
GASP PROJECT GUIDELINES (GAME ACTIVITIES FOR SPORT PROMOTION)

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INTRODUCTION

The idea behind GASP (Game Activities for Sport Promotion) is to promote sport, a healthy lifestyle and fundamental values of being well together, rediscovering ancient street games and reviving traditions that are part of the intangible heritage of the European Union. The partnership composed by Cus Palermo (Italy), University of Murcia (Spain), Associazione Sportiva Dilettantistica Margherita Sport e Vita Basket (Italy) and Trend Prima (Slovenia), thanks to the experience and quality shown over the years in the field of sports promotion, social inclusion and European projects is certain of the success of the project and will take care of the details in its international dimension.

In particular, some of the 8 games that will be implemented within the project are specific to the Sicilian tradition, therefore in line with the territorial reality where Cus Palermo, the applicant organization of the project, carries out its activities.

The purpose of this document is to provide all coaches of the project with clear guidelines in order to be able to hold the course in their respective territories. So, in this document, it is explained for each of the 8 selected games, first of all the history of the game, then the material necessary for its development, then the methodology with which the game should be played in order to create enthusiasm and participation respecting the tradition and finally the skills that participants will develop practicing each of the activities are listed. This document, moreover, is not only addressed to the coaches and organizations of the partnership but it will be made accessible to anyone who wants to consult it, in line with what is the participatory and inclusive philosophy of sport and the European Union.

NOTE: In addition to the material necessary for the conduct of individual games, listed in the appropriate sections, it will also be necessary to purchase sportswear for participants.

GAME N°1: STRUMMULA

GAME HISTORY

Let's talk about one of the most famous Sicilian games of the past. Its history is really ancient and has its roots in the past: it has been played in this way practically since time immemorial. Here are some curiosities and interesting facts. It is easy to say strummula, but did you know that this ancient Sicilian game boasts a very ancient history? Nowadays it is no longer used but, until about forty years ago, it was one of the most popular games: one of those thanks to which one could spend hours and hours of carefree fun. In the spinning top, made of wood, was inserted a sharp piece of iron, around which was twisted a string. The game consisted of pulling with force this sort of wooden "sphere", so as to give it, through the cord, a rotary motion. The aim was to keep it balanced on the metal tip for as long as possible. Whoever managed to keep it balanced for the longest time, won the race. Usually, whoever missed the shot or made it rotate for less time, had to do a penalty decided by the others. This game so simple has a great tradition: we tell you about it. The spinning top was a popular toy among the Greeks and Romans. Callimachus and Cato were already talking about it. The famous Roman censor recommended it as a pastime for children. The Romans called it "turbo" and, at the time, it was a very particular game. Apparently, a large circle divided into ten numerical sectors was drawn on the ground. Each of the sectors corresponded to a score. The aim of the game was to spin the spinning top in the center, thus reaching the maximum score. The maximum diffusion of the spinning top dates back to the fourteenth century, especially in England, where it was combined to some religious ceremonies. On Mardi Gras, spinning top races were organized along the streets of parishes. When a spinning top stopped spinning, it was stored away until the next year. This same type of toy was also popular among the inhabitants of North and South America long before the arrival of Christopher Columbus.

MATERIAL NEEDED

5 Strummules for each project partner organization

METHODOLOGY OF THE GAME

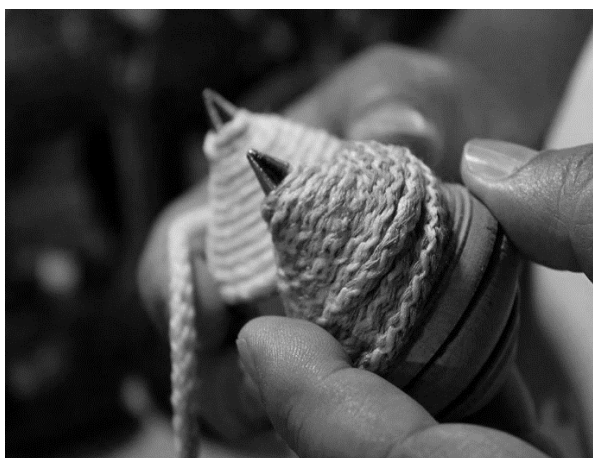
Twist the string around the strummula starting from the bottom and about half of the strummula will be covered. Then throw it on the ground with the aim to make it turn as long as possible. Considering the number of 20 participants per organization, it is advisable to form groups of 4 or 5 children and organize playful competitions that revive the original spirit of the game. The game will be won by the player whose throw will make the strummula spin for the longest time, so it is recommended that coaches take the times of the throws. When a player misses a throw, i.e. when he is not able to spin the strummula, the other players in the group can choose a penalty for that player, all in a spirit of play and aggregation. It is also advisable to form gender-balanced groups and to change them several times in order to foster bonds and social inclusion.

