

INTRODUCTION

The project “National Games and Sports Bring us Together” is funded by the Erasmus+ Programme of the European Union and is coordinated by Szkoła Podstawowa nr 2 z Oddziałami Dwujęzycznymi in Poznan, Poland and 5 partner schools: Colégio Nossa Senhora de Lourdes in Porto, Portugal; Osnovno uchilishte „Lyuben Karavelov” in Vidin, Bulgaria; Hirkai Şerif Secondary School in Istanbul, Turkey; Gimnazija Kranj in Kranj, Slovenia and Colegiul National „Emil Racovita” in Bucharest, Romania.

Each project partner brings to the project the examples of the best practice and promotes their national games and sports. The project focuses also on a healthy lifestyle of the youth, use of ICT and new technologies.

The ultimate goal of the project is to develop the transversal skills of our students: communication abilities, teamwork, creativity, innovation, ICT skills, cultural awareness and also strengthen the profile of teaching profession.

Our common book presents the most traditional games, sports games and popular sports in our countries.

Most of the photos show our students involved in Erasmus+ activities and performing games and sports games at schools.



UNIT 1: Games and Sports games

SLOVENIA: GAMES / SPORTS GAMES

By the students of Gimnazija Kranj:

Lana Šumi, Laura Ana Oman - »Ravbarji in žandarji«,

Ajda Možek - »Zemljo krast« and

Špela Koprivnikar - »Ristanc«

Name: Ravbarji in žandarji (»Thieves and policemen«)

No equipment is needed but:

- » a place where participants can run and hide (a garden, a part of a park, a backyard,...)
- » a spot for a »prison« (could be next to a tree, a bench,...)

The number of players: 8 or more

Game rules: Among all the players it is decided who will play the thieves and who will be the policemen. While the policemen are waiting with their eyes covered and shut, the robbers have about 1 minute to hide well (behind a tree, under a bench, any good hiding place). The »policemen« may count up to 20 before they start searching for the hidden »thieves«. When a policeman sees one of the hidden thieves, they try to catch him/her. When they do, they take him/her to »prison«, where they have to wait to the end of the game. The game is over when the policemen catch all the hidden thieves.



There is a longer version too. The thieves in prison can be freed if the free thieves touch the hand of the thieves in prison. In this way the policemen have to run after them and catch them again.

Name: Zemljo krast («Land Stealing«)

Equipment:

- » a place where participants draw a big circle
- » a chalk, a light wooden stick

The number of players: 3 or more

Game rules: First draw a big circle and in its centre another smaller one. The big one should be divided into equal parts – one piece for each player. The player has to name his/ her piece. The names used are usually the names of countries, however, that is not necessary. Still one name may be used only once. A light wooden stick is needed to be thrown around at other players. It should be light, so that it doesn't do harm to anyone.

During the game all the players need to stand in their piece of land. One of them, the attacker, is holding the stick and shouts: "I attack, I attack..." and utters the name of one of the countries. The "owner" of that country needs to run away from the circle as fast as possible. The attacker has to throw the stick on the ground and step on it. When the attacked



player hears the attacker shout: "Stop!", he/she must stop and stand still. Now the attacker throws the stick at the attacked one. If the attacker hits him/ her, he may take some land from his victim, but only as much as he can reach from his place. If the attacker does not hit the attacked one, no exchange of land happens. Now the procedure repeats. The player that was attacked becomes an attacker. The winner is the one who owns the biggest share of the territory at the end of the game.

Name: Ristanc or Tancšola («Hopscotch«)

Equipment:

- » a chalk to draw on the ground, a flat pebble /a small stone to throw

The number of players: 1 or more

Game rules: The playing field is made out of several squares. You draw them on the ground. Usually there are 8 of them. The first one stands by itself, then there are two parallel ones. This pattern repeats and at the end there are two squares that stand by themselves. The number of squares can be determined by the players. Squares are marked with numbers, the first square marked with number one and the last square marked with a number that equals the number of squares. When a player is moving across the field, a square can only be stepped in by one feet at a time. You can only stand on the ground with two feet, where two squares are in parallel position.

The first player throws a stone in the first square and jumps into the squares from number one to the last one and back. On his/her way back he picks up the stone. Then he throws it to the second square and repeats the action. If the stone



is not thrown in the right square or if he trips while jumping or steps with two legs where he should be standing with one, it is the next player's turn. The first player who reaches the last number is the winner.

BULGARIA: GAMES / SPORTS GAMES

Name: Dodgeball /Narodna topka/

This is probably one of the most popular and frequently played games during gymnastics classes.

Clothing: sportswear. It is desirable for the participants in both teams to wear differently colored T-shirts to make them more recognizable.

Rules: There are two teams. Each team should choose their own team leader (called consul). The participants should draw a field in the form of rectangle divided in 2 equal parts. The consuls should stay outside of the rectangle and the teams should be within. The players should not step across the lines.

Randomly it is selected who to start first. The goal of the game is the ball to be passed to the council in a way hitting anyone from the other team. When the respective player from the other team is hit, he/she should step out and is considered out of the game.



If the player manages to catch the ball it is their council turn to start throwing the ball towards the other team.

If the thrown ball does not hit anyone and is not caught by the council, it is the opposite team turn to start throwing it. If any player manages to catch the ball, the team has the option to bring back eliminated player in the game.

For a good game play it is recommended the number of the players to be even and not more than 12 players per team.

Name: White butterflies (Beli peperudki)

The game is considered to be popular only in Bulgaria. It is played by today's children, and also by their parents and grandparents when they were children. It is a favorite of younger children and students. It's fun and while kids play they sing a song with a nice melody and text.

Clothing: No special or sportswear is required.

Rules: The participants should form (stand in) a cycle. In the middle of the cycle 2 children are going round caught cross their hands while everybody is singing:

White butterflies

Where did you fly away?

Was this your end? Then choose a friend.

I choose the first one.

You choose the second.

After the song is complete, each of the players (butterflies) should choose someone from the rest forming the cycle and the game starts over again singing the song.



Name: Lady and the cavalier (Dama)

Clothing: No special or sportswear is required.

Rules: Preparation: Man on the ground should be drawn using chalk. The squares No 1, 2 and 3 are the “body”, 4 and 5 “the hands”, 6 is the “neck” and 7 is with the form of circle – “the head” Each kid on their turn should throw stone (pebble) first in square 1 and the thrown pebble should not fall outside of the square. If it is on the line, but mainly internally to the square, this is called “hair” and is considered as success. Next the kid should jump over the square with the pebble landing on one leg into the next square. The kid continues to jump into the next squares using only one of his legs, but in square 4 and 5 should jump on using both legs in each square up to square 7 where the kid should land again on both legs turning around

until it reaches the square with the pebble on one leg. The kid should take the pebble standing on his one leg, jump over this square and throw it within the next square. If the kid makes any mistake, it is the next kid turn.

When a kid succeeds to pass all levels next he/she should start from the beginning and with closed eyes should try stepping in all squared without stepping on the lines. When he/she steps in the first square should simply say “Patt” the rest reply with “Ooo” if he/she has not stepped on the square borders otherwise they reply with “Seee” and it is next kid turn to start over.



ROMANIA: GAMES / SPORTS GAMES

Name: Country, Country, We Need Soldiers

By Adriana Olaru, teacher

Age: 6-12 years;

Objective: attention, team spirit

Participants: min. 15 people;

Place: outside;

Rules: The teacher chooses the two players who will be the leader of the teams. Each leader chooses alternatively one player at a time. The teams stand face to face, holding hands and forming two human chains. The first team calls out the chorally: Country, country, we need soldiers! The other team will answer: who? The first team calls out a name of a player from the opposing team. The player will move toward the team who requests him/ her, running through the hands of the team players who called him. If he breaks the chain, he will take one more player from his own team. If he doesn't break the chain, he remains at the opposing team and continues to play. The winner will be the team that caught most of the children within a time limit or the team who caught all the players from the other team.



Name: Duck hunt

By Mariana Gabriela Anghel (after Anca Bulboacă, Grațiela Vișan¹)

Age: 4-10 years old;

Objective: motricity; strategy; speed of reaction

Participants: min. 10 children;

Place: inside/ outside;

Rules: A very popular game in Romania, played by children of different ages, “Duck hunt” is a bridge between generations.

Choose two “hunters”, the rest of the children representing the ducks. The hunters stand within 5-6 meters distance of each other, the ducks stand in between this distance (between the hunters). Throwing a ball towards the children in the middle, the hunters try to touch them with the ball and eliminate them from the game. The last duck that comes out of the game will become in its turn a hunter and will choose a partner for the game. Variant: the ducks may receive additional “lives” and may remain longer in the game if they catch the ball thrown by the hunters.



¹ Bulboacă, Anca; Vișan Grațiela, *Labirintul Jocurilor – Antologie de jocuri pentru preșcolari și școlari*, Ed. Arlequin, București 2015, p. 192

Name: One, two, three, to the wall.....STOP!

By Chirca Mihaela, teacher

Age: 6-12 years;

Objective: attention, speed reaction

Participants: min. 5 players;

Place: outside in front of a wall

Rules: Teacher chooses a player to the wall, the counter; the others stand 4 to 6 meters behind facing the wall.

The counter, facing the wall, covers his eyes and starts counting: one..... two..... three.....to the wall STOP! While he is counting, the players behind run quickly to the wall. When he says STOP, he turns to face the players. All the other players have to freeze in the position. If anyone is seen moving by the counter, he/ she has to move backwards 4 steps.

The game is repeated until one of the players reaches the wall without being seen moving by the counter.

The player who first reaches the wall becomes the counter in the next game.



Bibliography:

1. Bulboacă, Anca; Vișan Grațiela, Labirintul Jocurilor – Antologie de jocuri pentru preșcolari și școlari, Ed. Arlequin, București 2015

POLAND: GAMES / SPORTS GAMES

Name: Palant

Equipment: playing field 20 x 40 outside or inside, wooden stick or a tennis racket, rubber ball

The number of players: 10 - 26 participants

Game rules: The players are divided into 2 teams. One team is playing in the »nest« and the other in the »battlefield«.

The game starts with hitting the ball with the stick by a player from the nest, running around subsequent bases and returning to the nest (for 3 points at a time, partially - 1 point).

Hitting is correct if the ball passes through a line between the 1st and 3rd base.

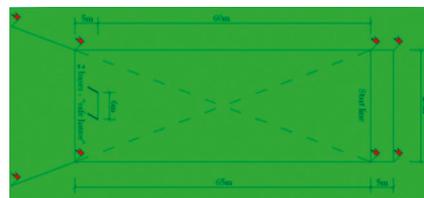
After a bad hit the competitor stands at the zero base (after the round does not score any point).

The team on the battlefield tries to prevent the players from getting points by grabbing the reflected ball if there is such a chance-scooping between the opponent's bases or by discarding the ball as soon as possible.

