



Healthy Challenges  
For Europe



Sport and healthy food  
Europe in the perfect mood

## LIFELONG LEARNING PROGRAMME

COMENIUS Multilateral school partnerships

### “Healthy Challenges for Europe”



**4<sup>th</sup> Meeting in Bartın Turkey**

**10 – 14 April 2011**

# Traditional Sports





# LOUSES

Greek game for children. Age 12 – 15

**1<sup>st</sup> General Lyceum of Kalamaria**  
**Thessaloniki, Greece**





# LOUSES

## Rules of the game

1. The children create a circle. They stand around it and they choose the country which they will represent.



2. A child stands in the centre of the circle and holds the ball. The child throws the ball up high and at the same time says the name of a country which corresponds to one off the teams.



3. The team whose country is announced runs to catch the ball in the air and the other teams start walking fastly and try to go as far as possible.

4. If the team manages to catch the ball in the air it says the name of another country as soon as it catches the ball. On the other hand, if the ball falls down, when the team picks the ball up and it says “1,2,3 stop” and the children have to stop running immediately.



5. Then the team who has the ball picks an individual of one another team, which is closer, makes 3 steps and tries to hit with the ball. This means that he/she “burns” the opponent.
6. If the child manages to “burn” another child, gets a “louse”. If he/she doesn’t, he/she gets a “louse” himself/herself.





7. The game continues everybody is gathered around the player (team) whose name is annpunced every time.



8. Whoever has a specific number of “lice” (for examle 5), negative score (that have been set by the group of kids at the beginning of the game), he/she stops playing and the person who stays last is eventually the winner.



# **THE PANFORTE GAME**

**Istituto Professionale di Stato  
per i Servizi Commerciali e Turistici  
“Sasseti – Peruzzi”  
Florence, Italy**







## THE PANFORTE

“**Panforte**” is an Italian pastry that is similar to a fruit cake, a candy and a honey cake. It is delicious and it is also easy to make. It is usually eaten at Christmas, but it can be tasted any time of the year. It is usually cut into very thin slices and served after a meal with a dessert wine. It can also be tasted as a snack and served with tea or coffee.



The name “panforte” means strong bread. This is due to its strong spicy flavour. In Italy it is also called Siena cake.

## THE PANFORTE GAME

To play this game you need a 2.5 metre-long table, a hand-wrapped “panforte”, good skills and a bit of luck.

In turn each participant throws the “panforte” towards the edge of the table. The one who manages to throw the “panforte” nearer the edge, gets a point. The best point is called “capanna” (hut) and is obtained when the “panforte” stays in balance on the edge. If the “panforte” falls from the table, no point is given. The first team that gets 6 points, wins the match. The competition is won by the team that first wins two matches.

This game is usually played during the last week of the year in Pienza, a small town in Tuscany.

It sounds easy... Why don't we try?



## OFFICIAL RULES

The Regulations are signed by the captains of the teams and rule the “panforte” game.



1. There are 6 players in each team. One of them is a reserve and can replace one of the players in every moment of the match, but each team is only allowed a replacement during the match.

2. A team can play even though it has fewer than 5 players, but each of them can throw the “panforte” only once.

3. The table, provided by the organizing society, is 2.5 meters long.



4. During the match, each player can throw the “panforte” only once and the players cannot change the order of launch.

5. The team that first gets 6 points, wins the match.

6. The first team that wins 2 matches, also wins the competition and eliminates the others.

7. The player who throws the “panforte” has to stand at a distance not less than 2.5 meters from the table. The Committee will mark the distance and the players cannot neither go beyond the line nor tread on it.

The players cannot go beyond the line before the “panforte” has stopped. The launch will be effected from a standing point without running.

Measurement is carried out in a longitudinal direction. In case of violation of the above rules, the launch will be considered void.



8. If there is a draw between the two best launches of the round, the two players will throw the “panforte” again respecting the order of launch.

9. The teams cannot change the list of the players for the whole competition. Any exception has to be subjected to the unappealable decision of the organizing Committee.

10. The referees are two, one with the function of point collector and the other with that of measurement.

11. Any complaints have to be subjected to the referees and their decision can be appealed to the Committee within thirty minutes after the end of the competition.





# Potato-sack racing

**Mailand videregående skole  
Lørenskog, Norway**





# Potato-sack racing

Potato-sack racing is a traditional Norwegian game that is mostly played by children.

The game is played during our national day, the 17<sup>th</sup> of May. This is when all the children come together and meet each other. This day is about the children, and therefore there are many different games for them. Potato-sack racing is the biggest and most popular game.



The game is very simple, you draw up a place for the race to start and a place for the race to end.