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SKILLS DEVELOPED

Participants through the game of strummula will develop skills of visual-manual coordination.

SOME PICTURES



GAME N°2: AMMUCCIAREDDA

GAME HISTORY

The game is lost in the remote past. We have stories of the rhetorician Pollux that, around the second century tells of an outdoor game of Magna Graecia called apodidraskinda, from the greek dialect apodrason-skaso-kripdo = flee run hide, while in some parts of Europe it was used as a ritual in the woods for the search of natural signs of the beginning of spring. The current game, however, is an inheritance of the seventeenth century, when it was played among the nobles as one of the few forms of socialization and courtship between young aristocrats, initially spread in Italy, France and Spain, then throughout Europe.

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MATERIAL NEEDED

None.

METHODOLOGY OF THE GAME

It must be played in a wide place full of potential hiding places (not necessarily outdoors, preferably where there are no fragile or delicate objects, where you cannot hurt yourself and where you can run without obstacles); the starting place of the game is called "den". From the pre-established "den", a player chosen with a ritual "count", without seeing (closing his eyes, preferably with the palms of his hands and/or keeping his face against a wall, so much so that he is defined as "blinded"), counts up to a number previously decided, in order to give time to the other players to move away and find a hiding place. He must count up to a number previously agreed upon by all, usually corresponding to the number of players to be found multiplied by 10. When finished counting, the one who counted opens his eyes shouting "Go!" or the last number and starts looking for the other players. The one who counted must look for the players at least by moving from the den for a total of 10 meters or by standing in front of the den waiting for the other players; every time he finds or sees a hidden player, he must run up to the "den" and touch it, exclaiming loudly "den for" (or "found") and eventually the name of the player he found, specifying well the place (e.g. behind the tree, behind the sofa). In this way he "eliminates" that player, who will remain "prisoner" at the "lair", without preventing



the "seeker" from "searching" the others, if one of them gets free while the player is restrained he is considered taken. The first one to be found must blind himself and count in the next turn. The seeker continues his search for the other hidden competitors; if a player reaches the lair before being seen and found by the counting player, he touches the lair, declares "lair" (or "save me") and is "free". The hiding player will have to look for the opponents, but also be careful to guard the "lair", trying not to go too far from it, to avoid that someone "hides". If the last hidden player manages to reach and touch the "lair", he will be able to shout "free all!" or simply "free all" (or "save all"). (or "save all"), thus freeing all the players already captured, and the player who was searching in that turn will be obliged to blind himself again, count and search in the next turn as well. Evaluating the available spaces, coaches of all organizations are advised to form multiple playgroups, remembering the gender balance and changing the players in the various groups from time to time in order to encourage the formation of social bonds.

SKILLS DEVELOPED

Participants will enhance their spatial perception skills. They will develop strategies using ingenuity, both to search, hide and to reach the den. In addition, trying to reach the den they will do some healthy motor activity.

SOME PICTURES





GAME N°3: ACCHIANA U PATRI CU TUTTI I SO FIGGHI

GAME HISTORY

An ancient game known in many places. One would divide into two teams. The kids of one team would stand in a row, one behind the other, bent over with their hands on their knees and their heads down to create a sort of human wall. The first one in line was bent over a partner standing on the wall: "the pillow" (usually the smallest one). The other team had to jump over this extended trestle, one boy after another shouting "acchiana u patri cu tutti i so figghi" (the father climbs with all his children). Once they had all climbed up, the game consisted of not falling, on pain of changing roles, for a certain number of seconds. The difficulty for these was to make jumps long enough to leave room for his companions, for others the strength to hold the weight without "sconocchiare" that is collapse on the legs. A game that combined fun in the open air with the tradition of the Sicilian dialect that today is less and less common among young people.