Players in the slot have 5 minutes to score as many points as possible, after which the teams will change.

The substitution occurs earlier if a player on the battlefield grabs the ball on a camouflage (camouflage - grab the ball with one hand from the air), or hits a running opponent.

The striking player runs until the ball returns to the nest. If it is located between bases, it will go back to the previous database.



Name: Ringo/Polish Ringo

Equipment: a pitch measuring approximately 9 x 18 m with a net or strip suspended at a height of 243 cm. (Dimensions may vary depending on players age and skill). 1 - 2 rubber ringo wheels.

The number of players: 1-3 participants

Game rules: The game starts with the player serving from behind the end line of the field. (For 2-3 players the service is performed simultaneously by both teams). When one ringo falls on the pitch, the game continues until the other wheel falls. the serving player changes every 3 or 5 services depending on the number of players. The opponent tries to catch the ringo with one hand. If the referee touches the net after a ringo service, the second net will cause the point to be lost. A point is scored if a ringo falls on the opponent's court or if an opponent throws a ringo out of the court. The winner is the team or player who scores 15 points (2 points advantage). A change of side takes place after 8 points have been scored by one of the teams.

Important information:

- » the ringo flight should be horizontal in relation to the ground,
- » grasp the ringo with one hand and discard it with the same hand,
- » with the ringo you can only take 1 step and then immediately move to the opponent's side.



Name: Pierścieniówka/ The Net Ring Ball

Equipment: outdoor or indoor volleyball court, volleyball court, 3-hole volleyball court

The number of players: 4- 6 persons

Game rules: The team starting the game should play a netball game from behind the end line of the field. The opposing team is catching the ball and can pass it with both hands up to a maximum of 3 times.

The player should be positioned in the 1,5 metre grid zone and may only pass the ball to his own team players and should not block the holes in the grid.

Other players - the attackers - have the right to throw the ball to the opposite side of the pitch through the holes in the net. Players may only move around if they are not in possession of the ball.

After each service change, the players rotate, just like in volleyball.

The team that scores 15 points wins the set (the game is played until a lead of 2 points) and the team that wins a minimum of 2 sets wins the match.



Texts written by Krystyna Andrzejewska, Renata Szczepaniak, Barbara Maciejewska-N'sir

Photos: Barbara Maciejewska-N'sir

TURKEY: GAMES / SPORTS GAMES

Name: Colourful Stop

Equipment: Ball

The number of players: No limit. Ideally more than 4.

Game rules: Don't let the ball hit the ground. The ones who touch the colour that is said, cannot be hit.

How to play: Players make a circle, one of them is designated as "it" and takes a place at the center. "It" starts the game throwing the ball up in the sky and calling out a name. The one who is called needs to catch the ball before it hits the ground. Then another name is called. If the ball hits the ground, until the ball is caught the others run away. When "it" catches the ball, he/she shouts "stop" and all the players stop wherever they are. At that point, "it" says a colour and runs after the players. The players have to find and touch something with that colour. The ones who do that, cannot be hit; the others are tried to be hit with the ball so that one of them will be left out of the game. "It" continues the game with calling out another name. The main goal is to eliminate all the players and to be the last one standing.



Name: Seven Stones

Equipment: Seven Stones, a ball

The number of players: Two teams with equal numbers.

Game rules: Stones are centered in a circle, on top of each other. The player team is obliged to throw the ball outside of the parameters at the start. The protectors can't leave the circle until the ball is thrown.

How to play: The protector team is designated with a coin toss. The circle is drawn and seven stones are set on top of each other like a tower. First member of the player team throws the ball and the game starts. If the tower falls down with the hit, the protectors leave the circle and go after the ball. In the meantime, the player team gets in the circle to set the tower back. When the protectors catch the ball, they run back to the circle to hit a rival player to eliminate them and they have to do it before the tower is finished. If the player is hit, he/she sets aside and the game goes on. If the players succeed to set the tower back, the disqualified members join the game again; if not, until the last member, they lose the game and change their places with the protectors.



Name: Catching Handkerchief

Equipment: Handkerchief

The number of players: Two teams and a referee.

Game rules: Both teams have to start at the same time. Circle is the neutral ground. Inside the circle, the players cannot touch neither the rival nor the referee.

How to play: The teams take their sides. Before starting the game, a “referee”, who also holds the handkerchief, is assigned. A circle is drawn right in the middle and referee gets into it. The players of the teams forms a line on their sides, one after another. With the command of the referee, the game starts and the first players of each teams run to the holder to get the handkerchief without being caught by the rival player. Achieving that, the team gets 1 point. If both sides get to the holder at the same time, tussle starts. Even if one side gets the handkerchief, the rival may get the point by tagging them. The only way to get the point is to get back to team’s side with the hankerchief, by tricking the rival and saving themselves from being tagged.



PORTUGAL: GAMES / SPORTS GAMES

Name: Meshes Game

Number of players: 2 or 4 players. Or 2 teams of 2 elements each.

Material: 2 sticks and 2 or 4 meshes.

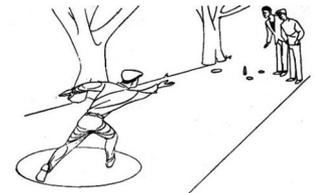
How to play: In a flat terrain are placed the sticks whose is to knock them down. Pins will be placed at 15/18 meters from the clubs, so players will throw their netting behind the pins placed at a distance. Play one item at a time.

The point is to knock down the stick with the mesh or put the mesh as close as possible to the pin, flipping it with your hand.

Pitches: The play of a headboard is considered complete when all players have made their throws on one side of the field, but the play is entirely complete when all players on either side have just thrown their respective meshes in a total of sixteen meshes.

Points: Four points are awarded to the team whose athlete throws the net and reaches the pin in the circle in the opposite head of the field, knocking him down. Two points are assigned for each mesh that fully penetrates the inner circle and gets closer to the pin than that of the opponent after completing the move of the opposite head.

Closing of the game and declaration of the winner: The closure of a match is verified when the last play was completed, sixth in individual and twelfth in double and quartet; declaring the winning team to have scored the most.



Name: Game of Spinning Top

How to play: Before throwing the spinning top, you should wrap the string tightly around it without any slack. The cord is held with the hand by the loose end. As it unfolds, with the impulse of the hand, pulling the piece of string back, it makes it spin. To play around, or a big streak, you mark on the ground a circle of game that can be about one and a half meters. Players should project their spinning top to the circle.

Rules:

- » The launches are made according to the order drawn and always one at a time
- » The game consists of 3 series of launches; therefore, each player will have 3 attempts to “chop” the spinning top inside the circle Game.

Material:

- » one spinning top per person;
- » one rope per person.

Objectives: To be able to throw the spinning top so that it rotates on the ground for some time by removing the spinning top(s) that remain there and simultaneously leaving to continue the game. After the first round of launches, the game will start, aiming to throw the spinning top (s) left out of the circle.

The History of the spinning top: Throughout the ages have coexisted several forms of spinning tops, giving names to several variants of spinning top games. In Babylon were found pieces of clay, decorated. In the excavations of Pompei some were also discovered, going back to five B.C. In Greece and Rome Calypso, Virgilio, Horacio and Plinio cite him in his works. Many variants of the top are found in many indigenous peoples from different parts of the globe.



Name: The Game of the Chinese Monkey

Number of players: 3 or more

Materials: a wall

How to play: In front of the Wall there is one player turned backwards to the other players. This player is going to say "1,2,3, Chinese monkey". While he is speaking the players run the fast as they can to the Wall.

When the player finishes the sentence, he looks to the other players and the person that were caught moving go back to the start. The first player to reach the Wall wins.

Curiosities: This game is usually played by little kids at school. The game is known by every Portuguese, and some countries around the world play it too.

Strengths: This game develops the abilities of attention and focus of the players. Its also very simple to play and it can be played in outdoors and indoors.



NATIONAL GAMES – SUMMARY

Games have always been a part of children's free time. Children who get involved in these simple activities play them to socialise, relax and to have fun. At the same time certain skills are developed through the games, such as speed, strategies, accuracy (e.g. when throwing objects to hit something or a player), flexibility (when moving the body in order not to be hit by a ball or by some other object like a stick). Children also acquire body strength. In the games where teams play one against another it is important to teach children the team spirit if they want to win a game.

18 children's games are described in this chapter. The games are played either in the open air with a lot of space or indoors. It is interesting to observe what types of children's games the six countries have in common and how these differ from a country to country.

What do the games have in common?

Most of the games have very simple rules, so they are easy to learn. Not much equipment is needed. Ball games are very popular in most of the countries. In some games no special objects are needed or what they need to play is found in nature (sticks, stones, chalk to draw on the ground). The games are played in small teams, some of them can be carried out if there are only one or two players (Polish »Ringo«, Portuguese »Meshes Game« and »Game of Spinning Top«, Slovenian »Hopscotch«). It has been found out that some games are played in more than one country, but there are slight differences in the way they are performed (e.g. Bulgarian »Dodgeball« and Romanian »Duck Hunt«, Bulgarian »Lady and the Cavalier« and Slovenian »Hopscotch«, Romanian »One, two, three, to the wall... STOP« and Portuguese »The Game of the Chinese Monkey«).

What are special features of the games?

Lots of activity, like running, is needed in the following games:

- » All Polish games
- » Turkish »Colourful Stop« and »Seven Stones«
- » Romanian »Duck Hunt«
- » Bulgarian »Dodgeball«
- » Slovenian »Thieves and Policemen«

No equipment is needed in:

- » Slovenian »Thieves and Policemen«
- » Bulgarian »White Butterflies«
- » Portuguese »The Game of the Chinese Monkey«
- » Romanian »Country, Country, we need soldiers« and »One, two, three, to the wall... STOP«

Some of the games described in this section are known to the students and teachers from other respective countries, but have not been chosen in their descriptions. It was interesting for all of the participating countries, the students and the teachers, to focus on the topic of games that children play or used to play and to compare to what extent such activities are still popular among children, as we know our lifestyles have changed in the last years due to technology and the Internet.

Bernarda Kovač

UNIT 2: Sports

SLOVENIA: NATIONAL/POPULAR SPORTS

SPORT: ALPINE SKIING

Alpine skiing, or downhill skiing, is the pastime of sliding down snow-covered slopes on skis with fixed-heel bindings. It is a major recreational sport in some countries, like Slovenia. In 1936 it became a winter Olympic discipline.

Alpine skiing is an individual sport and it has some sub-categories. The discipline of **racing** is divided into slalom, super slalom, super giant slalom, combined and downhill. We also know **freestyle skiing** that is divided onto half-pipe, mogul, aerial and grass skiing.

The required equipment are **skis** that are shaped in a way to enable carve tuning. Another part of equipment is **binding**. It is used to attach the skier's foot onto the ski. Alpine skiing could not go without proper **boots**. Their task is to connect a skier to the skis so they can be more controllable.

