

# THE OUTDOOR GAMES

SUPPORTING POSITIVE MENTAL HEALTH  
THROUGH OUTDOOR GAMES AND SPORT



Supporting Positive Mental Health  
Through Outdoor Games and Sport



Co-funded by  
the European Union

# CONTENTS

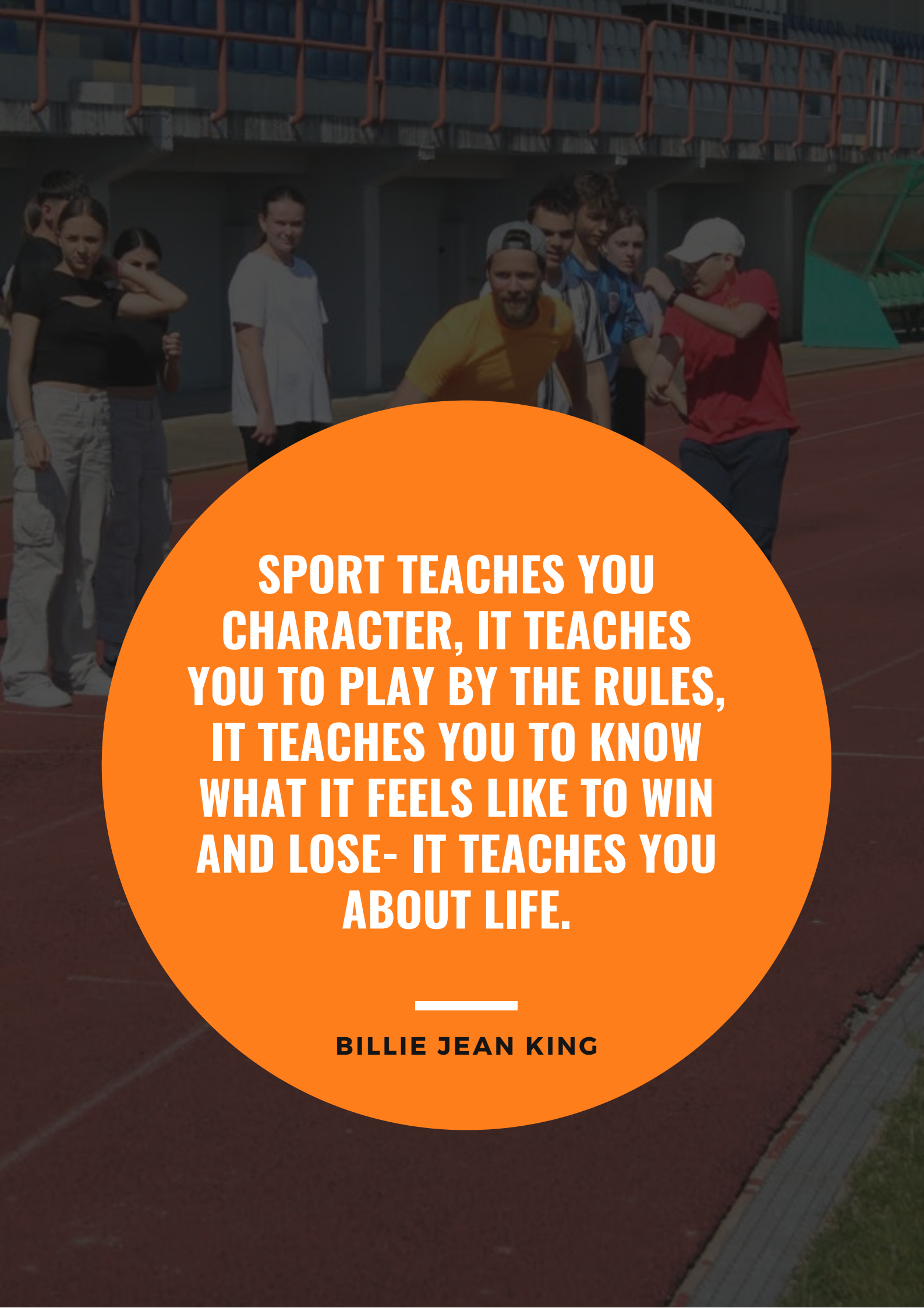


**ERASMUS+**

Supporting positive mental health through  
outdoor games and sports

03	<b>The Game 'Green Light, Red Light'</b>
04	<b>Hide and seek</b>
05	<b>Jumping rope</b>
06	<b>Playing catch up</b>
07	<b>Hopscotch</b>
08	<b>Blind man's buff</b>
09	<b>Rope skipping</b>
10	<b>Kobalak</b>
11	<b>9 stones</b>
12	<b>Matrak</b>
13	<b>Scholica</b>
14	<b>Lovice</b>
15	<b>Games our grand parents played</b>
16	<b>Na rošu</b>
17	<b>Codebreaker</b>
18	<b>Cricket</b>
19	<b>Spikeball</b>
20	<b>Relaunched ball</b>
21	<b>Old Roman Games</b>

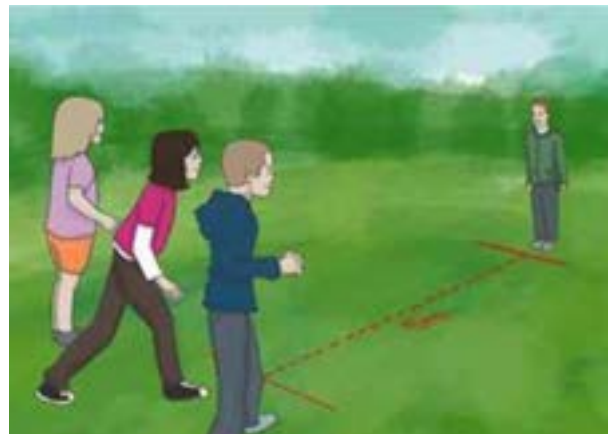


A group of young people are gathered on a red running track in front of a stadium with blue seating. A large orange circle is overlaid on the center of the image, containing a quote in white text. The quote is: "SPORT TEACHES YOU CHARACTER, IT TEACHES YOU TO PLAY BY THE RULES, IT TEACHES YOU TO KNOW WHAT IT FEELS LIKE TO WIN AND LOSE- IT TEACHES YOU ABOUT LIFE." Below the quote is a short white horizontal line, followed by the name "BILLIE JEAN KING" in black text.