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MATERIAL NEEDED

None.

METHODOLOGY OF THE GAME

In this case for physical reasons it is recommended to form two separate groups of boys and girls. Remember that in the tradition this was a purely male game. Therefore, it is advisable to put "under" the participants physically stronger and make them jump over the "smaller" ones. So some of the participants will be under and others taking the run-up will jump on the back with the same movement of the horse. The aim is to be able to create a human structure that remains stable for a fixed time. To choose the time according to the abilities that it is estimated the participants have, preserving the playful climate of fun. Moreover, in the Sicilian tradition is expected that the last component of the structure after the jump recites this rhyme: "Quattru e quattru ottu, scarrica lu bottu; l'aceddu cu li pinni scarrica e vattinni: unu, dui e tri fannu vintitri, unu dui e tri fannu vintitri, ti dugnu un pizzicuni e mi nni vaju.". Coaches from other

organizations are invited to try to create a cute nursery rhyme for their local area and home language.

SKILLS DEVELOPED

Through the game of *acchiana u patri cu tutti i so figghi* the participants will develop their skills of balance endurance and strength. In addition, they will implement the fundamental skill of teamwork to achieve a goal.

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SOME PICTURES



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GAME N°4: RUBABANDIERA

GAME HISTORY

Steal Flag is a classic street game, which is usually done outdoors, but a large room is also sufficient. Its origins are unknown, but there is a story about castaways who, having hoisted a flag to ask for help, when one of them stole it to ask for help from a passing ship, began to be chased by the others to wave it better.

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MATERIAL NEEDED

2 flags per organization.

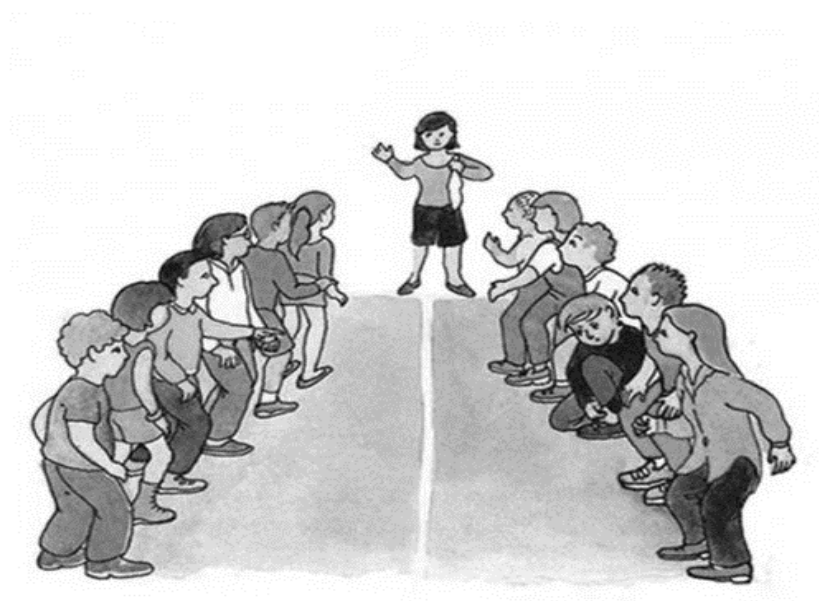
METHODOLOGY OF THE GAME

Divide the participants into two teams of equal numbers. A straight line is drawn in the center of the field and two more lines are drawn to create the home of the two teams. The teams stand opposite each other on their own line: each player has a progressive number. The flag bearer, who can be either a coach or a participant, stands in the middle holding the flag, with his arm extended forward. The flag bearer calls a number: the players of the two teams with the called number must run to steal the flag and return home. If the opponent touches whoever has the flag, they can take it and run home. Each flag brought back is a point: the team with the most points wins. It is recommended that coaches position participants so that challenges are balanced. Change teams several times.

SKILLS DEVELOPED

Thanks to the game of "rubabandiera" participants will enhance their ability to react to stimuli. We will then work on the athletic components of speed and quickness of gestures.