Ski poles (or stiks) help skiers push forward and control their upper body position. Skiers need to wear a **helmet**. Its main purpose is to prevent head injuries if a skier falls while skiing. **Ski suits, skiing gloves, ski goggles** are also used to protect the skiers' bodies and their eyes.

The sport is practiced anywhere **outdoors**, on more or less **steep hilly locations**. The goal is to navigate gates on the track, go through them and finish the track in the shortest time possible.

Some of the most famous Slovene skiers are Tina Maze, Ilka Štuhec, Ana Drev, Štefan Hadalin and Boštjan Kline.



An Alpine skier (<https://edition.cnn.com/2017/03/03/sport/gallery/alpine-world-cup-photo-highlights/index.html>)



Ilka Štuhec (<http://www.zimbio.com/photos/Ilka+Stuhec/2017+Audi+FIS+Ski+World+Cup+Finals+Ladies/emScNk3DpIV>)



Tina Maze (<https://www.delo.si/sport/zimski-sporti/nov-jubilej-za-tino-maze-vstopi-la-v-klub-30.html>)

Tina Maze is the first Slovenian skier to be awarded the large crystal globe. In 2014 she won two gold medals at the Winter Olympics in Sochi, Russia (giant slalom, downhill).

SPORT: BASKETBALL

Basketball is a team sport which is played by **two opposing teams of five players** on either side of a rectangular floor, called the court. The game of basketball as it is known today was created by Dr. James Naismith in December 1891 in Springfield, Massachusetts, to condition young athletes during cold months. Today it is one of the most popular sports. In 1936 it was also included in the Summer Olympic games. However, there are many different basketball leagues and competitions all over the world.

There are **two baskets** in the court, 10 feet above the ground, one for each team. Each team is assigned a basket that they have to defend. The other basket is their scoring basket. The teams switch baskets in half-time.

The players' main equipment is a basketball, usually **an orange ball** with 24 cm in diameter. Basketball players **shoot** a ball through **a hoop** of the opponents' **basket**. The players' goal is **to score** as many baskets as possible and **get points** from it. When one of the players shoots and scores, he wins 2 points. If a player scores behind the three-point line, it brings the team 3 points. A team is given **a free throw**, worth one point, if the opposing team **commits a foul** on their player. When one team scores and wins points, the ball goes to the opposing team. The aim of basketball is to score more points than the other team. The team with the most points at the end of the game wins.

The game is made up of **four quarters**, each **ten minutes** long. If at the end of the game both teams have the same number of points, there is **a five-minute overtime**. Overtime can be played several times.



Slovenian player Goran Dragič during a match (<http://www.sloveniatimes.com/dragic-honoured-with-drazen-petrovic-s-jersey>)



Slovenian team at Eurobasket 2017 (<http://www.ljubljancan.info/lokalne-info/bezigrad/sampioni-za-vedno/attachment/efa9761fb65a43b84e0c-srbija-slovenija-evropski-prvak/>)

Basketball is also very popular in Slovenia. We have a lot of very good players, for example: brothers Goran and Zoran Dragić, Luka Dončić, Gašper Vidmar and others. Slovenia won the Eurobasket cup last year (2017) in Istanbul.

SPORT: SKIING – THE OLD FASHIONED STYLE

Skiing since forever

Skiing has a very long history. The earliest examples of skis were found in Russia and they date to 6000 BC. Although it has quite a history, skiing has only become a popular form of recreation and sport in the mid 1800's. Skiing has been one of the most popular sports ever since.

Bloke – Where it all began

In Slovenia, there is a plateau called Bloke. It is also known as the cradle of Slovene skiing. The earliest mentions of the Bloke ski reach back to 1689 and that is why the people of Bloke are described as **the oldest skiers in Central Europe**. They made their **skis** by themselves at home out of hard wood, mostly beech, or soft wood, birch. The skis were about 150 cm long and 20 cm wide. They used **leather straps** to attach their feet to the skis. They also used **a wooden stick**, particularly in hilly areas. The stick was up to 2 metres long, usually blunt. The **original function** of skis was **transportation**. The people of Bloke used skis to transport water, wood, woodenware and cereals, and also coffins on special funeral skis. In the second part of the 19th century skiing **became a sport** in Alpine countries, Slovenia being one of them, mostly under the influences of Scandinavian countries. It was meant for people to enjoy in their free time.



To remember skiing at Bloke (<http://www.rtv slo.si/news-in-english/prehistoric-skiing-at-bloke/330530>)



A competition on old wooden skis (<https://www.delo.si/novice/slovenija/v-skofji-loki-so-smucali-po-starem.html>)



A Bloke skier (1913) (https://sl.wikipedia.org/wiki/Bloške_smuči)

It is important to remember the past, for this reason several events are organised to learn about and to enjoy in skiing - the old fashioned style. People from different parts of Slovenia started different **clubs to honour the skiing tradition**. There is a competition at Bloke every year where competitors actually ski on their wooden equipment. The “Bloke **cross-country ski marathon**” is traditionally held every year. It is a recreational ski running competition in the old fashioned equipment.

Competitions like that are organised not only at Bloke. Similar attractive events and competitions are held in north-western Slovenia. Participants use and wear the old-fashioned equipment and put on old-fashioned clothing.

The texts were written by students: **Jedrt Mikelj** (Alpine skiing), **David Kopar** (Basketball) and **Tinkara Perne** (Skiing – the old fashioned style).

BULGARIA: NATIONAL/POPULAR SPORTS

SPORT: BASKETBALL

The Rules

Basketball is a team sport. Two teams of 5 players each try to score by shooting a ball through a hoop elevated above the ground. The game is played on a rectangular floor called the court, and there is a hoop at each end. The court is divided into two main sections by the mid-court line.

If the offensive team puts the ball into play behind the mid-court line, it has ten seconds to get the ball over the mid-court line. If it doesn't, then the defense gets the ball. Once the offensive team gets the ball over the mid-court line, it can no longer have possession of the



ball in the area in back of the line. If it does, the defense is awarded the ball. The ball is moved down the court toward the basket by passing or dribbling. The team with the ball is called the offense. The team without the ball is called the defense. They try to steal the ball, contest shots, steal and deflect passes, and garner rebounds. When a team makes a basket, they score two points and the ball goes to the other team.

In Lyuben Karavelov primary school – Vidin, Bulgaria students learn the rules and play basketball during the lessons of PE.

Sometimes our players go to outdoor courts and play **streetball** - a variation of basketball, with teams from other schools.



SPORT: VOLLEYBALL

Setting up the Court

A volleyball court is 9 m wide and 18 feet long; each side of the net is 9 m by 9 m.

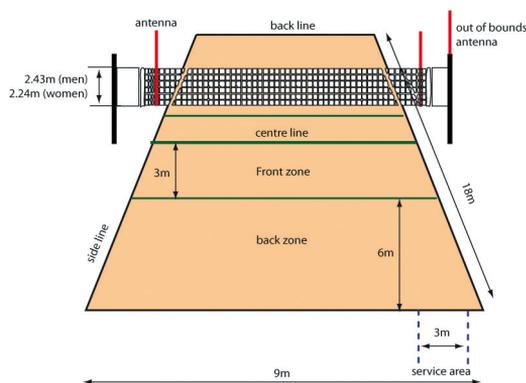
Rolling: before hitting ground

In volleyball, there are 6 people on the court at one time for each team. Usually three people are in the front row, and three are in the back row.

During each possession on one side of the net, a team can only have three contacts with the ball.

Hand back to serve

Each play starts off with a serve. The server steps behind the line at the very back of the court, called the end line, and has freedom to serve from wherever he or she pleases as long as the foot does not touch or cross the line. If the



server's foot crosses the end line, it is considered a foot fault, and results in a side-out—a change in possession—of the ball.

Rotation

After the server finishes, the other team gets the ball, and you get the ball back, everyone just shifts to the right one spot.

Scoring

Most matches are now played as the best three out of five games to 25 points.

In Lyuben Karavelov school students are taught to play the game during the PE lessons. In primary classes they learn how to study minivolleyball.

At the National Volleyball Competition in Varna for girls up to 13 years old, Bulgaria's best striker became our student Merelin Hristova.



SPORT: FOOTBALL

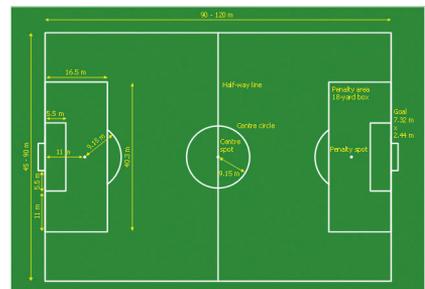
Football (Soccer) is one of the oldest sports in the world and with that; it's also one of the most recognized.

A match consists of two 45 minutes halves with a 15-minute rest period in between.

Each team can have a minimum of 11 players (including 1 goalkeeper who is the only player allowed to handle the ball) and a minimum of 7 players are needed to constitute a match.

The field must be made of either artificial or natural grass:

The pitch must be marked with a rectangular shape around the outside showing out of bounds, two 5.5 m boxes, two 16.5 m boxes and a centre circle. A spot for a penalty placed 11 m out of both goals and centre circle must also be visible.



The **ball** must have a circumference of 58-61 cm and be of a circular shape. Each team can name up to 7 substitute players. Substitutions can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side.

Each game must include one referee and two assistant referee's (linesmen). The whole ball must cross the goal line for it to constitute as a **goal**.

For fouls committed a player could receive either a yellow or red card depending on the severity of the foul; this comes down to the referee's discretion. The yellow is a warning and a red card is a dismissal of that player. Two yellow cards will equal one red. Once a player is sent off then they cannot be replaced. Football is one of favorite sports in Bulgaria and in Lyuben Karavelov Primary school. Not only boys but also girls like to play football.

At the National Football Competition in Sofia our student Radoslav Zahariev was recognized as "Best Young Footballer" of Bulgaria.



POLAND: NATIONAL/POPULAR SPORTS

Sport: Football

The players are divided into 2 teams. Each team consists of a maximum of eleven players (excluding substitutes), one of whom must be the goalkeeper. Players compete to get the ball into the other team's goal, thereby scoring a goal.

The team that has scored more goals at the end of the game is the winner; if both teams have scored an equal number of goals then the game is draw.



Robert Lewandowski (<https://www.rp.pl/Pilka-nozna/180929779-Bundesliga-Robert-Lewandowski-wyprzedzil-Ulfa-Kirstena-na-liscie-strzelcow-wszech-czasow.html>)



Bicycle goal (<https://www.mirror.co.uk/sport/football/news/wayne-rooney-wins-best-goal-817394>)

players other than goalkeeper may not handle the ball with their hands or arms during play. A game is officiated by a referee, who has “full authority to enforce the Laws of the Game in connection with the match to which he has been appointed”

Match consists of two halves of 45 minutes.