The children get into a potato-sack and start racing and race while having the potato-sack wrapped around their lower body. The first one to cross the finish-line is the winner.

There is one tricky bit though, It is not easy to jump while in the sack, but this just makes it more challenging and fun for the children.





# **BITLLES CATALANES**

**IES JOSEP LLADONOSA**  
**Lleida, Spain**





# **BITLLES CATALANES**



## **HOW TO PLAY**

- We need a game of six bitlles (pins) and three bitllots.
- The goal of the game is to knock down five of the six bitlles by throwing the bitllot. There are three opportunities to knock down the five pins on each round.
- There are nine rolls per player, divided into three rolls for each round.

## **PLACE OF GAME**

- The field must be flat and preferably of compacted earth.
- The dimensions of the field :

Length: 1650 cm

Width: minimum 175 cm/ max. 200 cm

- Distance of bowling

The distances are:

Men: 11,5 m Women: 9,5 m

Children : 6,5 m

# BITLLA !

## •Score

1 pin down	1 point
2 pins down	2 points
3 pins down	3 points
4 pins down	4 points
6 pins down	6 points
5 PINS DOWN	10 POINTS









# Palant

**VIII Liceum Ogólnokształcące  
w Zespole Szkół Medycznych  
i Ogólnokształcących im.  
H. Chrzanowskiej,  
Bielsko-Biala, Poland**







# Palant

**Palant** - team game played for points involving hitting a small ball with a special stick (bat) also called a "palant".

**History** - The traditions of this game date back to folk games of the medieval times. The game was introduced in Poland during the times of Zygmunt the third Waza. A game with similar rules was played in different regions of Germany and there is a possibility that it was brought by Polish and German immigrants to America where with the combination of an old Indian game called "chattaway" gave rise to baseball. The game developed in folk and school forms. During the XIX century it continued to maintain its popularity. In the 80s of the XX century palant began to lose its meaning. Currently it is a rarely played game.

**Number of players** - there are two teams with 10-15 players each

**Time of the game** - 2x20 min with a 5 minute break, you can also play until one team reaches a certain number of gained points.

**Place**- the field for playing "palant" is rectangular section with dimensions of 25 x 50 m

**Equipment** – a bat known as "palant" (about 70cm in length, 4.5cm wide on one side and 3cm on the other), a hard ball weighing min 80g and diameter of 20-22cm filled with pile and covered with leather (nowadays a very good solution is to use a tennis ball).



## Rules

Before the game starts, the teams choose the order and decide whether they will be timed or play for points. Points can only be received by the attacking( batting) team, the goal of the defense team is to switch places with the other team as fast as possible.

**Batting team:** The first player takes position in the semicircle and throws the ball as far as possible into the defense field. The throw is disqualified if the player misses the ball, the ball in the air won't pass the line of the defense field or it will pass the sidelines of the field. Each player may only attempt three strikes. If all the three strikes are unsuccessful, the player goes to the first base and waits for the next batter to attempt the strikes.

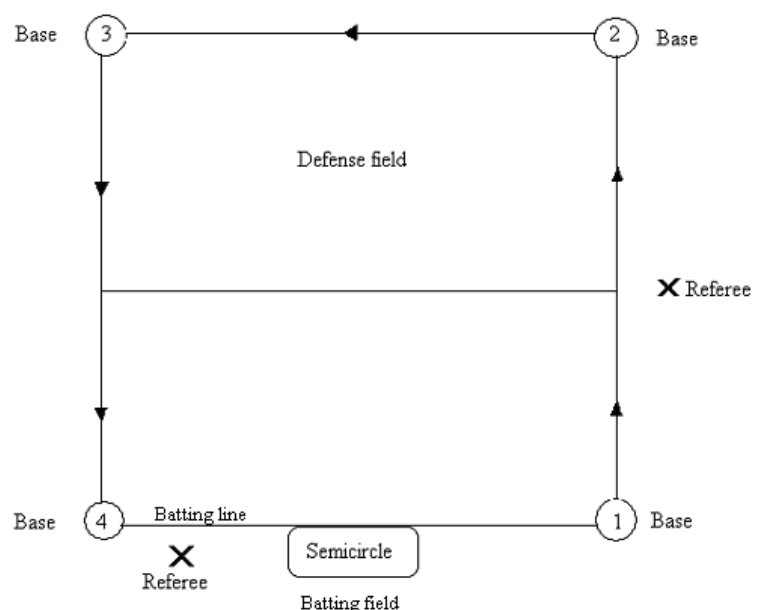
If a strike is correct, they both run to the next bases. If the first player hits the ball correctly, he drops the bat in the semicircle and runs to the next bases. If he manages



to reach all 4 bases, he scores one point for his team. After scoring the point, the player goes to the first base, waits for another batter to hit the ball and if the strike

is good, he runs to the next bases to score another point. The teams change places when all the players from the batting team have attempted their strikes.