SOME PICTURES



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GAME N°5 CAMPANA

GAME HISTORY

The game of hopscotch has entertained generations of children. It takes place in open spaces, gardens, courtyards, it is a pastime that offers the opportunity to the child to improve his sense of balance and space. The game of the bell has ancient origins dating back to Ancient Rome, when it was practiced under the name of the game of the clàudus, that is of the lame, with obvious reference to the rule of jumping from one box to another on one foot. In fact, one of the most remote drawings of this game is found on the pavement of the Roman Forum, in the capital. The credit for its diffusion always goes to the Roman Empire that built paved roads to connect the Asian countries with the European ones. It was precisely these streets with a very smooth surface that inspired the design of the bell. It is also said that it was the Roman soldiers themselves who introduced the game to children in the countries under the Empire's rule. The game is also known as mondo, settimana, scala or pampino and if you switch to the board version it turns into the button game. There are innumerable variants of this game, known all over the world. In Anglo-Saxon countries it is called Hopscotch, in France Marelles, in Germany Tempelhupfen, in India Ekaria Dukaria, and it is also known in Burma where children play a variant that involves jumping with the hands placed on the hips.

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MATERIAL NEEDED

A couple of chalks for organization and a few small stones.

METHODOLOGY OF THE GAME

To decide who will be the first to start the game, a count is made. The starting player throws his marker into the first square. The marker must land inside the compartment without touching any lines or bouncing off them.

The squares can only be touched with one foot, but the blocks of two squares side by side allow both feet to be placed at the same time, possibly allowing the player to regain balance. When the player reaches the final compartment (the base, or the sky), he can stop and turn around,

making a half-turn, and go backwards, always respecting the rule of the single foot or double foot rule, depending on whether it is a single square or two squares side by side. When the player reaches the square containing his marker, he must pick it up without losing his balance and complete the path back to the starting point. If, while moving along the track, the player steps on a line, does not visit the due square or loses balance, the turn passes to the next player. When it is his turn again, the first participant resumes the game from the point where it was interrupted. After successfully completing the round-trip, the player throws his stone into square number two and so on. The winner is the one who first visits all the squares with his marker, completing the path each time.

Evaluating the available spaces, the coaches of all organizations are strongly advised to consider dividing the participants into different groups, respecting the gender balance, so that the waiting time of a single player between one turn and the next is not excessively long. In this case, too, it is good to have the groups change from time to time so as to encourage the creation of social links between all participants.

SKILLS DEVELOPED

Through the practice of hopscotch, participants will refine their skills in precision of release, their sense of balance, and their perception of space.

SOME PICTURES



GAME°6: A MAZZA

GAME HISTORY

A Mazza, perhaps better known by the name of "Lippa" is an ancient popular game spread from the western Mediterranean to India, perhaps arrived in Europe in the fifteenth century. It is considered as a popular sport and periodically it is played in international tournaments at competitive level. In the popular culture of some regions of Italy the term lippa is used to describe something particularly fast (ex. to go as fast as a lippa). This game in Italy is called with many different names depending on the location in which you are.

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MATERIAL NEEDED

At least 2 pieces of wood made from broom handles or dry branches for each organization. The first one should be 60 cm to 1 meter long and the second one 15-20 cm. So, 2 broomsticks per organization. The coaches of the various organizations will have to manually shape the pieces of wood with a knife as per tradition.

METHODOLOGY OF THE GAME

At the beginning of the game, lay the lippa on the ground and hit it with the club on one of the two pointed ends. If the throw is executed in the exact way, the lippa will rise in the air; once suspended, before it returns to the ground, you will give it another volley trying to send it as far as possible. The direction is not important, what counts is the distance covered by the throw. A variation to make the game more complicated is to draw a circle of two or three meters on the ground and a line ten meters from the circle. One player (A) takes the bat and stands in the circle, the other player (B) takes the cup and stands behind the line. If B succeeds in dropping the line into the circle, he gains a point in his favor, and the game continues. If A manages to get the rope out of the circle by pushing it back, B runs to catch it and, standing still in the point where the rope fell, pulls it towards the circle. If he does not manage to hit the circle (because of distance or wrong aim), the point goes to player A. When the game is over, the roles are reversed.