Football is the most popular sport in Poland. Over 400,000 Poles play football regularly, with millions more playing occasionally. The first professional clubs were founded in the early 1900s, and the Polish national football team played its first international match in 1921. There are hundreds of professional and amateur football teams in Poland; which are organized into the national 1st level, 2nd level, 3rd level and 4th level. Additionally, there are the Polish Cup and Polish Supercup competitions.



Football start (<https://www.mirror.co.uk/sport/football/news/wayne-rooney-wins-best-goal-817394>)



Celebration (https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKewjJsuqNtOjdAhXCIVAKHYT_CbAQjhx6BAGBEAM&url=https%3A%2F%2Fwww.naukrinama.com%2Fstressbuster%2F5-goal-celebration-moments-of-fifa-world-cup-2018-that-left-audience-fascinating%2F&psig=AOvVaw0oI29aa1jkhHkOMwYJv-GE1&ust=1538592011490591)

Sport: Ski jumping

Ski jumping is a winter sport in which competitors aim to achieve the longest jump after descending from a specially designed ramp on their skis. Along with jump length, competitor’s style and other factors affect the final score.



Ski Jumper (<https://www.telemagazyn.pl/artykuly/skoki-narciarskie-puchar-swiata-w-lillehamer-2015-2016-gdzie-obejrzec-w-telewizji-transmisja-na-zywo-47122.html>)



Adam Małysz (<https://www.google.com/url?sa=i&rc=t=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjzNqllujdAhXhposKHXIIAaMQj-hx6BAGBEAM&url=https%3A%2F%2Fsport.onet.pl%2Fzimowe%2Fskoki-narciarskie%2F100-lat-polsko-adam-malysz-przez-niego-polska-pokochala-ski%2F1j5hqvr&psig=AOvVaw1UMARAKn1LpizwzwlHwxt&ust=1538584026885277>)

Ski jumping was first contested in Norway in the late 19th century, and later spread through Europe and North America in the early 20th century.

Each jump is evaluated according to the distance traveled and the style performed. The distance score is related to the construction point (also known as the *K-point*), which is a line drawn in the landing area and serves as a „target“ for the competitors to reach. The score of each judge evaluating the style can reach a maximum of 20 points. Stefan Kraft holds the official record for the world’s longest ski jump with 253.5 metres.

The most popular ski jumper in Poland is Adam Małysz. His many accomplishments include 4 World Cup titles, 4 individual Winter Olympics medals, 4 individual World Championship gold medals (an all-time record), 39 individual World Cup competition wins, 96 World Cup podiums (individual and team), and being the only ski jumper to win three consecutive World Cup titles. He is also a winner of the Four hills tournament, the only three-time winner of the Nordic Tournament, and a former ski flying record holder.



Ski Jump (<https://poranny.pl/pjongczang-2018-olimpiada-skoki-narciarskie-w-pjongczang-transmisja-na-zywo-live-wyniki-konkurs-indywidualny-na-zywo/ar/12923406>)

Sport: Athletics

Athletics is one of the oldest sports disciplines. Organized athletics are traced back to the Ancient Olympic games from 776 BC.



Hurdling (<https://wu.po.opole.pl/lekkoatletyczne-konferencje-szkoleniowe/>)



Pole vault (https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjyfpzwqjdAhVQaVAKHYLeCeUQjhx-6BAgBEAM&url=https%3A%2F%2Fvcea.wsu.edu%2Ffeecs14%2Fvaulting%2F&psig=AOvVaw2Ilr9h57u4DpzGFJ8_TqDd&ust=1538589501485994)



Usain Bolt (<https://www.olympic.org/athletics>)



Hammer throw (<https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjQq8T0rOjdAhUBPFAKHT-1GDrgQjhx6BAgBEAM&url=https%3A%2F%2Fwww.przegladSPORTOWY.pl%2Flekkooatletyka%2Fw-lodarczyk-i-fajdek-kroluja-w-rzucie-mlotem%2Fd-5mghjp&psig=AOvVaw3Qeujry8n41PtT7XmnHXyU-&ust=1538590054985199>)

The rules and format of the modern events in athletics were defined in Western Europe and North America in the 19th and early 20th century, and were then spread to other parts of the world. Basic athletic competitions are:

- » running
- » jumping
- » throwing
- » walking
- » combined track and field

Athletics was and still is very popular sport in Poland. Poland's men's break 4x400m relay world record at World Indoor Championships in March 2018 and Anita Włodarczyk has a hammer throw women world record 82.98 m.

Text written by the student Bartosz Tarnachowicz

TURKEY: NATIONAL/POPULAR SPORTS

SPORT: TURKISH JEREED GAME (CİRİT)

EQUIPMENT: Javelin ,horse,

PLAYERS : The teams are formed by six, eight or twelve players.

HOW TO PLAY: Jereed is a traditional Turkish equestrian team sport played outdoors on horseback in which the objective is to score points by throwing a blunt wooden javelin at opposing team's horsemen.

Jereed is a means of improving equestrian skills, and involves two teams of horsemen, each armed with dried oak or poplar sticks. This game was used to help the warriors to stay in shape and be prepared for the wars.

The teams are formed by six, eight or twelve players, standing on opposite sides of the field within a square of 70 to 130 meters. There are three „end zones“ of about six meters deep at each end of the field, being a team's waiting area, thus meaning a neutral zone and the opposing team's throwing area.

At the beginning of the game, it is traditional for the youngest rider to trot towards the opposing team, shout the name of a player and at a distance of 30 to 40 meters toss his jereed at that player challenging him to enter the game. Then, he gallops back to his side, meanwhile the challenged player pursues him and throws a jereed at the fleeing player. Another player from the first team comes out and meets the retreating rider. The player from the second team starts riding quickly to his corner and takes his former place. This time, his rival chases him and throws a jereed at him. The fast-charging chase game goes on in two 45-minute periods. This process of chasing and fleeing, while trying to hit an opponent with a stick, is the essence of the game, which requires skill and sportsmanship



SPORT: Weightlifting

Equipment: Barbell

Rules: The barbell is a sport that is performed with an iron bar with weights on both sides, by pulling and shaking, and holding it without breaking the elbows above the head.

How to Play: Weightlifting sports competitions consist of two movements: the snatch, the clean and the jerk . In the breakout, the athlete lifts the barbell in one movement, and until the signal of the referee, keeps it above the head, without stretching the elbows. In the jerk, he weighs the barbell on the shoulders for a short time and then raises it up.

The athlete has three trials in two disciplines. The competition starts with the lowest weight specified by the athlete. He had the right to raise the weight in one minute within the scope of the rules. If the athlete is successful in lifting the weight and does not want more weight, the weight of the other trial is automatically increased by at least 2 kilos (maximum). After a short break, as all the weightlifters finish their lifting, they move through the same scheme.

Naim Süleymanoğlu

According to all the authorities, he is the best weightlifter of all times. He is called “the Pocket Hercules” because he is small but very strong in the meantime.



Halil Mutlu

He is a Turkish weightlifter who was the World and Olympic champion. He has been named as an Olympic Champion for 3 times, World Champion for 5 times and European Champion for 10 times . He was named ad “Dynamo” because of the records he broke, one after another.

Nurcan Taylan

She is the first female Turkish weightlifter who won in Olympic Championships. She broke 6 European and 2 World Records in weightlifting. In 2004, she won a gold medal at the Olympics in Athens, breaking the world and olympic records at 48 kilograms.

SPORT: WRESTLING

EQUIPMENT: Circular mat.

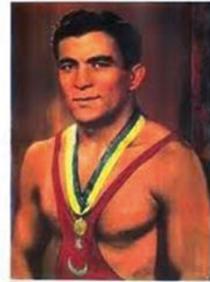
PLAYERS: Two competitors.

RULES: There are two styles: Greco-Roman and Freestyle. Both involve grappling with the opponent but using legs is prohibited in Greco-Roman.

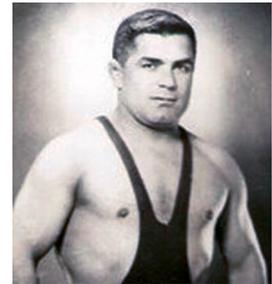
HOW TO PLAY: It is a combat sport in which many strategies are used to anticipate the opponent's moves and outmanoeuvre them. There are different options to get points and win the game. If the shoulder of the opponent touch on the floor, the game ends automatically. The other option is to get 10 more points from the opponent that also ends the game. Wrestlers get one point for each successful move, such as catching, tossing, etc. The referee decides to the points. A wrestling game consists of two rounds, each takes three minutes long. At the end, the wrestler who gets more points, win the game.

Some of the known Turkish wrestlers are Yaşar Doğu, Hamza Yerlikaya, Gazanfer Bilge.

Celal Atik was an important wrestler and a coach. He competed in both Greco-Roman and freestyling. Throughout his career, he won 4 gold, 1 silver and 1 bronze medals in the worldwide championships, including 1948 London Olympics.



Yaşar Doğu, one of the greatest wrestlers in Turkish history, competed in many world championships, winning 6 gold medals and 1 silver. 1948 London Olympics was one of his important achievements.



Written by: Ebru Boran and Selma Timurlenk

PORTUGAL: NATIONAL/POPULAR SPORTS

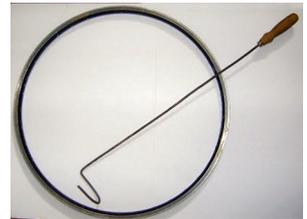
THE GAME OF THE ARCH AND THE HOOK

This is a very simple and ancient game that only needs an arch and a bow to be played. No one knows its exact origin, but it is believed that it was created in the poorest parts of the society.

An iron arch is required, usually an old bicycle rim and a "hook" (iron with the curved end to adapt to the arch), for each player.

Each player has a bow and a hook, and the game consists of a race in which each participant turns the bow with the hook.

The game can be a race, with or without obstacles, winning the one that first reaches the goal. In the case of a tipping bow, the competitor places it in the correct position, at the place of the fall, and continues the race.



SPORT: TRIPLE JUMP

The triple jump, sometimes referred to as the hop, step and jump or the hop, skip and jump, is a track and field event, similar to the long jump.

It is a discipline of the athletics that consists of jumping the longer you can, horizontally, to a sand box, reducing the impact of the fall, the athletes realize a run of balance.

The triple jump was inspired by the ancient Olympic Games and has been a modern Olympics event since the Games' inception in 1896.



In this jump they realize three jumps:

Hop, Step, Jump

Hop, Step, Jump, it's a series of three jumps realized before the athlete fall at the sand and the jump must be realized by this order.

Hop – this is the first of the three jumps. The athlete must leave in the same foot that make the call.

Step – the impulsion for the second jump is made with the same leg of the first, the difference is that the reception is made with the opposite leg.

Jump – last, but not least, the third jump is made with the opposite foot of the jumps before. This jump ends on a sand box.

Both jumps need a board made of wood, made by a call line, that at the triple jump it's the local of the first step of the three jumps before the last to the sand box.

