

Traditional Games(1)



PORTUGAL



Escola Sec
Palmeiras-



Escola Secundária
QUINTA DAS PALMEIRAS

275 320 580

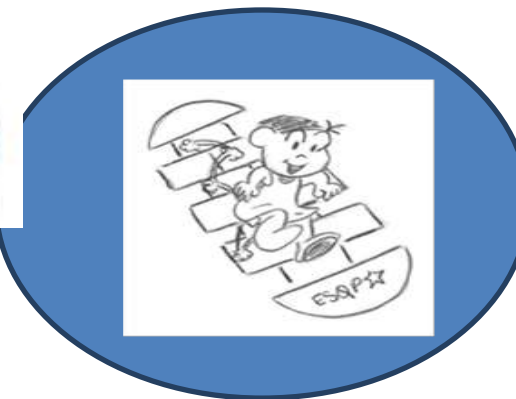
Portugal



Erasmus+



Erasmus+



1. HOPSCOTCH (JOGO DA MACACA)

Aim of the game: All the “houses” have to be jumped on one foot only.

Materials: a small stone (usually a small round piece of wood/brick); chalk to draw the lines.

Number of players:: minimum two players.

How to play: Firstly, you toss the stone into house number 1. Then you start hopping on the second house and go on. The single squares you hop on 1 foot and when you get to the double squares you land on it with two feet. When you get to the final house, you need to come back and pick up the stone always on one foot. Then you throw the stone to house 2 and you restart the game by jumping to house 1, hop to 3 and follow the instructions given previously. You must toss the stone to the next house (3, 4, 5,...). If you miss the target you are out of the game and your turn is given to another player. When you start over, you must throw the stone to the house where you had lost.



2. SPINNING TOP (JOGO DO PIÃO)

Aim of the game: To throw the spinning top to the floor to be within the circle and knock over the other players’ tops

Materials: a spinning top and a string

Number of players: At least two children.

How to play: Go to a paved floor and a circle on the ground about 1.5 m radius. Roll up the string around the top and throw it to the floor. Try to knock over the other players’ tops. The person whose top is spinning in the end is the winner.

<https://www.quintadaspalmeiras.pt/portal/index.php/erasmus>

Traditional Games

3. SKIPPING THE ROPE (SALTAR À CORDA)

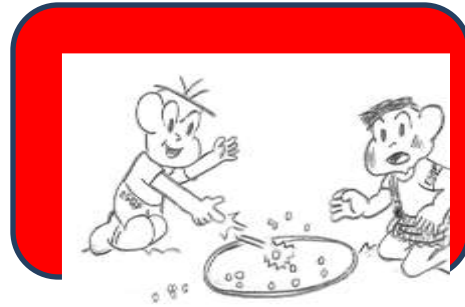
A very simple game that reveals the agility and physical skills of participants.

Aim of the game: Jump the rope without holding it.

Materials: Ropes

Number of players: variable number (minimum 3)

How to play: Two players take on the tips of a strong rope about 3 meters long and make it swing in a circular motion. The other players are ingoing the rope, jumping forth over it whenever it is in circular motion, moving their feet closer, bouncing as many times as possible. The rhythm of the rope can vary. Whoever touches the rope loses and is left out of the game, giving turn to the next player. Occasionally more than one player can jump at the same time. An optional of this game consists of each player turning and jumping the rope, which should take about two metres. The shape of the falls varies – jump in two feet, the foot-Leg, and changing the pace, making the game exciting and inciting competition.



4. MARBLES (BERLINDES)

Aim of the game: To put the marbles into the appropriate holes.

Materials: Marbles (metal or glass spheres). A plain and flat ground/surface on the ground with three holes.

Number of players: any number

How to play: The players make three holes on the ground. Each player throws the marbles once; the one who throws it further begins the game. Their goal is to try to effectively put all the marbles into the three holes, which lie one after the other along a made-up straight line. All players try their turn by pushing the marbles as far as the holes with their fingers. When the player reaches the last hole he tries everything backwards. As the player makes it through all phases he can try to hit the other players' marbles by pushing the spheres with his/her fingers on the ground. When he/she hits them they become his/hers.



5. HANDKERCHIEF GAME (JOGO DO LENCINHO)

Aim of the game: Be the first to grab the handkerchief when your number is called.

Materials: Handkerchief

Number of players: 2 equal groups

How to Play: Organize the players into 2 equal groups and give each a different number. One player on each team must have the same number. Teams line up on contrary sides and a holding a handkerchief is placed in the centre. The "judge" calls out a number randomly. The players that have been given that number run to try to be the first to grab the handkerchief. The player who grabs the handkerchief first gets their team a point.

If the player that grabbed the handkerchief does well in getting it to his team, without being touched by the adversary, they get one point.

If he/she succeeds in getting to the opponent team, without being moved by the other player, then they'll get 2 points.

If the opponent player has success in "stealing" the handkerchief without touching the player who had grabbed it, they'll receive 1 point.

The team that first makes the points, (for example, 25) or scores more points within the predetermined time by the players, wins.

Traditional Games

The Portuguese traditional games are part of the cultural heritage as they have been transmitted from one generation to another reinforcing the local and social identity. Even nowadays, simple traditional games are a way of involving local people promoting association, socializing and the practice of sports.

Traditional games are inspiring for all ages and through its practice we can develop both our physical health and our mental and social skills.