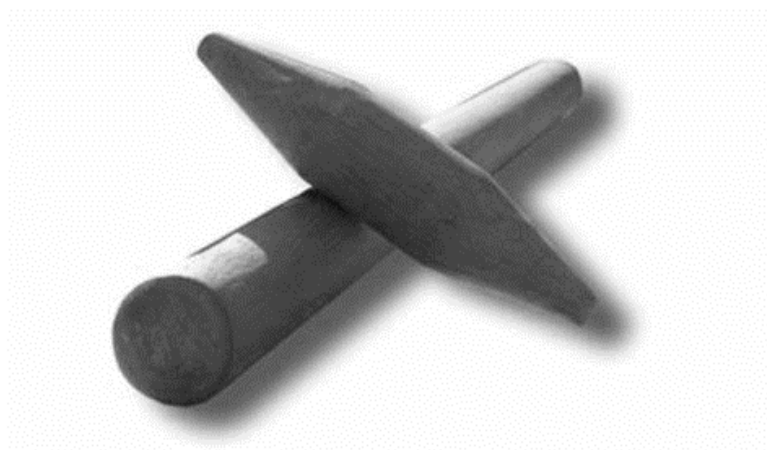
It is always advisable for all coaches to form several groups and set a distance or a score as a goal depending on the spaces and skills of the participants, in order to make the game more fun and competitive in a healthy way. Change the composition of the groups from time to time, respecting the gender balance, so as to strengthen the social bonds between the participants.

SKILLS DEVELOPED

Thanks to the game of "A Mazza", participants will strengthen their manual visual coordination skills. In addition, they will develop power in the performance of the athletic gesture.

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SOME PICTURES



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GAME N°7: TIRO ALLA FUNE

GAME HISTORY

Tug-of-war, like practically all other sports, draws its remote origins from ritual ceremonies, documented in countries as far away as Burma, Borneo, Korea, New Zealand, Congo and the Americas. Connected to the symbolism of the "contrasting forces" (good-evil; life-death; light-shadow; heaven and earth; yin and yang) it was practiced during ceremonies propitiatory of good weather and abundant harvest, and funeral ceremonies. Documentation of tug-of-war as a sport dates back to an Egyptian inscription from 2,500 BC on the tomb of Mezera-Ku in Sakkara. In the ancient Olympic Games (500 B.C.), tug-of-war was practiced both as an independent sport and as a training activity for other disciplines. In the XII and XIV centuries it was present in Mongolia and Turkey; in Scandinavia and Germany it is documented around 1000. In the fifteenth and sixteenth centuries it appeared in France and in Great Britain and it is in this period that the first regulation was born, selecting the athletes among young people of equal weight. Tug-of-war as an organized sport was born in Europe towards the end of the last century: first at the level of single clubs, then as associations and federations of clubs. Tug-of-war was an Olympic sport for about 50 years (1870-1920); later it was cancelled by a majority decision of the International Olympic Committee when it was decided to reduce the number of participating sports. This led to an interruption of international activity, although in many countries the discipline continued, followed by a large number of fans. Every single National Association developed its own independent association: in 1933 the Swedish Federation was founded, followed in 1958 by the English one and in 1959 by the Dutch one. Thus there was a resumption of international activity. In 1960, George Hutton of the English Federation, took the initiative to organize an International Federation, which he was able to implement thanks to the collaboration of the Swedish Federation, thus creating the Tug of War International Federation (TWIF). In 1964 in Sweden the first European championships of the 720Kg category were held, still in an experimental form. In 1975, when in addition to several federations of European countries, the first world championship was held. Since then, the European Championship has been held, one year on and one year off, alternating with the World Championship. Until today, the strongest continent is the European one, both in the male and female field.

MATERIAL NEEDED

1 professional rope for each organization.

METHODOLOGY OF THE GAME

According to the official rules of the sport, two teams of eight persons, whose total weight must not exceed the maximum weight established for the respective category, line up at the two ends of a rope of about 10 centimeters in circumference. The central point is marked on the rope; in addition, the point on each side 4 meters from the center is marked. The challenge begins with the center point placed at the center of the playing field; each team's goal is to pull the other team to their side so that the marked point closest to the opponents crosses the center of the field. A team can also win because the opponent has committed a foul (which happens, for example, when a competitor falls or sits down). For the purposes of our project, having 20 participants per organization, I recommend that the various coaches create 4 teams of 5 players or 5 teams of 4, balancing the teams in composition between boys and girls. It is recommended that the coaches make a prior assessment of the skills of the boys in order to form balanced teams. In the case where there were too obvious imbalances is good to recompose the teams. It is also advisable to organize mini-tournaments, strengthening the social ties and the sense of teamwork of the participants.