If the athlete step on the call line it's show a red flag by the judge, that shows that the jump isn't valid. When it's shown a white flag the jump it's considered valid.

The measurement of the jumps it's made from the call line to the first mark that the athlete leaves on the sand.

The current male and female world record holders are Jonathan Edwards of Great Britain, with a jump of 18.29 m (60 ft 0 in), and Inessa Kravets of Ukraine, with a jump of 15.50 m (50 ft 10 in). Both records were set during 1995 World Championships in Gothenburg.

Portuguese athletes

Nelson Évora is the athlete that brought most of the international medals to Portugal. His last conquest was the golden medal at the European championship.

Patrícia Mamona won the golden medal at the European championship 2016.



Nelson Évora



Patrícia Mamona

SPORT: VOLLEYBALL

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964.

The complete rules are extensive, but simply, play proceeds as follows: a player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to three times, but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

The game of volleyball, originally called "mintonette," was invented in 1895 by William G. Morgan after the invention of basketball only four years before. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, baseball, tennis, and handball.



ROMANIA: NATIONAL/POPULAR SPORTS

SPORT: SWIMMING

If with the Greeks swimming was considered an act of cultural activity, the Romans appreciated the “worthiness” meaning that impulse to demonstrate the courage, strength and skillfulness to face the force of the waters. From the data collected by N. Postolache (The History of Sport in Romania - 1995) we can mention a few significant moments:

- » The year 1769 - The Chronicle of Hotin town speaks about “rabbit style stroke” with Romanians;
- » in 1820, in Arad, on the shore of the Mureş river, there was a public bath which had a „swimming school”;
- » between 1840-1841, Gheorghe Asachi (reviewer of schools in Moldavia) included in the curriculum of the Mihailene Academy in Iasi exercising and gymnastics, swimming and fencing as compulsory subjects;
- » In 1850 it was set up the first natural pool on the shore of the Mureş, in Arad.
- » The end of the 19th century and the beginning of the 20th century were marked by swimming organizational and competitive concerns, in particular in the cities of Timisoara, Cluj, Oradea, Targu Mures, Arad, Bucharest (the company “Tirul” will play a key role here).

The first Romanian national championship took place in 1924 in Targu Mures, in a pool of 50 m length. In 1923, the Floreasca water sports Club was built in Bucharest, whereas in Baile Felix they organized the National Swimming contest which included races on different age groups divisions. In 1929 a great event took place in Bucharest: the pool on Kiseleff Avenue (today’s Tineretului pool) was opened. The first competition in which women were allowed to participate is linked to the inauguration of this pool.

Current techniques

Several swimming techniques are accepted in current practice: freestyle, back crawl or front crawl, butterfly and inverse breaststroke.

- » Inverse breaststroke - is a technique used largely in recreational swimming and it is particularly

- » useful for swimming with military or commercial purposes;
- » Crawl - is the technique with the greatest use; it is also called freestyle or front crawl;
- » Butterfly - or dolphin; it's called these ways because the wavy flapping movements, of the
- » whole body, similar to a dolphin tail strokes.
- » Back crawl- theoretically this technique is the easiest one to learn since the swimmer has the advantage of being able to breathe all the time.

Sports Swimming

Sports swimming is a water sport which consists in swimming certain distances within the shortest time using a sports swimming technique, in swimming pools that are specially equipped.



The competitive activity is regulated and it is carried out under the patronage of FINA (Fédération Internationale de Natation). Performance swimming is practiced by both amateur and professional athletes and it is present in all modern editions of the Olympic Games.

There are a total of 17 events in the competitions each being held both for female and male contestants. At the Olympic Games in the summer, they organise only 13 out of the 17 races, and the Olympic competitions take place in the so-called olympic pools

The olympic pools have a length of 50 m, width of 21 m, water depth along the entire length of the distance must be a minimum of 1.80 m. They are also called „long course” swimming pools. Swimming pools called „short course” and semi-olympic pools have a length of 25 meters and the 8 lanes are installed on the longest part of the pool, having a width of 2.5 m between them. Over a distance of 5 m at each end of the basin, the color of the lane lines must be white or red, distinct from the rest of the length. The favorite middle lane (4) is marked by the yellow color. Sometimes, two lanes, no. 4 and 5, can be marked as favourite, in yellow. The bottom of the basin is marked by dark bands, traced in the center of each lane. Their width is 20-30 cm and they end 2 m before the end of the basin.

The events in a classic competition (Olympic) are organized in the four swimming techniques:

- » Freestyle: 50, 100, 200, 400, 800, 1500 m
- » Backstroke: 50, 100, 200 m
- » Butterfly: 50, 100, 200 m
- » Breaststroke: 50, 100, 200 m
- » Mix individual races: 200 and 400 m

Relay races:

- » 4 x 100 m freestyle; 4 x 200 m freestyle
- » 4 x 100 m mixt.
- » 4 x 50m freestyle combined (2 girls and 2 boys competing in the order established by the coach).

Written by: Gheorghe Andreea Natalia

Translated by: Mihaela Chircă

Bibliography:

- » Wikipedia;
- » Swimming course, Georgeta Kari, Fundația România de Măine publishing house, 2012;
- » Site Swimming.ro;

SPORT: Water polo

The British are considered the fathers of water polo. Soccer in the water, water-polo, or polo in the water, it is one of the oldest games and the first sport in the program of the modern Olympic Games.

The founder of water polo is the Englishman William Wilson, born in London in 1844, from Scottish parents. As a member of the „London Swimming Club” he noticed, in time, that the swimmers’ trainings were monotonous and boring. Feeling the need for variety, one day he brought a football ball, threw it in the water and each swimmer began to swim to the ball, to catch and pass it to another swimmer. It was something completely new to them, and the game began

to catch up quickly. On 12 May 1870, during a meeting of the members of the London Swimming Club”, a committee was formed for establishing the rules of the game, but it was nearly four years until the first regulation was set up.

The first game of water polo took place on 14 July 1876, at the “Bournemouth Premier Rowing Club”, the pitch being arranged between two dikes.

12 years later, in the year 1888, England organizes the first water polo world championship, with only four teams at the beginning because of the great distances between the cities and transport difficulties. The first champion of the game was “the Midlands Burton Club “, and from 1894 to 1901 the leadership was owned by “Manchester Osborne Club” which was to represent Great Britain at the Olympic Games in the summer of 1900.

The first country in Europe in which water polo was played was Belgium, in the year 1888. There followed Germany and Austria from 1894, France in 1897, Italy from 1900, Hungary and Sweden in 1906. Water Polo reaches over the ocean, in the U.S., where John Robinson organized the first team, “Boston Athletic Association”, in the year 1888.



The first swimming and polo regulation was published in the year 1931, and the first school of referees was established in the year 1934. After the second world war, water polo has evolved continuously.

Water polo in Romania

The first polo teams In Romania appeared in Cluj, Timisoara, Targu Mures. In 1924, with the occasion of the Navy Day, they organized in Constanta the first polo competition, with 3 teams taking part in the event. In the year 1929 the first teams appeared In Bucharest (Sportul Studentesc and TCR), and their number increased with the inauguration of the swimming pool at Kiseleff (Tineretului pool).

In the year 1952, Romania is present for the first time with a team of water polo at the Olympic Games in Helsinki.

Water polo regulation

Water polo competition is a match between two teams consisting of 7 players each: 6 players in the field and a goal



keeper, with up to 6 more players on the spare bank. The goalkeeper is the only player who is allowed to touch the ball with both hands and to hit it with his fist closed, to reach the bottom of the pool, but he is not allowed to go beyond the middle of the pool. Theoretically water polo is played in the same way as handball, with the following placement in the field:



the center, defender, inter right, inter left, the extreme right, extreme left and goalkeeper. The same as with a handball match, if a player commits a major fault, there is the case of elimination for a period of 20 seconds, in which case the opposing team takes advantage of an extra player.

A water polo match has 4 rounds of 8 minutes each. The length of the pool is 30 m for men and 25 m for women, and the width of 20 m. Water depth is at least 1,8 m.

Written by: Cristian Țărțăleanu

Translated by: Mihaela Chircă

Bibliography:

- Wikipedia;
- Romanian Polo Federation site;

Summary

The sport, whichever this is with its rules and requirements, brings people together!

Pupils and teachers from partner schools in the „National Games and Sports Bring Us Together” have illustrated the history and performance of sports to which people of each country feel attached or, as it is the case of the Romanian team, of those sports prevailing at the level of performance among students from their own school.

Discovering that you have something in common with a partner brings you joy! In Slovenia and Bulgaria the most obvious ball sport is the basketball, and a sport practiced with the same passion in Bulgaria and in Poland is football. Also, Bulgaria and Portugal grant resources for practicing volleyball.

The differences do not separate us, but bring us together to discover new sporting disciplines. The Turkish Jereed Game, the weightlifting and the wrestling are sports promoted by the Turkish team and brought to everybody's attention that the power of the body, as well as the cooperation man-animal (horse), are carried out in accordance to certain rules and can bring along the joy of performance. Snow sports are promoted by Poland (ski jumping) and Slovenia (Alpine Skiing), the relief and climate being favourable for practicing them. Sports from the athletics discipline have been mentioned by the Portuguese and by the Polish team, the differences remaining to be analyzed by the reader. A sport less known to us all is presented by the Portuguese team, so that everyone is given the opportunity to learn something new: The game of the arch and the hook.

The sports presented by the Romanian team are practiced in the water and are based on swimming, swimming being a school subject that is practiced at professional level in the school involved in the project.

Therefore, the sport shapes body, spirit and team! In each of the 6 partner countries from the project sports have been presented, promoted or tested!

Written by: Adriana Olaru

Translated by: Mihaela Chircă



UNIT 3: SUMMARY RESULTS

QUESTIONNAIRE ON A HEALTHY LIFESTYLE

Project „National Games and Sports Bring us Together”,
reg. N° 2017-1-PL01-KA219-038601_3

The results are summarized and illustrated by Galina Netova - coordinator
Of “Lyuben Karavelov” Primary School - Vidin, Bulgaria

Period of implementation - September 2018

Participants in the study:

- » 20 students
- » 10 teachers

From 6 countries: Bulgaria, Poland, Portugal, Romania, Slovenia, Turkey

Total number of students: 120

Total number of teachers: 60

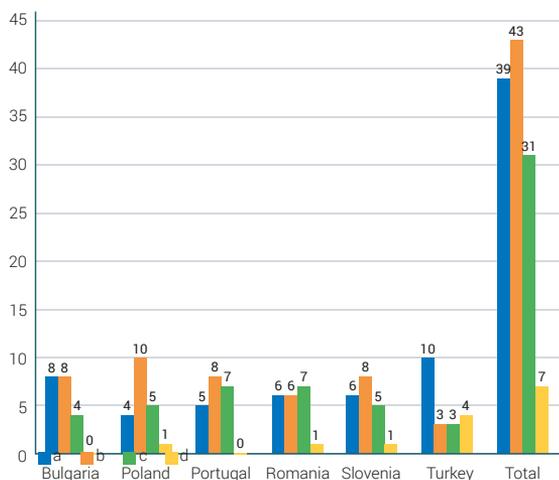
Here are the answers of students:

1. How often do you exercise in your free time/per week?

- a) 1 – 2 times
- b) 3 – 5 times
- c) More
- d) never

43 students (36%) exercise 3-5 times per week.

