition, weather conditions, the type and size of the prize awarded to the winners of the first three places.

### **Materials/equipment needed**

Horseshoes, as well as a round-shaped pole made usually of wood with a diameter of 5 cm, which is buried in the ground, and is 30 cm high above the ground.

### **Alternative equipment**

Small diameter plastic hoops (used in rhythmic gymnastics), a wooden or plastic stand that does not have to be buried in the ground. It can also be fixed on the ground.

### **Tips for adjustment related to children with ID and mobility limitations**

The competition can also be organized in the sports hall. Children who cannot stand can throw plastic hoops at a wooden or plastic stand from a sitting position. Considering that this discipline evaluates the accuracy of the competitors, the distance between the line from where the hoop is thrown and the rack can be reduced and adapted to the age of the children, so that the children develop throwing skill and precision while performing this discipline.

### **Picture**



<https://www.istockphoto.com/vector/pitching-horeshoes-gm165811577-18807377>



### **Traditional Game**

Throwing a handspike or stake

If the organizer of the competition has a handspike, it is used as a prop in the competition regardless of its weight. In case the organizer of the competition failed to provide a handspike for throwing, a stake is used. The prop is thrown three times with one or both hands (as the competitor prefers), with the length of the run determined individually by each competitor. The competition is held on a flat grass field. The place of the throw must be before the marked line, but it is allowed to cross the line after the throw and before the prop falls to the ground. The handspike is usually held with the weaker hand at its midsection, and with the stronger hand at its rear end, which is at hip height. When throwing a stake, which is usually lighter than a handspike, it can be raised higher than a handspike (the throw can also be made from shoulder height with one or two hands). If the throw is made with one hand, it resembles a throw like a javelin throw. Each competitor has three attempts, of which the longest shot counts as the ranking. The length of the shot is measured by using measuring tape from the mark left by the prop on the ground, which is the closest to the line behind which the prop was

### **Number of participants & rules**

The competition can be individual or team. The organizer prescribes the number of participants per team. The total number of contestants depends on the popularity of the contest, weather conditions, and the type and size of the prizes awarded to the winners of the first three places.

### **Materials/equipment needed**

Handspike or stake with a cylindrical shape, with a diameter of not less than 5 cm. The length of props should be between 1.5 and 2 m. The prop for younger competitors is shorter and lighter than the prop used by adults in the competition.

### **Alternative equipment**

A wooden or rubber bat with a cylindrical shape and the specified dimensions.

### **Tips for adjustment related to children with ID and mobility limitations**

The competition can also be organized in the sports hall. Children who cannot stand can throw cylindrical props made of rubber or wood onto the mats from a sitting position. According to the rules applied in national competitions, the longest shot of the three attempts should be used to determine the placement. Mass, length, diameter as well as the material from which the prop is made can be changed and adapted to the conditions in which the competition is organized as well as to the population of participants. Within the national all-around, the mentioned discipline assesses the strength of the competitors. The modification of this discipline for children with developmental disabilities should enable the success of competitors to depend on their strength in competitions.

### **Picture**



(Fiskulturni savez Bosne i Hercegovine, 1946, p. 9)



### **Traditional Game**

#### **Throwing a stone**

The competition is held on a flat grass field. Each competitor throws the stone three times with one hand (as per the competitor's convenience), and the longest shot counts for the ranking. The competitor is between two lines that are at a distance of 2.13 m. Throwing may not be started before the line that is farther from the place where the stone fell, and after throwing the line that is closer to the place where the stone fell, the competitor may trespass. If they commit a foul before the throw-in, the length of the shot will not be measured.

### **Number of participants & rules**

The competition can be individual or team. The organizer prescribes the number of participants per team. The number of competitors depends on the factors listed in the horseshoe throwing discipline.

### **Materials/equipment needed**

The stone that is thrown in competitions has a mass of 3 to 7 kg. A lighter stone is used for the younger and a heavier stone for the older. The shape of the stone (spherical) should be suitable for throwing and hard enough that it would not break during the throwing in the competition.