**SPORT TEACHES YOU  
CHARACTER, IT TEACHES  
YOU TO PLAY BY THE RULES,  
IT TEACHES YOU TO KNOW  
WHAT IT FEELS LIKE TO WIN  
AND LOSE- IT TEACHES YOU  
ABOUT LIFE.**

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**BILLIE JEAN KING**



# THE GAME “GREEN LIGHT RED LIGHT”

Our childhood-game  
(Germany)



Start with everyone along the starting line.

When you say '**Green Light**' everyone will move towards the finish line.

When you say '**Red Light**' everyone must immediately stop. If players are still moving when you call 'Red Light', they must go back to starting line.

# HIDE AND SEEK

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Germany



## THE RULES FOR THE SEEKER

- Close your eyes
- Count aloud to 20 or more
- Look for your friend
- If you found someone u need to say 'FOUND YOU!'
- Do it until you found everyone

## THE RULES FOR THE HIDER

- Wait until the seeker closes his eyes
- Look for a good hiding spot
- Stay quiet
- Wait for the seeker to find you





# JUMPING ROPE

Germany

## What do you need?

- A rope (skipping rope)
- At least three people

## HOW TO PLAY?

- A long rope is swung by two people
- they have to swing it synchronically
- One person comes into the middle and jumps
- He or she should not get into touch with the rope