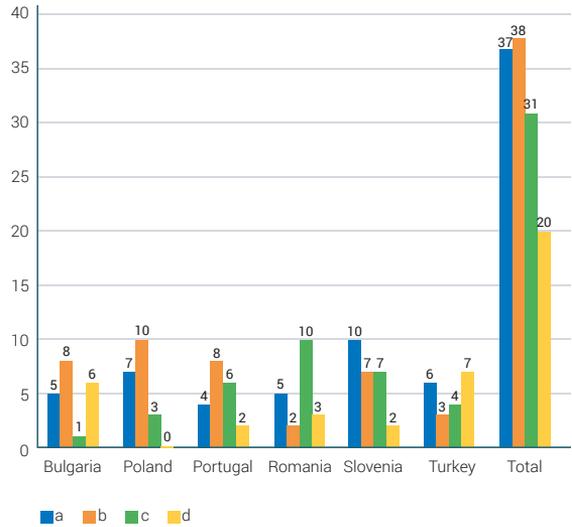
Only 7 students (7%) don't exercise ever – 4 from Turkey and 1 – from Poland, Romania and Slovenia.



2. Where do you exercise?

- a) in nature (jogging, climbing...)
- b) In a gym (team sports)
- c) In a gym (individual sports)
- d) other

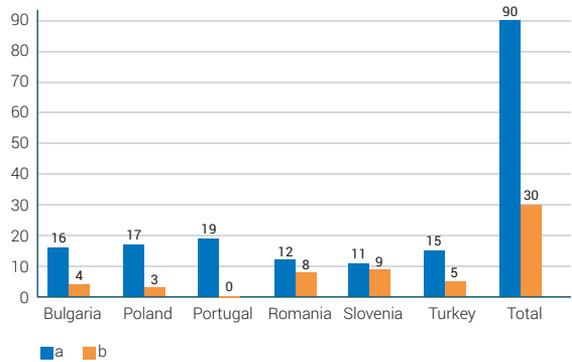
Most of students (60%) exercise in a gym, practicing team sports and in nature – climbing, jogging, etc.



3. Do you usually have breakfast?

- a) yes
- b) No

SUBQUESTION: If your answer is YES, 3a. What does your breakfast consist of?

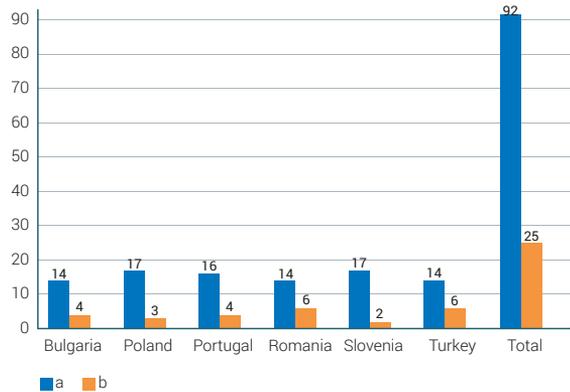


75% of students usually have breakfast. Here is what they usually have for breakfast:

Bulgaria	Poland	Portugal	Romania	Slovenia	Turkey
milk	sandwiches	milk	eggs	bread&cereal	bread
muesli	cornflakes	bread	milk	milk	eggs
sandwich		cereals	cereals	eggs	cheese

4. Where do you take the main daily meal?

- a) at home
- b) at school
- c) other. Where?



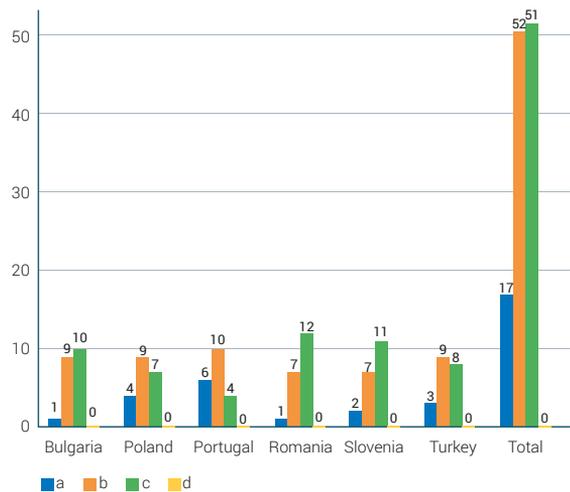
Most of students (77%) take the main daily meal at home, the other part – at school. Here are the other answers:

	Bulgaria	Poland	Portugal	Romania	Slovenia	Turkey
grandmother	–	–	Cofee Shop	–	–	grandparents'
outside	–	–	–	–	–	–

5. How much water do you drink per day?

- a) less than 1 liter
- b) 1 liter
- c) 2 or more liters
- d) I never drink water

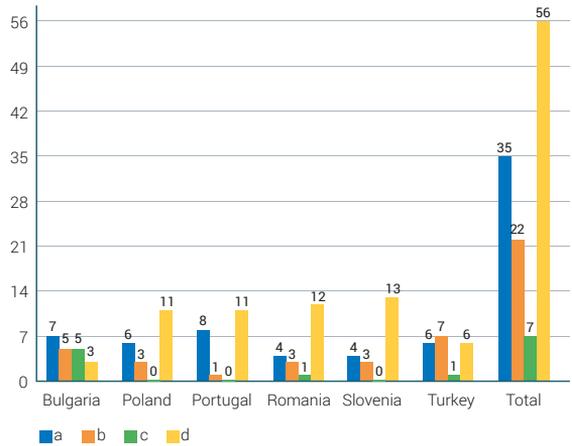
A very big number of students drink 1, 2 or more liters. There are no students who do not drink water at all.



6. How frequently do you eat fast food?

- a) once a week
- b) more than twice a week
- c) every day
- d) on special occasions

It is satisfying that most of students eat fast food on special occasions. The least is the number of students (7 students or 5,8%) who eat fast food every day. More of them – 5, live in Bulgaria.

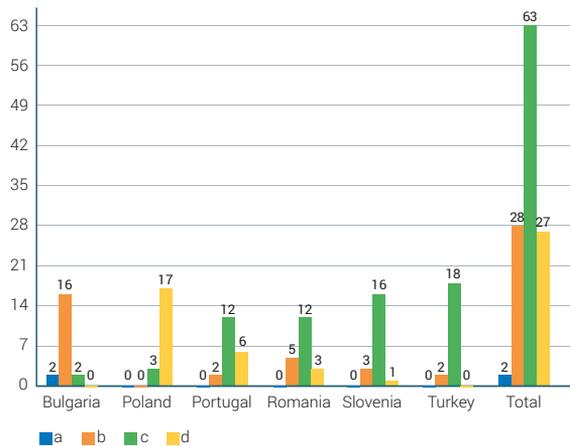


7. According to you, which one of the following is the way of healthy nutrition?

- a) carbohydrate + fat
- b) carbohydrate + protein
- c) carbohydrate + protein + vitamin + mineral + fat
- d) I have no idea

It is good that more than half of the students - 52.5% know what a healthy diet is and they choose the answer c).

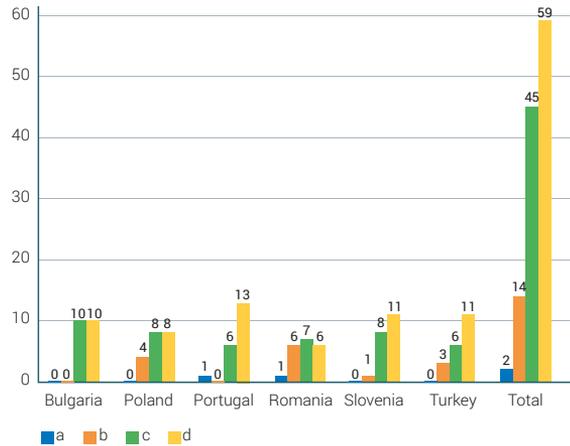
27 students, 17 of whom from Poland, do not think about the contents of healthy nutrition.



8. How often do you eat vegetables?

- a) never
- b) rarely
- c) sometimes
- d) Every day

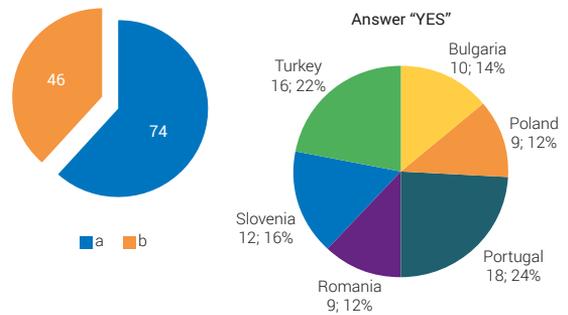
As can be seen from the chart, 59 students of partner schools eat vegetables every day. Only 2 responded that they never eat vegetables.



9. Do you eat rice and other cereals three times a week?

- a) yes
- b) no

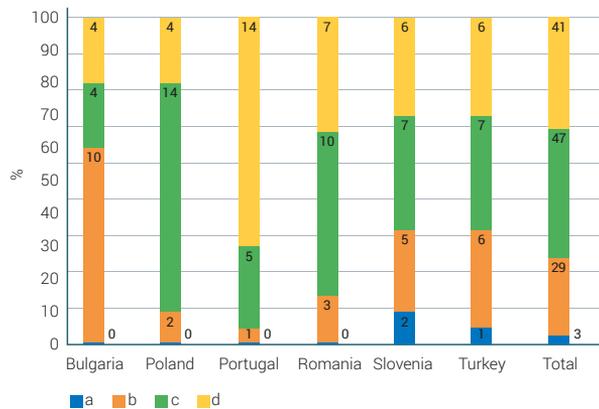
61% of all students answered they eat cereals 3 times per week. Most of them are from Portugal (18 of 20), Turkey (16 of 20), and Slovenia (12 of 20).



