

Traditional Sports & Games



The Portuguese traditional games are part of the cultural heritage as they have been transmitted from one generation to another and reinforce the local social identity. Even nowadays, simple traditional games are a way of involving local people and promoting association, socializing and sports. Traditional games are inspiring for all ages and through its practice we can develop both our physical health and our mental and social skills. Below we can see some of the most famous traditional games, the rules and necessary materials.

1. GAME BAR SCARF / HANDKERCHIEF GAME (com roda) (JOGOS DO LENCINHO)



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

Materials: Handkerchief

Number of players: 2 equal groups

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

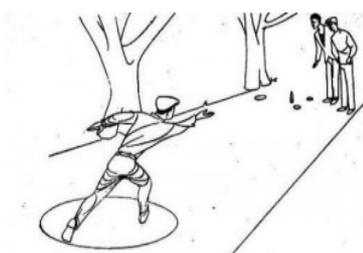
If the player that grabbed the handkerchief does well in getting it to his team, without being touched by the adversary, they get one point .

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

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

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

2. QUOITS/ THE GAME LOOP (JOGO DA MALHA)



Quits is a traditional game played by not only men, but also women.

Aim of the game: throw a disc to knock down a pin

Materials: it is played on a ground of about 20 meters long, with a metal /wooden disc (quoit) - an “iron cookie” about 7 centimetres thick and 12 centimetres in diameter and two pins (hobs) - made of wood, about 15 centimetres high and 6 centimetres in diameter, sharpened at the top.

Number of players: It is played at least by 2 teams and each team should have at least 2 players (maximum 5).

How to play: The pins are located on one side of the field, with about 15 meters apart from each other. Each team is positioned in front of each pin. The main aim of the game is to throw the disc to knock the pins down, or leave it as close as possible to them. Each time the pin gets knocked down, the player scores 6 points, and each time the disc falls close to the pin the player gets 3 points.

3. HOPSCOTCH (JOGO DA MACACA)



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

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

Number of players: minimum two players.

How to play: Firstly, you toss the stone into house number 1. Then you start hopping on the second house and go on. The single squares you hop on 1 foot and when you get to the double squares you land on it with 2 feet.

When you get to the final house, you need to come back and pick up the stone always on one foot. Then you throw the stone to house 2 and you restart the game by jumping to house 1, hop to 3 and follow the instructions given previously.

You must toss the stone to the next house (3, 4, 5,...). If you miss the target you are out of the game and your turn is given to another player. When you start over, you must throw the stone to the house where you had lost.

4. CAN GAME - SHOOT THE CANS



Aim of the game: To knock down as many cans as possible.

Materials: 15 cans arranged in a castle (5, 4, 3, 2, 1), two rag balls per team and a table per team.

Number of players: The whole team (minimum 2)

How to play: place yourself 5 meters far from the target (table with cans). The game is played by all team elements. Each player is entitled to two uninterrupted releases with the rag ball. The four members are behind the throwing line, 5 meters away from the target. The team players, one by one, throws the ball and tries to knock down as many cans as possible. Each can knocked down (on the ground or on the table) scores one point. If a player drops all the cans, before all

the colleagues have played, the cans must be prepared again and the game goes on until all the players have thrown the two balls.

5. SPINNING TOP (JOGO DO PIÃO)



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

Materials: a spinning top and a string

Number of players: At least two children.

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

6. TRACTION GAME WITH A LINED ROPE (JOGO DA CORDA)



Aim of the game: drag the rival team to its side by pulling the rope

Materials: A rope about 20 meters long and three scarves

Number of players: minimum 4

How to play: A scarf is tied in the middle of a thick rope. Two other scarves are tied two meters away from the first one, on each side to define the limit. The players can grab the rope from these two scarves forward. Five or six players from each team are positioned on each side of the rope.

A starting line is drawn on the floor. The scarf that was tied to the center of the rope must be above this line. When the monitor declares the start of the game, each team shall drag the rival team to its side by pulling the rope. The team that succeeds to make the opponent's team scarf to pass the start line wins the game.

7. SACK/BAGS RACING (CORRIDA DE SACOS)



Aim of the game: hop with both legs inside a sack

Materials: burlap sack. (must be in good condition)

Number of players: minimum two.

How to play: Each player puts both legs into the sack and hops to a marked point set by the jury. The one that first arrives to the finishing line wins the game.

8. SKIPPING THE ROPE (SALTAR À CORDA)



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

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

Materials: Ropes

Number of players: variable number (minimum 3)

How to play: Two players take on the tips of a strong rope about 3 meters long and make it swing in a circular motion. The other players are entering the rope, jumping forth over it whenever it is in circular motion, moving their feet closer, bouncing as many times as possible. The rhythm of the rope can vary. Whoever touches the rope, loses and is left out of the game, giving turn to the next player. Occasionally more than one player can jump at the same time.

An optional of this game consists of each player turning and jumping the rope, which should take about two meters. The shape of the falls varies - jump in two feet, the foot-Leg, and changing the pace, making the game exciting and inciting competition.

9. MARBLES (BERLINDES)



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

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

Number of players: any number

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

10. DODGE GAME (JOGO DO MATA)



Aim of the game: Dodgeball is a game in which players try to hit other players on the opposing team with balls while avoiding being hit themselves.

Materials: a soft ball. The ball is always played with the hands.

Number of players: minimum 4

How to play: the group of players is divided into two teams with equal number of players and each team occupies one of the parts of a field with a larger zone and a smaller one at the top, where the "louse" is. Each team goes to their midfield except the "louse" that goes to the "louse" part, the "zone of the dead" (defeated).

To start the game one player from each team contests for the ball. Once the game has begun, players throw balls at elements of the opposing team in an attempt to exclude their players.

If you catch a ball thrown at you, you get to call a player from your own side back in, and the person who threw the ball at you is excluded.

Players who are in the main zone of the field try to dodge the opponents. If the player that was hit can't grab the ball, then they're "dead" and excluded. When a player is "killed", they go to the "louse" area and replace the first "louse" who becomes part of their team. The dead player (now a "louse") gets the ball and starts the game over. The following dead players join them. Once all the players on one team are eliminated, the game finishes.

11. JUGGLING (JOGOS DE MALABARISMOS) to enhance peripheral vision and prevent dyslexia in Kindergarten and Primary Schools

12. GAME OF STILTS (JOGO DAS ANDAS)



13. CONSTRUCTION GAMES

14. BOARD GAMES - CHESS, DOMINOES...

WEBGRAPHY

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