## FOR ADVANCED:

- You can jump with a friend or even more people together
- Jump and swing yourself

## FOR ADVANCED:

- If you already advanced in jumping rope, spring rhymes can be recited:

**Teddybär, Teddybär dreh dich um.**  
(TURN AROUND)

**Teddybär, Teddybär mach dich krumm!**  
(BEND YOURSELF)

**Teddybär, Teddybär bau ein Haus,**  
(BUILD A HOUSE WITH YOUR ARMS ABOVE YOUR HEAD)

**Teddybär, Teddybär spring.**  
(JUMP OUT OF THE SKIPPING ROPE)

**IN LOVE**

**ENGAGED**

**MARRIED**

**DIVORCED**

**How many children will you get?**

**1, 2, 3, 4, 5, 6, 7, 8, 9, 10, .....**



# PLAYING CATCH UP

Germany

The group choose the catcher. The catcher tries to catch an other player.

If the catcher catches a other player, than the other player is the catcher and trys to catch an other player







# HOPSCOTCH

Slovakia



## The game involves 3 elements:

a court

a chalk

a small stone (marker) or a coin

## Number of players:

2 and more

## BASIC RULES OF THE GAME:

- We need to first draw a hopscotch on the ground.
- The first player throws a small stone (marker) to the square number one.
- The player begins to play the hopscotch from the square number two.
- The player then hops through the empty squares, in the end of the hopscotch he turns around and does his way back. Before the square number one the players stops, picks up a small stone and continues to the start.

- Then he throws a small stone to the square number two. He hops to the square number one, skips over the square with a small stone (marker) and continues.
- He picks up the small stone (marker) on his way back and skips the hopscotch.
- The hopscotch is played to the square number nine. The hopscotch can be played on both legs, on the right and left leg, or backwards.
- The winner is the first player to complete one round (course) for every numbered square on the court.

## The game is interrupted and the player loses his turn when:

the player steps on the line, enters the wrong square, loses his balance, misses a square, or steps into a single square with both feet



# BLIND MAN'S - BUFF

**Slovakia**

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**This game is for 2 and more  
players  
You need a scarf**



## **RULES**

- The players stand up around the player (blindfolded) who stands among them. The blindfolded player is turned around a few times for a disorientation.
- The children stand in the circle and ask: „Blind-man's-buff, what are you standing on? „
- The player blindfolded answers: „On the log.“
- The children: „What do you have under it?“
- The blind-man's - buff says: „Porridge with milk.“
- The children: „What do you want?“
- The blind-man's -buff chooses quiet, pinched, clapped, torn /plucked/turn. It means, that the children during the game can touch the blind-man's - buff by pinching, clapping or plucking him for his clothes. Possibly they can be completely silent.
- Who is caught by the blind man's -buff, he must be able to identify the player. Then this child becomes the blind man's - buff. If the blind man's - buff doesn't succeed in identifying, the game continues.



# ROPE SKIPPING

**Slovakia**

**You need only a rope**  
**This game is for 2 and more players**

The player grabs the rope to each hand and jump with both feet slightly over the rope. The participants /competitors/ jump in the specified order which they determine. Subsequently they jump over the rope by skipping nursery in the order.

If the player makes a mistake or doesn't do the jump, it is the turn for the next player. Every contestant continues there, where the jump spoiled. The winner is the one, who first finished the whole rope skipping nursery.



- 10x a basic jump – both feet together
- 9x alternately – right forward
- 8x alternately – left forward
- 7x jump the rope with a single foot – right leg
- 6x jump rope with a single foot – left leg
- 5x backwards jumping
- 4x crosswise forward
- 3x „swing“ – stretch the rope under the feet
- 2x cross backward
- 1x jump the rope criss – cross



# KOBALAK

Turkey

Kobalak is a traditional game which emerged somewhere around Çanakkale, Turkey.