10. Relaxation is important for a healthy life. Do you have time to relax every day?

- a) never
- b) rarely
- c) always
- d) sometimes

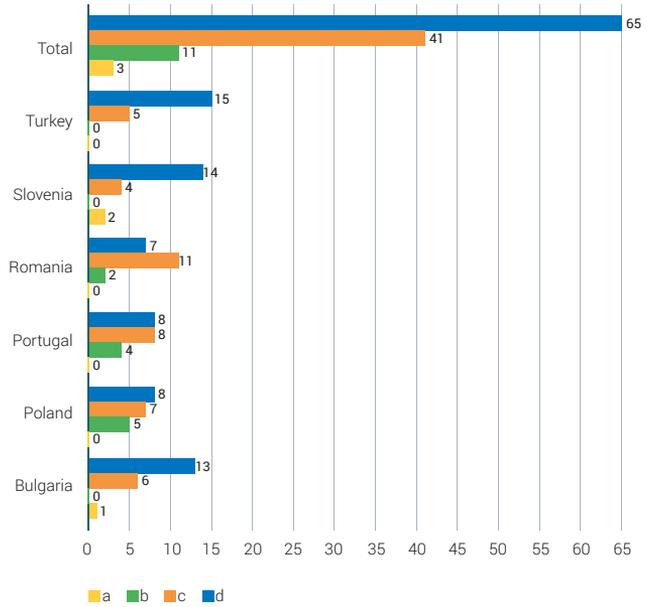
There are 4 students out of 120 who do not have time to relax. Rarely relax students in Bulgaria. Always have time to relax more students from Poland and Romania. And sometimes – students from Portugal.



11. How often do you consume fruit?

- a) never
- b) rarely
- c) always
- d) sometimes

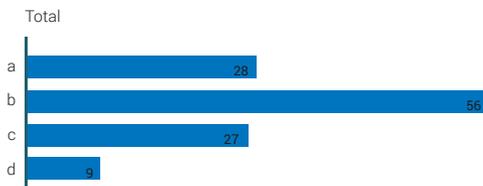
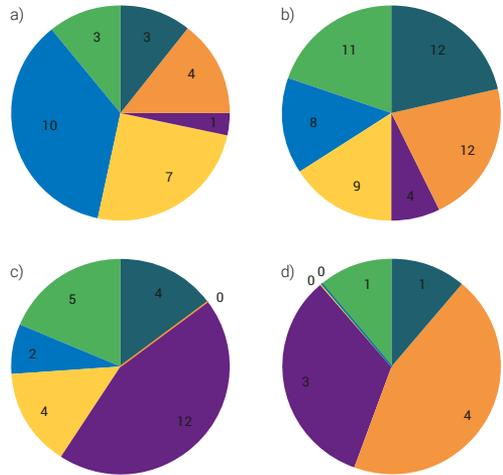
In all countries except Romania the most popular answer is "sometimes". It sounds good that the second most popular answer is "always". Only a few children - 2 from Slovenia and 1 from Bulgaria - said they never eat fruit.



12. How many hours do you sleep a day?

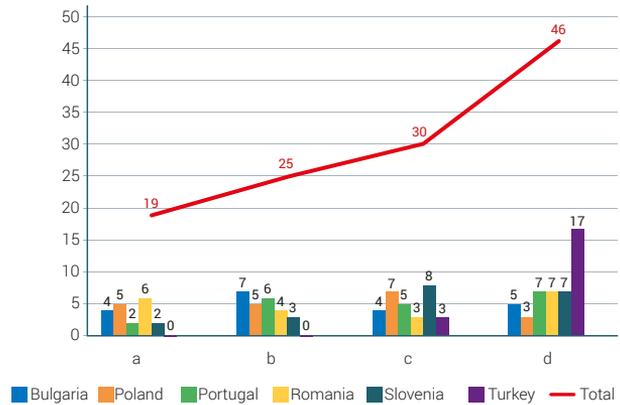
- a) less than 7h
- b) 7-8h
- c) 9 h
- d) more than 9h

- Bulgaria
- Poland
- Portugal
- Romania
- Slovenia
- Turkey



13. Do you consume organic/biological products at home?

- a) never
- b) rarely
- c) sometimes (2 times per month)
- d) every day (2 times or more per week)



19 students (16%) answer they never consume organic products at home.

As can be seen from the upward red line, there are more students who consume bio-products more often, even every day.

Here are the answers of teachers – 10 per country:

Question	Answer	TEACHERS						TOTAL
		Bulgaria	Poland	Portugal	Romania	Slovenia	Turkey	
1	a	5	7	6	6	6	7	37
	b	2	2	2	2	2	0	10
	c	0	0	0	0	2	1	3
	d	3	1	2	2	0	2	10
2	a	3	5	4	7	7	3	29
	b	1	2	0	0	4	1	8
	c	0	2	4	0	4	1	11
	d	6	0	0	3	0	5	14
	specify d	gardening, fitness, aerobics, walking	cycling, jogging, walking					

Question	Answer	TEACHERS						TOTAL
		Bulgaria	Poland	Portugal	Romania	Slovenia	Turkey	
3	a	7	9	10	6	7	8	47
	b	3	1	0	4	3	2	13
3a	write 3 most popular answers	yogurt	cornflakes	milk	milk	cereal & bread	cheese	
		coffee	sandwiches	bread	cereals	coffee and juice	bread	
		tosts	fruit juice	cofee	yoghurt	Fruit		
4	a	4	8	10	8	10	4	44
	b	6	1	0	2	0	1	10
	c /write 3 most popular answers/	1 restaurant			restaurant			
		0						
		0						
5	a	1	3	6	0	0	3	13
	b	5	3	4	6	4	3	25
	c	4	4	0	4	6	4	22
	d	0	0	0	0	0	0	0
6	a	0	3	4	0	4	2	13
	b	6	0	0	0	0	3	9
	c	0	0	0	0	0	0	0
	d	4	7	6	10	6	5	38
7	a	0	0	0	0	0	0	0
	b	1	1	1	1	0	1	5
	c	9	8	5	8	8	9	47
	d	0	1	4	1	2	0	8
8	a	0	0	0	0	0	0	0
	b	0	0	0	0	0	1	1
	c	1	2	1	1	3	5	13
	d	9	8	9	9	7	4	46

Question	Answer	TEACHERS						TOTAL
		Bulgaria	Poland	Portugal	Romania	Slovenia	Turkey	
9	a	9	7	2	8	6	8	40
	b	1	3	8	2	4	2	20
10	a	1	0	2	0	0	1	4
	b	3	2	6	3	3	3	20
	c	1	3	2	2	3	1	12
	d	5	5	0	5	4	5	24
11	a	0	0	0	0	0	1	1
	b	2	0	0	0	0	0	2
	c	4	2	1	2	3	4	16
	d	4	8	9	8	7	5	41
12	a	3	4	7	2	6	3	25
	b	7	6	3	7	4	0	27
	c	0	0	0	1	0	0	1
	d	0	0	0	0	0	7	7
13	a	0	0	2	0	0	1	3
	b	2	2	1	2	2	3	12
	c	5	3	4	5	3	3	23
	d	3	5	3	3	5	3	22

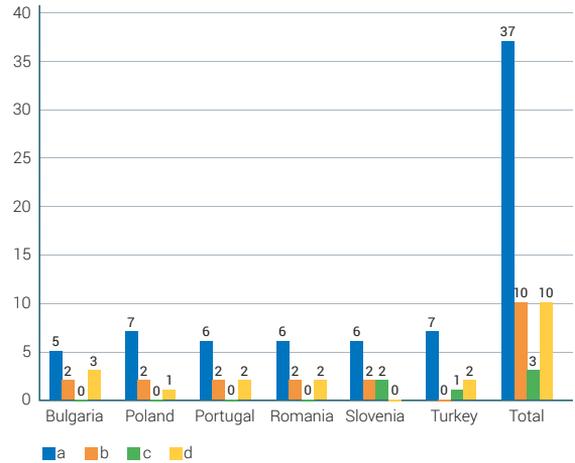
1. How often do you exercise in your free time/ per week?

- a) 1 – 2 times
- b) 3 – 5 times
- c) more
- d) never

37 teachers (62%) answered that they exercise 1-2 times per week.

10 teachers (17%) exercise 3 – 5 times.

Another 17% do not exercise ever – 3 from Bulgaria, 2 from Portugal, Romania and Turkey, 1 from Poland. The most active teachers live in Slovenia.



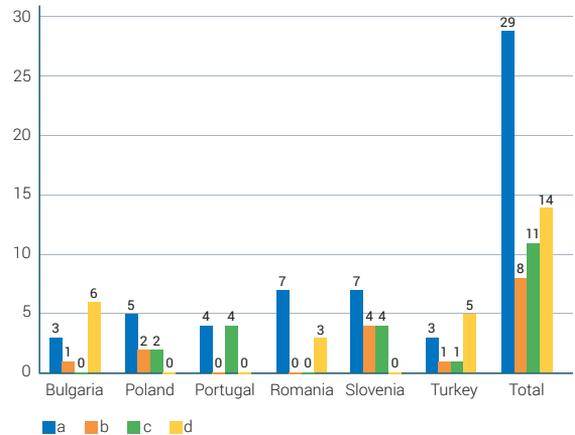
2. Where do you exercise?

- a) in nature (jogging, climbing...)
- b) in a gym (team sports)
- c) in a gym (individual sports)
- d) other: What? 3 – 5 times

29 teachers (48%) exercise in nature.

8 teachers (13%) exercise in a gym.

More of teachers from Romania and Slovenia exercise in nature.

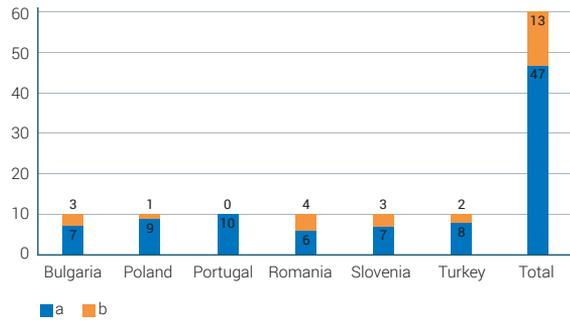


3. Do you usually have breakfast?

- a) yes
- b) no

SUBQUESTION:

If your answer is YES, 3a. What does your breakfast consist of?



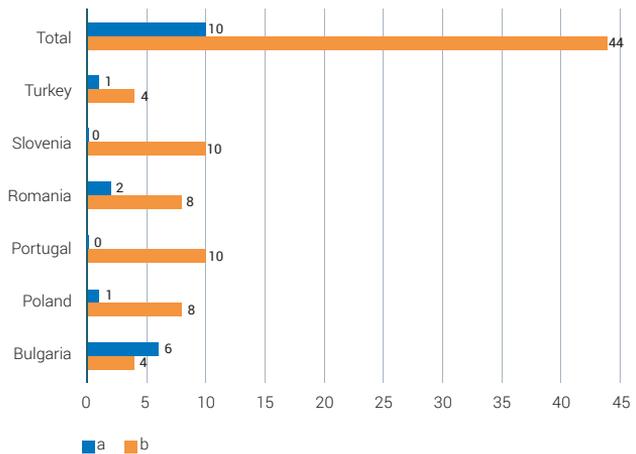
78% of teachers (and 75% of students) usually have breakfast. All teachers from Portugal and 9 from Poland have breakfast. Here is what teachers usually have for breakfast:

Bulgaria	Poland	Portugal	Romania	Slovenia	Turkey
yogurt	cornflakes	milk	milk	bread & cereal	cheese
coffee	sandwiches	bread	cereals	coffee and juice	bread
tosts	fruit juice	coffee	yoghurt	eggs	

4. Where do you take the main daily meal?

- a) at home
- b) at school
- c) other. Where?