### **Alternative equipment**

Shot put for athletic competitions.

### **Tips for adjustment related to children with ID and mobility limitations**

The competition can also be organized in the sports hall. Children who cannot stand can throw stones from a sitting position (if the competition is held outside) or if it is held indoors, children can throw a ball used in indoor athletics competitions (made of rubber) or a smaller diameter medicine ball. According to the same principle as in the national all-around competitions, the longest shot is counted for determining the placement of three attempts. This discipline within the national all-around evaluates the muscular strength of the competitors, so even when using a modified variant of stone throwing in children with certain developmental difficulties, the optimal mass of props should be used so that the throwing technique can be performed powerfully but also in a safe manner.

### **Picture**

<https://rtnk.me/drustvo/crna-goraima-rekordera-u-bacanju-kamena/>



### **Traditional Game**

#### **Standing long jump**

The competition is usually held on a flat grass field. It is popularly known as the "trupacka" jump. The competitor stands with both feet behind the line or a pole placed on the ground. During the preparation for the jump, it is allowed to make several swings with the arms back and forth while simultaneously rocking the knees. Using a swing with both arms and a maximum bounce with both legs simultaneously jumps forward. The place where one competitor left a landing mark closest to the jump line is the place where the line is drawn or the pole is placed from where the next competitor from a team starts the jump. The principle is the same for all members of a team. To determine the individual ranking, the jump length of each competitor is measured. To determine the team ranking, the distance from the place (mark) of the jump of the first to the place of landing (mark) of the last competitor of a team is measured.

### **Number of participants & rules**

The competition can be individual or team. The organizer prescribes the number of participants per team. The number of competitors depends on the factors listed in the disciplines of throwing the horseshoe, handspike and stone.

### **Materials/equipment needed**

A line that is drawn on the ground or a pole that is placed and represents the place from which the first jump is performed. The line is drawn or a rod is placed in the place where the last competitor landed.

### **Alternative equipment**

Also some other objects can be used to mark the place from where the first jump is performed and the place where the last competitor from a team landed.

### **Tips for adjustment related to children with ID and mobility limitations**

The competition can also be organized in the sports hall. Landing can be on a mat, parquet or if an athletic hall is used on the sand. Even children who have certain problems with their hands can perform the standing long jump.

### **Picture**



<https://www.telegraf.rs/vesti/srbija/3537427-nikola-ostojic-zapamtite-to-ime-oni-koji-su-ovih-dana-u-guci-su-ga-sigurno-vec-zapamtili>

GREECE



### Traditional Game

#### Oi Folies (Nests)

This **Greek** game is a variation of the classic game "Musical Chairs." Instead of using chairs, children form "nests" in groups of three. Inside each of these nests, there is one child, while one child remains without a nest.

With the guidance of the game leader, the children in the nests raise their hands to allow the child inside each nest to exit and wait for another nest to become available. Once the child enters a nest, it is closed by the hands of the children. One child will not find a nest and will become part of an existing nest, releasing another child to become a bird looking for a nest.

### Number of participants & rules

At least 13 participants (Three nests with three participants each and 4 people trying to find a free nest)

### Materials/equipment needed

No

### Alternative equipment

No

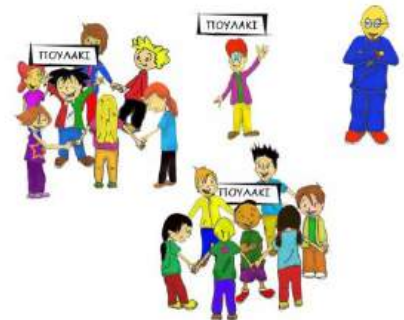
### Tips for adjustment related to children with ID and mobility limitations

Assign buddies or assistants to help children with disabilities enter and exit nests if needed.