Actually we can call this game “The primitive version of hockey” because there are a lot of similarities between these games. Kobalak is played between 2 teams consist of 5 players. After goals of the teams are settled, game starts and players try to send the pine cone to their opponent’s goal with the sticks. The team which shot more goal wins the match.



# 9 STONES

Turkey

**The most famous game in Turkey**

**Nine stones is a mind games. It was first seen in Egypt around 1400 BC**

It is played with two players. It is a struggle with nine stones on a square, drawn on a floor, paper or board, with three intertwined, vertical lines at the top and bottom, and horizontal lines on the sides.

In the first nine moves, the players place their pieces in one of the 24 spots on one empty spot.

Removes from play one of the opponent's placed pieces, forming a trio on the same line.

In the next moves, it is played by moving one own piece to an empty spot next to it in turn.

It waits for a move that can't find any empty space next to any of its pieces.

When he forms a trio on the same line, he removes one of the opponent's pieces still in play.



The player who removes the most pieces from the game and knocks the opponent down to two pieces first wins the game.

Some people play by a rule that gives the privilege of moving (jump/jump) to any empty place they want, to the one who has three pieces left and one stone left to be defeated.

The milling tactic: when a piece constantly throws opponent pieces out of play, forming a new "triple in a line" with each alternate move between two separate pairs; Setting up a mill gives a great advantage.





# MATRAK

Turkey

**Matrak is a game that created hundreds of years ago with the aim of training the soldiers. Although some records indicate that the game was standardized by Matrakçı Nasuh in the sixteenth century, it is known that it had already been played for years before this regulation.**



The game can be played only with 2 players and requires some equipments. The players must gird themselves with a shield and stick - with a cushion on the top of it - besides wearing a helmet. The player who touches his/her opponent's head with stick gets one point. Also attacking while one of the other's equipments is on the ground is forbidden. At the end of the game, the player who got more points without breaking the rules wins the game.



# SCHOLICA

Croatia



**One of the most widespread children's games - scholica - dates back to ancient Rome. The game is recognizable by the houses with numbers drawn in chalk on the pavement, into which a pebble is thrown and which must be jumped over on one foot.**

The player stands in front of the field marked with the number 1 and throws a pebble into it. He jumps into the field on one leg, then picks up the pebble - still standing on one leg and jumps back to the starting position. He then throws a stone into the square marked with the number 2, jumps to square 1, then to square 2, picks up the stone and jumps back to the starting position, square by square. It continues like this until it reaches the field marked with the number 10 and bounces back to the starting position. Since the opponents have used their turn, he continues playing where he left off. The player who finishes the game first wins. The rules for playing "school" vary from place to place. Sometimes the first player to finish the game marks the square with his initials and the game continues so that player can stand with both feet on the square marked with initials, while the other players have to jump over it.

The order of play is lost and the opponent gets the right to play if he fails to throw a stone into the appropriate square or if he steps on his foot or if the stone falls on the line, if he loses his balance and steps on the ground with both feet.

Sometimes a stone is thrown into a field and the player normally hops to that field - but instead of picking up the stone and jumping back to the starting position, the player kicks the stone from field to field all the way to the starting position.

In some versions, individual squares are provided for resting, which can be stepped on with both feet - or one stands on two squares next to each other, with one foot on each square.

Tracks can also be laid out differently. Sometimes it is a simple, long rectangle divided in half lengthwise, and each half is further divided into four or five fields to make a total of eight or ten equal fields.



# LOVICE

Croatia



Lovice is a simple game. One hunts and the others run away.

Those who run away shout; "Catch me, catch me, I'll buy you a newspaper!"

When the hunter reaches and touches someone, he says "You are hunting!" and then the hunted becomes the hunter, and the hunter becomes the hunted.

And so indefinitely...