Not everyone answered this question. 44 /out of all 54/ answered they have the main daily meal at home.



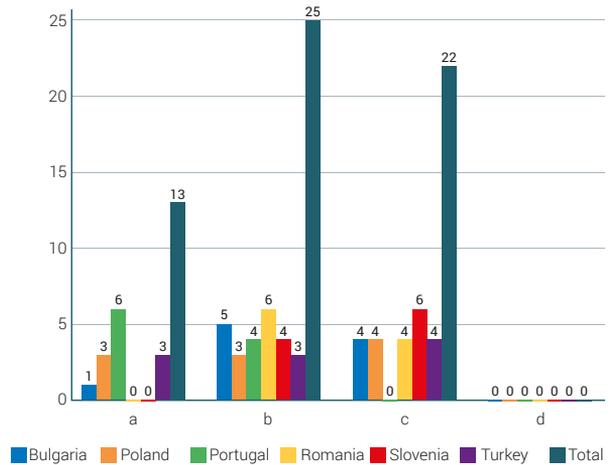
5. How much water do you drink per day?

- a) less than 1 liter
- b) 1 liter
- c) 2 or more liters
- d) I never drink water

Same as students, a very big number of teachers drink 1, 2 or more liters. 13 teachers drink less than 1 liter.

Teachers from Portugal drink least water.

There are no teachers and students who do not drink water at all.

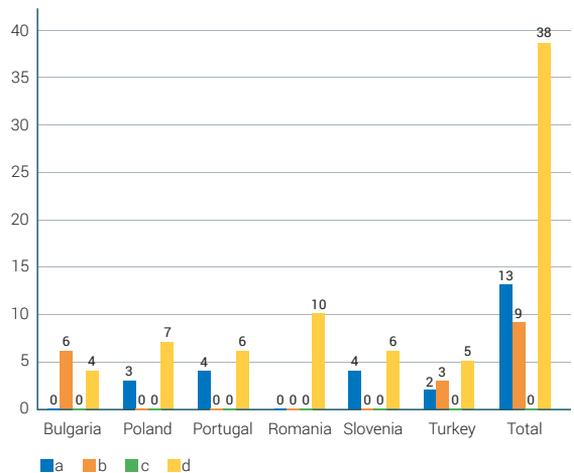


6. How frequently do you eat fast food?

- a) once a week
- b) more than twice a week
- c) every day
- d) on special occasions

63,3% of teacher (and 46,6% of students) fast food only on special occasions. Amongst them there are all 10 teachers from Romania.

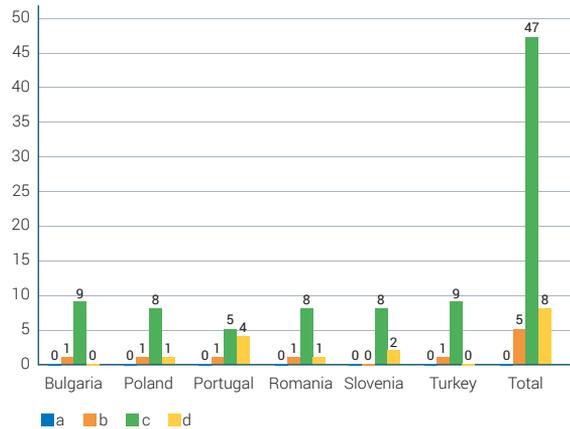
No one of teachers eat fast food every day.



7. According to you, which one of the following is the way of healthy nutrition?

- a) carbohydrate + fat
- b) carbohydrate + protein
- c) carbohydrate + protein + vitamin + mineral + fat
- d) I have no idea

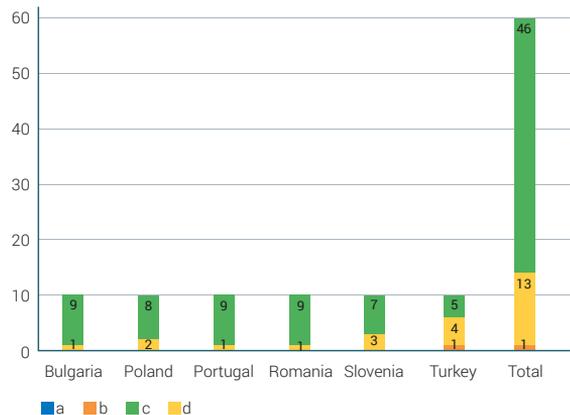
78.3% of teachers know what a healthy diet is.



8. How often do you eat vegetables?

- a) never
- b) rarely
- c) sometimes
- d) every day

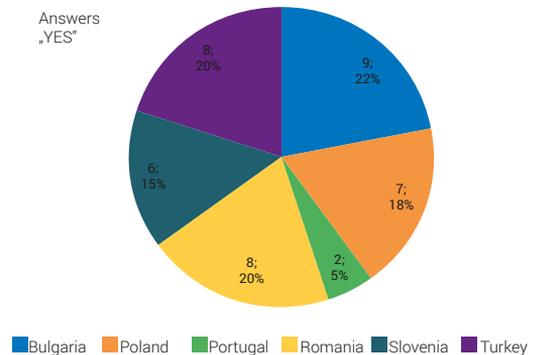
46 teachers (76,6%) responded they eat vegetables every day.



9. Do you eat rice and other cereals three times a week?

- a) yes
- b) no

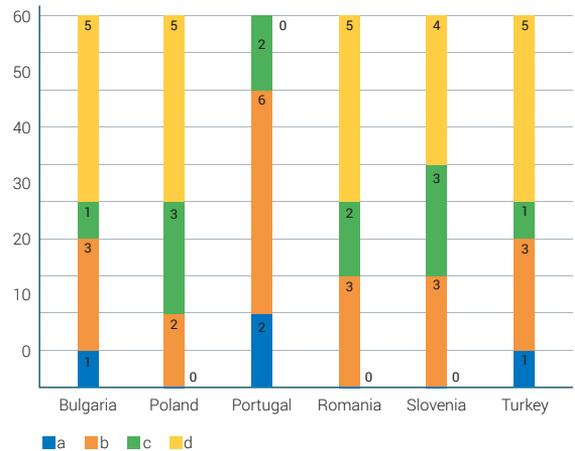
2/3 of the whole number of teachers answered they eat cereals three times a week. Only 5% of teachers from Portugal eat vegetables so often.



Since the teaching profession is accompanied by high tension and intensive work, it is interesting how much time teachers have to relax in different countries. Here are their answers:

10. Relaxation is important for a healthy life. Do you have time to relax every day?

- a) never
- b) rarely
- c) always
- d) sometimes

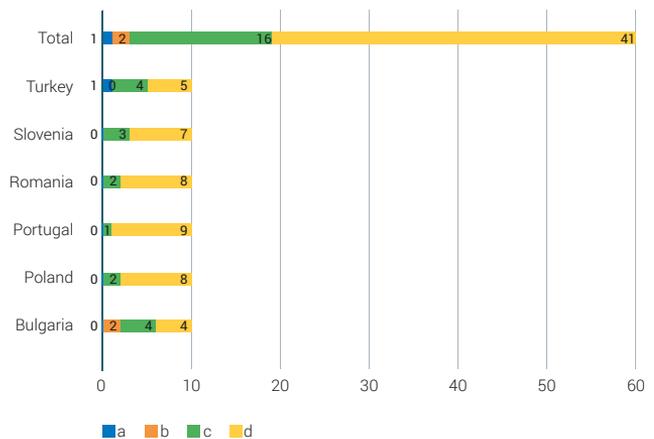


Some teachers from Bulgaria, Portugal and Turkey don't have time to relax every day. 6 teachers from Portugal relax rarely. Always relax a few teachers of the whole team. Teachers from Portugal rest at least. Following are the teachers from Bulgaria and Turkey. Most time for rest have teachers from Poland, Romania and Slovenia.

11. How often do you consume fruit?

- a) never
- b) rarely
- c) always
- d) sometimes

For all countries except Bulgaria the most popular answer is "sometimes" – 68,3%. The second most popular is "always" – 26,6%. Only 1 teacher answered he/she never eat fruit.

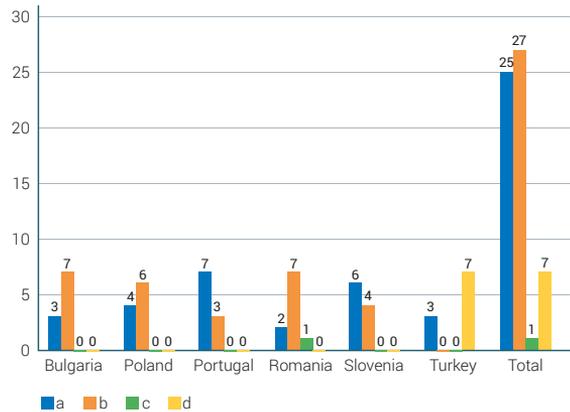


12. How many hours do you sleep a day?

- a) less than 7h
- b) 7- 8h
- c) 9h
- d) more than 9h

A good night's sleep is very important for human's health. In fact, it's just as important as eating healthy and exercising.

The chart shows that 41,6% of all teachers sleep less than 7 hours. 45% sleep 7-8 hours. 7 of all 10 teachers from Turkey sleep more than 9 hours.



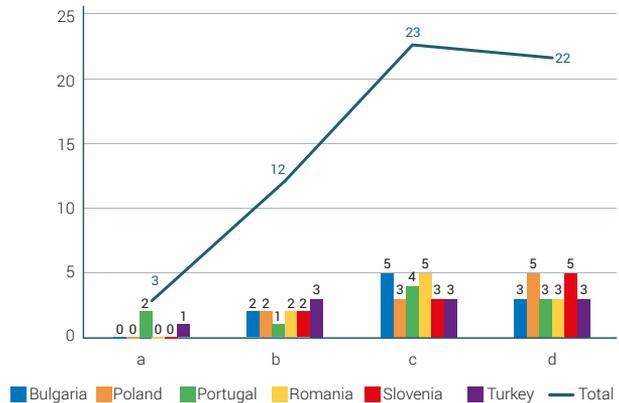
13. Do you consume organic/biological products at home?

- a) never
- b) rarely
- c) sometimes (2 times per month)
- d) every day (2 times or more per week)

There are 2 most popular answers

here: 45 teachers (75%) answered they consume organic products sometimes or every day.

12 teachers consume organic food rarely. Only 3 persons said they never eat organic food.



Thanks

Many thanks for the effort put into creating this publication for all teachers and their students from partner schools:

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