Encourage flexibility in roles. If a child with a disability finds it challenging to move between nests, they can take on the role of the game leader or have a designated role that suits their abilities and preferences.

Allow children with mobility challenges to use their mobility aids, such as wheelchairs or walkers, to participate. Ensure that the nests are arranged to accommodate these aids.

### Picture



### Traditional Game

#### Agalmatakia (Statues)

A child takes on the role of leader to coordinate the game. Using a or signal, for example, "Stop" or "Go," the children run in all directions. With the second command, the children stop abruptly and freeze like statues. Any child who is unable to remain still switches positions with the leader.

### Number of participants & rules

At least 4 participants.

### Materials/equipment needed

No

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

Assign supportive roles within the game.

Allow extra time for those who may need it to respond to the commands.

Ensure that the playing area is accessible and safe for all participants.

Don't be strict about the rule of not moving at all. Emphasize the importance of the game's enjoyment rather than strict adherence to the rules.

### Picture



Photo retrieved from: <http://paixnidokamomataa.blogspot.com/2014/01/blog-post22.html>

Video (in Greek): [https://www.youtube.com/watch?v=o1n2\\_vRqv38](https://www.youtube.com/watch?v=o1n2_vRqv38)

### Traditional Game

#### Ampariza

Children are divided into two teams. It is typically played outdoors and requires two trees or columns in the playing area. Each team designates one tree or column as their base, known as the "ampariza." Players from their team and any captured players from the opposing team are stationed at their ampariza. The players' objective is to protect their ampariza. The game begins with a coin toss or draw to determine which team starts first. A player from each team ventures into the space between the amparizas simultaneously. They move around using evasive maneuvers, attempting to touch the opposing player. The player who gets tagged first becomes captured and is escorted to the opposing team's ampariza. Subsequently, a second player from each team enters the field, and the game continues in this manner until all players are captured. Captured players can be freed by their teammates when one of them successfully reaches the opposing team's ampariza, with one prisoner being released each time. When only one player remains in a team, that player attempts to protect their ampariza while also trying to free their captured teammates by touching them. In this phase, a maximum of two opponents can attack the last remaining player. The team that captures all the players from the opposing team wins the game.

### Number of participants & rules

It requires at least eight children divided into two teams.

### Materials/equipment needed

No extra material are needed. However, the area should have 2-3 columns or trees.

### Alternative equipment

You can use cones.

### Tips for adjustment related to children with ID and mobility limitations

Create an inclusive playing area by removing physical obstacles.

Pair disabled participants with buddies who can assist them in the game.

### Picture

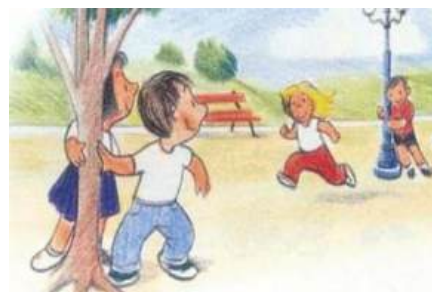


Photo retrieved from:

<https://www.magiacoook.gr/h-ampariza/>

Video: [https://www.youtube.com/watch?v=bzoX3GWB3\\_E](https://www.youtube.com/watch?v=bzoX3GWB3_E)

### **Traditional Game**

To mantilaki (Handkerchief)  
In this game, two teams stand facing each other. Each player in a team is assigned a unique number, and this number corresponds to a player on the opposing team. In the middle of the distance between the two teams, there is a child holding a handkerchief who calls out a number. Players from each team who have the called number rush to the center to grab the handkerchief. The goal is for a player to successfully retrieve the handkerchief and return it to their teammates, thus making their team the winner. However, if an opposing player manages to catch the player with the handkerchief and takes it, their team becomes the winner.

### **Number of participants & rules**

At least 8 participants.

### **Materials/equipment needed**

A handkerchief

### **Alternative equipment**

It can be any small object.