**Defensive team:** the job of this team is to catch the ball and throw it past the strike zone. If one of the players of the batting team is in between bases while the ball is passing the strike zone he must return to the previous base. The defensive team may score 5 points if the player catches the ball with one hand directly from the air.



The game is won by the team that have scored more points.

# Swedish traditional sports

**Polhemskolan  
Lund, Sweden**

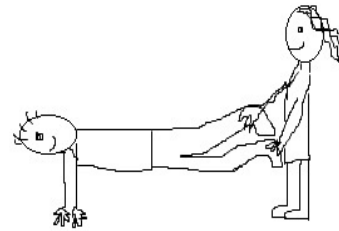




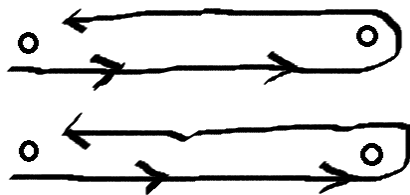
## Swedish traditional sports

### Skottkärran (The Wheel Barrel)

This is a typical Swedish relay. It's easy to play and you will have a lot of fun. You don't need any equipment. All you need is a couple of friends and soft bedding. Preferably not gravel because that will hurt your hands. Split the participants into two teams. The teams are to stand in two lines. The two first participants in each team start by making a wheel barrel with their bodies. One of the participants takes hold of the other participant's legs with his/her hands. Then they go as fast as they can together and double a cone. The first team where all of the members have raced, wins.



### Enig Kungastol. (Unanimous King's chair)

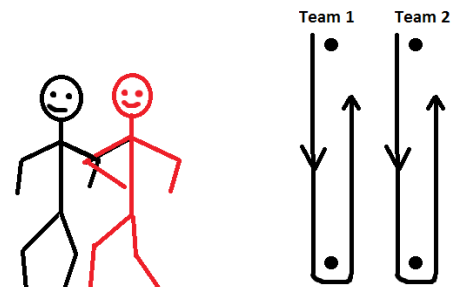


First you set up a course. You need a starting place and something that you can run around. It can be a cone, or a sweater, or anything. You split your group up into two teams. Both teams choose one person who they're going to carry, preferably the lightest one so it's easy to carry that person. Then both teams pick

that person up and they race to see which team is faster. They run straight forward and then around a cone back to the starting place. The team that comes first wins. This is an enjoyable and easy relay that you can do anywhere because you don't need any equipment. And of course you can be more than two teams if you have a lot of participants, and the number of people on each team can be varied.

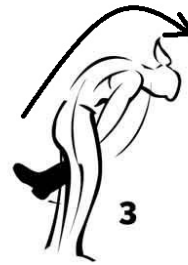
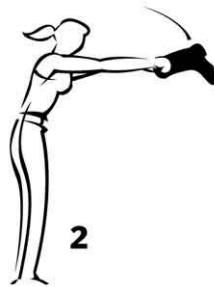
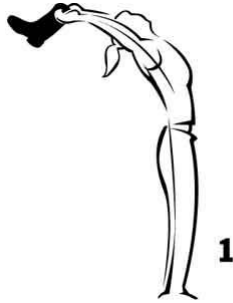
### Armkrok (Arm in Arm)

This is a simple but very enjoyable relay. All you need is some cones and teams with at least two people in each. Prepare equal courses for each team and split the team members in couples two by two. The people in the couple take each other's arms and run as fast as they can to the cone and back. And then it is the next couples turn and so on until all members in the team have run one time each. If one couple let go of each other, they have to start all over again. The team who first comes back wins! Have fun!



## **Stövelkastning (Boot throwing)**

This is a traditional game in Sweden. You split all of the participants into teams and mark a line where you will stand and throw the boot. One person from each team goes to the line and throws as far as he/she can. But there is one tricky part. You have to throw the boot between your legs and over your back. See the pictures below. The person who throws the furthest wins and gets one point to his/hers team. The team with most points wins. Enjoy!



# OIL WRESTLING

**Davut Fıncioğlu Anadolu Lisesi**  
**Bartın, Turkey**







# OIL WRESTLING

Oil wrestling is one of the most popular traditional sports in Turkey. Historical "Kirkpinar Oil

Wrestling" is the oldest wrestling festival in the world which has been continuing since the first contests in 1357 in Rumelia. Although it looks similar to the wrestling, of course it is more difficult and interesting to wrestle and watch. A man who wrestles in Turkey is called as 'Pehlivan'.