# GAMES OUR GRAND PARENTS PLAYED

Croatia

Folklore games and dances of our homeland, we chose the most interesting games; **"Kings, give me an army", "I'm grinding, I'm grinding scissors", "Two grandmothers were driving", "Fuzguz", "Battle of the capons", "Hunting on the canal", and "Worms, ants".**





# NA ROŠU

## Croatia

**In our climate, the game of marbles meant the game 'on roša', although there are also other games that were played. Roša is a hole that was made by sticking a heel into the ground and gently turning it. The number of players required for the game is two or more, and each player plays once and so on in the round in the same order.**

1. After a rocha is made (in the middle of the clay court), the players move away from it a certain number of steps and throw marbles towards the hole in a specially determined order, and the one who is closest to the rocha plays first. It was considered an advantage to throw the marble last. To get that privilege, you only had to be the first to say: Whoops! and you throw the last one. If you say: Pre-hop! then you throw the penultimate one, while the other participants are divided among themselves. The winner of that game automatically jumps into the next game, and the one who was knocked out first throws first.

. Each player is entitled to only one move unless he throws in a check or eliminates another player and thus gets the right to another move.



3. If you hit someone's marble while throwing, everyone returns to the starting line. It's called chirping. In some versions, whoever hits someone else's marble plays first regardless of the distance from the roche. It can also be a cike if the distance of any two players from the hole is equal (usually measured in steps or finger width).

If more than one player has thrown in the ball from the initial throw, it can also be declared a Cike. In some leagues there is also the term cike-shower. In that case, one of the throwers takes both marbles, places one over the other and drops those two marbles into the rosh from shoulder height. After the marbles bounce and move away from the roche, the one who is closer plays first.

4. The primary goal is to enter the rosh. Only after that you can target others and, if you hit them, kick them out of the game, i.e. take their clicker. If you hit them before entering the roche, it does not change the situation on the field, but you have only moved the opponent's ball. However, if you hit someone else's ball, and then your marble bounces off and enters the rocha, then you have knocked out your opponent. If you hit the opponent's marble and his ball enters the ball, then he remains in the game.

# CODEBREAKER

## United Kingdom

You will need 26 cones. On the top of the cones you will have numbers 1-26 (either written or stuck on). On the bottom of the cones you will have 26 letters.



In pairs (or groups of 3), you will be running down to the cones, linking the number on top to the letter on the bottom. You then need to run back to your piece of paper and write down the letter next to the number at the top.

- The first number is for free. (Number 21 is 'Z'. Show the number on top, show the letter on bottom.)

### Rules

- Only one of your team can go at a time. As soon as they come back, the next person can go.
- There is no shouting. (You don't want to give other children your answers.)
- You are not allowed to bring the cones back. The cones must be dropped after you've remembered it.
- Once you have started filling in the grid at the top, you can start filling in the numbers at the bottom which will create a sentence. This sentence will tell you how to win the race.





# CRICKET

**United Kingdom**

**Dynamos cricket provides a perfect introduction for new to the sport. It provides children with a more social offer and in schools, an exciting game of countdown cricket.**

## **Players**

8

## **Bowling**

5 balls per player then rotate with next fielder to bowl

## **Pitch length**

17 yards (15.5 m) or 15 yards (13.7 m)

## **Batting**

Pairs (10 balls per pair)

Umpires should use discretion to swap batters so each is given an opportunity to contribute

## **Scoring**

via Countdown cricket scorer app

## **Runs**

Are scored by hitting past (4 runs) or over (6 runs) the boundary or completing 'runs' between the wickets.

No-balls and wides are scored as 2 runs to batting team and no extra delivery to be bowled.

## **Out if**

Bowled, caught, run out (if out, swap ends and continue, 5 runs added to the fielding team)



## **Free hit\***

Following a no ball or a wide, the batter receives a 'free hit' from the batting tee, and any runs scored are added to the total for that delivery.

Batters have 3 second to take their free hit and must hit it in front of square.