SKILLS DEVELOPED

One of the components of this discipline is definitely strength. Leg work and hip extension is essential to be able to drag the opposing team in your direction. Another fundamental requirement to excel in tug-of-war is enduring strength. A match can last as long as fifteen minutes if the teams are very strong and equal. In these situations the time in tension is really long and exhausting. Great incidence has the static work where the whole body is in tension. Here really the whole muscular system is stressed. Arms, legs, back and core are really put to the test.

SOME PICTURES



GAME N°8: BOCCIA SU STRADA

GAME HISTORY

Boccia su strada (or bocciaforte, boccia alla lunga, or in English road bowl) is a traditional European sport, a variant of bowls, practiced in various European countries. A European championship is held periodically. The game is based on the strength, but also on the precision of the launch (if the bowl ends up out of the path the shot is null). It is widespread in all Italian regions and in Europe.

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MATERIAL NEEDED

1 or 2 bocce sets per organization.

METHODOLOGY OF THE GAME

1. Road Bowl is held on roads with any surface.
2. The tool, consisting of an iron ball with an average weight not exceeding one kilogram, is thrown by hand without the aid of any other equipment (gloves, cords, straps or similar).
3. Each player must have his own ball and the winner of the game is the player or team that wins 5 games first;
4. a game is composed of three throws and the winner is the one who has covered the most distance with his ball;
5. The first throw can be done with run-up or standing still without touching the starting line.
6. In the singles competitions, the first one to throw is drawn and then the players continue alternately until the end of the three throws for each game.
7. In the couple or team competitions, all throwers make one throw each and the longest throw is chosen as the valid throw.
8. The player must follow the natural course of the road without cutting corners or raising the ball, which must always roll;

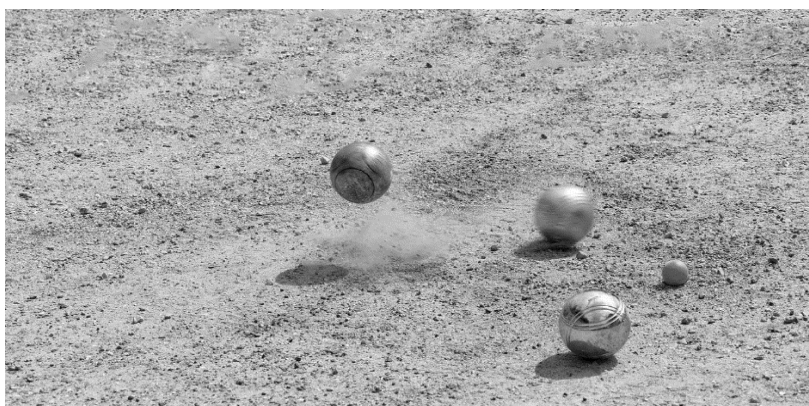
9. In the event that, in an uphill competition, the ball falls back after being thrown, the next throw will be made from the point where the ball stopped or from the same mark as the previous throw, if the latter has been passed;

10. The rules of play of the long ball are similar to those of the toss of the ruzzolone, the ruzzola and the formaggio adopting those rules according to the predominance in the area.

SKILLS DEVELOPED

The participants, throwing the ball, will perform an athletic gesture in which strength is required but also precision, coordination and balance.

SOME PICTURES



CONCLUSIONS

At the end of the course it is expected that the participants on the one hand will rediscover the benefits of sport and outdoor games by reliving traditions, on the other hand that they will forge significant social ties between them. In addition, having foreseen the possibility of involving circles of the elderly, international exchange will also be promoted. The 80 participants (20 for each territorial reality), therefore, will be interested and solicited to participate in initiatives to promote sports activities, a healthy lifestyle and rediscovery of the ancient street games of the European tradition, thus expanding the European network of the dissemination of good practices.

For the coaches of all organizations to participate in this project, thanks to the training provided, will be an opportunity for personal and professional growth. They will acquire skills that can be reused in different areas and moments of the professional career, thus improving the skills of European workers.

For all the organizations of the partnership, instead, the work and the continuous comparison foreseen in this project will be surely reason of solidification of the personal and professional relationships. Therefore, the expected success of the project will create the basis for which the partnership can implement new projects and contribute to the dissemination of good practices within the European Union.

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