### **Tips for adjustment related to children with ID and mobility limitations**

Assign the numbers based on the needs of participants.

Be sure that the area is fully accessible.

Consider using adaptive equipment, such as flags or markers, that can be easily grabbed by participants with varying abilities.

### **Video of the game**

[https://www.youtube.com/watch?v=32eNu\\_94O-k](https://www.youtube.com/watch?v=32eNu_94O-k)

### Traditional Game

#### Lippa (Game)

Lippa is an ancient popular game in **Italy** spread from the western Mediterranean to India, perhaps arriving in Europe in the 15th century. It is considered as a popular sport and international tournaments are periodically held at a competitive level. From an etymological point of view, the term then became part of the Italian language as a synonym for "fast".

### Number of participants & rules

It is played with four or more players of even numbers. The game is played with two pieces of wood, generally obtained from the handles of a broom, one about 15 cm long with pointed ends (called lippino), the other about half a meter long called lippa: a circle and an oval are drawn on the ground to position the lippino. The technique is to hit the long piece on the small piece on one end to make it pop (this is the reason for the pointed ends), then hit it. You have three attempts, the game consists in throwing the small piece as far as possible. The number of contestants varies. The attacking team places the small tapered stick (the lippino) in the center of a circle with a radius equal to the length of the stick used as a club; strike one end to lift it into the air and strike it hard a second time to throw it as far as possible. The defending team arranges to catch the lippa on the fly, which is rather difficult, if it succeeds the thrower is eliminated. Otherwise, from the point where the lippino ends, the defender, holding it in his hand and then the spear, tries to hit the stick-mace previously placed behind the circle in the lippino's direction; if it is hit the launcher is eliminated (this operation is called carare). Otherwise, the attackers have three possibilities to hit and move the lippino as far as possible from the circle after which the thrower

### Tips for adjustment related to children with ID and mobility limitations

Reduce the number of players on a team to increase the chances of getting involved  
Increase the number of players on a team to decrease the amount of activity required by each player  
Modify the distances for pitching or defending  
Reduce or remove competitive elements such as scoring  
Change the weight, size or length of the lippa according to the children requirements

#### Picture



Video: [https://www.youtube.com/watch?v=mCMDqkHhWzc&ab\\_channel=FabioGabetta](https://www.youtube.com/watch?v=mCMDqkHhWzc&ab_channel=FabioGabetta)



evaluates by eye the length in clubs-bat of the throw made, i.e. between the circle and the point reached by the lippino. After the three hits the attacker asks how much the defender offers, for example thirty sticks: if the attacker accepts this distance, thirty, the score number is written down. If he doesn't accept, we check if the evaluation is correct by measuring it; if the number of sticks is more than thirty, for example 35, the points obtained by the attackers will be double the number counted; if they are less, the attackers will take the one counted. Usually, one always underestimates, but a feature of the game, near the end, is also to take risks. The final score can be 500 or even 1000. It depends on the playing time and the number of players. In particular contexts (courtyards of popular neighborhoods, squares, etc.) there may be "local rules" which attribute special scores associated with overcoming obstacles. For example, exceeding the height of a house or electricity wires can lead to bonus scores (e.g., 1000 points).

### **Materials/equipment needed**

You need two pieces of equipment: a lippa and a bat. The Lippa is a cylindrical piece of wood, sharpened at the ends. The bat is a long wooden stick. Also, chalk to make the lippa circle.

### **Alternative equipment**

You might change the wood sticks with plastic ones and instead of the chalk go for a variation of temporary markers.

### Traditional Game

Un, due, tre, stella!