The most important thing which differentiates the oil wrestling from others is that the wrestlers wrestle by getting greased. In oil wrestling, one needs to make more effort to hold and grab the opponent. Thus, the main element is not brute force. Oil wrestling can be described as strength, ambition, determination, tradition and respect to the opponent.

Oil wrestling is performed on grass in open air.

The wrestlers wear tight short leather trousers called "Kispet", made of water buffalo leather weighing approximately 13 kilograms, a kispet is sturdy leather trunks from the waist to below the knees. He also wraps coarse cloths around his knees in order to block the opening of the cuffs against his opponent's probing fingers.



In Olympic wrestling, holding from the wrestling suit is regarded as a foul. In oil wrestling, most games are made on the kispet. The wrestlers try to put their hands go through the kispet of their opponents as much as possible. The pehlivan that can achieve putting his hand through his opponent's kispet, can control him this way and hold from the lower end of his pant.

Before matches begin the **pehlivans** ( wrestlers ) oil their bodies with a mixture of olive oil and water. They get well oiled up so as their opponents can't get a firm grip. Oil wrestling is accompanied by a large fair featuring music and celebrations.



All wrestlers in a given division line up along one side of the field and are introduced by the **Cazgir** (announcer or master-of-ceremonies). He summons them as the pairs of opponents join hands. The pipe-and-drum band begins playing and each wrestler starts his **peşrev**, acting the warming up movements. Then they do the traditional gesture of greeting that involves knocking their right hand on the ground and touching it with their breast and forehead. After the last greeting they shake hands and begin the wrestling, each pair with its assigned referee.





The categories are divided into groups called "boy". In this arrangement size, age and background of the wrestlers are the deciding factor to pair.

There are thirteen categories, each with a 1st, 2nd and 3rd place winner:

- (1) Baş Pehlivan (chief wrestler); wrestling time 30 min.-score system 15 min.
- (2) Başaltı (under chief); wrestling time 25 min.-score system 10 min.
- (3) Büyük Orta (big medium); wrestling time 25 min.-score system 10 min.
- (4) K. Orta Büyük Boy (small medium big size); wrestling time 20 min.-score system 5 min.
- (5) K. Orta Küçük Boy (small medium small size); wrestling time 20 min.-score system 5 min.
- (6) Deste Büyük Boy (supporting big size); wrestling time 20 min.-score system 5 min.
- (7) Deste O. Boy supporting medium size); wrestling time 20 min.-score system 5 min.
- (8) Deste Küçük Boy (supporting small size); wrestling time 20 min.-score system 5 min.
- (9) Toz Koparan ("kickers up of the dust"); wrestling time 15 min.-score system 5 min.
- (10) Tesvik ("encourager"); wrestling time 15 min.-score system 5 min.
- (11) Minik-2 ("small and sweet 2"); wrestling time 10 min.-score system 3 min.
- (12) Minik-1 ("small and sweet 1"); wrestling time 10 min.-score system 3 min.
- (13) En İyi Peşrev (best beginner).

If there is no winner after determined time, it is turned into score system and the first wrestler to take his opponent down and gain the advantage position is declared the winner.

**Here are the winning or losing situations in Traditional Oil Wrestling:**

a) In sitting position, when the legs are open, dropping the elbows in 90 angle by shoring back with two hands (basic pin),



- b) In sitting position first shoring with a hand and turning its own axis and shoring his second hand from the reverse,
- c) Two elbows touching the ground,

**d)** In standing or laying positions while wrestling, touching his back to ground,



**e)** When an elbow touches the ground, shoring the other hand on the ground,

**f)** His wrestler's tights being torn or one of its pieces being torn apart, it is counted as losing,

**g)** If a wrestler is able to lift his opponent entirely off the ground and carry him 3 paces in any direction or circling around his axis once that is a "carrying" pin.

There is an election system in greased wrestling. The defeated wrestler cannot wrestle again. The winner goes on the contests.



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#### **The schools**

1. **1<sup>st</sup> General Lyceum of Kalamaria, Thessaloniki, Greece**
2. **VIII Liceum Ogólnokształcące w Zespole Szkół Medycznych i Ogólnokształcących im. H. Chrzanowskiej, Bielsko-Biala, Poland**
3. **Mailand videregaende skole, Lørenskog, Norway**
4. **Polhemskolan, Lund, Sweden**
5. **IES JOSEP LLADONOSA, Lleida, Spain**
6. **Istituto Professionale di Stato per i Servizi Commerciali e Turistici “Sasseti – Peruzzi”, Florence, Italy**
7. **Davut Fıncioğlu Anadolu Lisesi, Bartın, Turkey**

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## **April 2011**