Batters can be run out whilst trying to compete a run during a free hit but only by the ball struck from the batting tee. Once the free hit ball has been returned to the wicketkeeper the ball is considered 'dead' and the batters should no longer run.

## **Fielding**

Rotate after each over

## **Byes**

Yes, if batters miss the ball or it hits part of the body they can still run

## **No balls/wides**

Yes, if deemed un-hittable e.g. rolling, too high or too far to be hit fairly

# SPIKEBALL

United Kingdom



The sport of roundnet is played 2 vs 2. A player starts a point by serving the ball down onto the Spikeball net so it ricochets up at his opponents. The returning team has up to 3 hits between them (think bump, set, spike) to return the ball back onto the net. The rally continues until a team can't return the ball onto the net within their three touches.







# RELAUNCHED BALL

Italy



**Playing field:** a volleyball court, divided into 9 sectors

**NET height:** 2m

**Players:** Two teams of 9 players each, plus reserves

**Changes:** after throwing the ball, at each rotation the athlete n.1 comes out and a reserve enters place n.9. Exchanges are mandatory.

## FOULS:

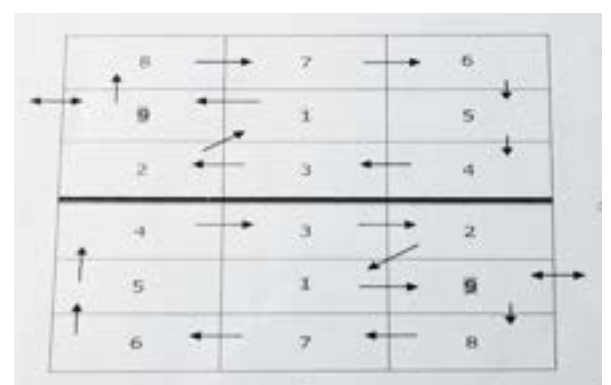
Every foul committed is a point to the opposite team. They are:

**4 touches:** it happens when the players pass the ball each other for 4 times (instead of 3), before launching the ball into the opposite field.

**Double:** it happens when a ball is lost and picked up by the same person.

## RULES:

- Each player positions himself in a field sector.
- The player in the spot n.1 is the only one who can throw the ball into the opposite field with both his/her hands from above his/her head.
- All other players must pass the ball to n.1
- Each team can make a maximum of 3 passes, then it must throw the ball to the opposite team.
- Players in the same team can only pass the ball between them with 2 hands and from above.
- As soon as the ball is launched into the opposite field, players must rotate as shown in the scheme below.





# OLD ROMAN GAMES

Italy

**The children of ancient roman cities played with the simplest of objects.**

The favourite thing to play with were walnuts. The phrase *relinquere nuces* has become famous, it translates as "leave behind your walnuts" and means that you should give up your games on reaching adulthood. Each child carefully guarded their sack of walnuts and tried to win more when playing.

The game at ball was one of the most favourite gymnastic exercises of the Romans. The game at ball was played at Rome by persons of all ages. The game at ball was played in various ways. The balls among the Romans seem to have been of three kinds; the *pila*, a small ball; the *follis*, a great ball filled with air and the *paganica*.



Our project will focus on improving students long term physical and mental health through developing enthusiasm and motivation for taking an active part in sport and outdoor games. This is our focus because as technology has developed our children increasingly communicating with each other through a digital media. This has led to many children wanting to spend their leisure time in front of technological devices instead of playing outside and making real-life friendships. This can have a negative influence upon their physical and mental health. This project aims to promote the advantages of outdoor games and sports and to encourage our children to play these games outside.

**The project would be available for all schools to share as part of the success objectives of the project.**





# THE OUTDOOR GAMES MAGAZINE

SUPPORTING POSITIVE MENTAL HEALTH  
THROUGH OUTDOOR GAMES AND SPORT



## Partners:

Základná škola s materskou školou v Habovke,  
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\*the authors of the texts for each game are the pupils of the individual countries