Variations of "Un, due, tre, stella" are played around the world. It's the equivalent of "Red Light, Green Light, 1, 2, 3!". According to the Italian Wikipedia (in Italian), "Un, due, tre, stella" comes from "Un, due, tre, stai là!" (1, 2, 3, Stay there!) which is pronounced in Piedmont as, "Un, due, tre, ste' là!" the latter of which morphed into "stella". In parts of Italy they use a different saying, "Uno due tre per le vie di Roma" (1, 2, 3, through the streets of Rome!). "Un, due, tre, stella" is played with a group of people. The group stands on one end of the playing area, at the starting line. The person who is "It" stands at the other end, at the finish line, usually facing a wall. The person who's "It" stands with his back to the group. He says, "Un, due, tre, stella!" Then he quickly turns around to face the group. When he is facing away from the group, the people in the group run towards the finish line. Meanwhile, as soon as the one who's "It" finishes saying, "Un, due, tre, stella!" he quickly turns around to face the group. The group must freeze. Anyone who is caught moving has to go back to the starting line. The game continues like this until someone reaches the finish line. That person wins and is "It" in the next round.

### Number of participants & rules

To play this game, you'll need a small group of at least four participants, divided like this: a player (the "curator") who counts, all the other players. Basically, the curator must stand turning their back to the rest of the players and distance themselves from the group; then they must count one, two and three and then turn abruptly after having said "stella/stai là!". In the meantime, the players standing behind them must move forward (as fast as they can) and freeze in position as soon as the curator turns around—if they get caught moving, they immediately get eliminated. To win, the players must reach the curator without being eliminated.

### Materials/equipment needed

No

### Alternative equipment

No

### Tips for adjustment related to children with ID and mobility limitations

Keeping instructions short and simple and check for understanding  
Using appropriate physical assistance — guide a participant's body parts through a movement if needed  
Use of visual aids and demonstrations  
Modify the distances for running  
Reducing the size of the playing area

### Picture



Video:

[https://www.youtube.com/watch?v=eKvKNJzQSuk&ab\\_channel=LuciaBerardini](https://www.youtube.com/watch?v=eKvKNJzQSuk&ab_channel=LuciaBerardini)

### **Traditional Game**

#### **“Palla Prigioniera”**

The name of the game is “IMPRISONING BALL” that is “Palla Prigioniera” in Italian. It’s a game of physical skill and strategy that can be played either outdoors in a yard or park or indoors in a gym. To play it you need a ball and two teams. This type of game aims above all to foster the spirit of socialization among children. In this way children learn to be with others, not to withdraw into themselves but to interact with the rest of the world. It is a game that tests them by experimenting with their playing skills and choosing friendships. In addition, in this game the captains must be chosen, and obviously the role of captain, in turn, is assumed by all the children. Taking on this role is important for them, because they feel involved and feel “powerful” in the choice of teams. In life, especially in that of adults, team play is essential to achieve results and to have an excellent social life. With this game, children learn from an early age the importance of «teaming up».

### **Number of participants & rules**

There isn’t a fixed number of players but at least five players for each team are needed otherwise the game is not fun. The field is divided into two sections. The players of the teams take it in turns to throw the ball into the opponents’ section of the field and try to hit the opponents to get prisoners. The prisoners have to stay in a specific part of the opponents’ field, which is the prison, and have to try to catch the ball thrown by their team mates and hit one of the opponents to be set free. The team that manages to catch all the players in the opposing team wins the game.

### **Materials/equipment needed**

A ball

### **Alternative equipment**

Try to utilize smaller or softer balls that don’t lose the required speed when thrown around

### **Tips for adjustment related to children with ID and mobility limitations**

Keeping instructions short and simple and check for understanding

Use of visual aids and demonstrations

Try a buddy system

Increase the number of players on a team to decrease the amount of activity required by each player

Modify the distances for pitching or defending

Reduce or remove competitive elements such as scoring

Limit distractions in the surrounding area such as loud music, unnecessary equipment or other activities

Use balls that bounce less or float more

Use equipment that contrasts with the area of play

### **Picture**



Video:

[https://www.youtube.com/watch?v=l1RrRibKKnU&ab\\_channel=FabioGabetta](https://www.youtube.com/watch?v=l1RrRibKKnU&ab_channel=FabioGabetta)