



**ERASMUS + PROJECT
“PLAY TO LEARN, LEARN TO PLAY”
2018-1-LT01-KA229-047004**



STREET AND BACKYARD GAMES: CHANGES THROUGH THE LAST DECADES



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STREET AND BACKYARD GAMES

Street or Backyard (Outdoor) games means the games which are played in the open air. A part of them can be played inside as well but requires a quite large play area.

Playing Outdoor game presumes to perform a wide range of movements, such as running, jumping, throwing a ball, etc., while following a set of predefined rules. It often includes some kind of spoken verse what defines the game's story and help the children become more engaged within the game.

The main equipment and materials you need to play the Outdoor game are a ball, a skipping (jump) rope, elastics, chalk, etc. A part of those games can be played using the materials found in the nearest environment.

Different outdoor games requires **a various number of players**. There are two main groups of the games:

- Team games
- Games where each player plays as individual being responsible for himself.

Outdoor Games play an important role in the overall development of mind and body of a child, a teenager, and even an adult.

The benefits of playing outdoor games are:

1. Physical fitness: Outdoor games played in the open air exercise all the limbs of the body and make us physically fit.
2. Pleasure: Every one taking part in a outdoor game tries his best to show his skill. These games benefit our health and give us pleasure.
3. Learn to obey rules: All the players are to obey the rules of the outdoor games and sports that they play. If any player plays foul game, the referee at once pulls him up. In this way, they learn to play clean game according to rules.
4. Discipline and team spirit: Again, several players have to combine together as a team. They have to play under the leadership of a captain. They learn discipline and develop team spirit.
5. Virtues: These games call forth several manly virtues, such as courage, endurance, patience, and presence of mind.
6. Learn to organize things: Every player has to sacrifice his personal gains and passions. The captain gives proper direction to his team without fear and bias. Thus, the players learn discipline and organization. The captains ripen into leaders of men in society in course of time.
7. Learns to accept defeat with grace: When an outdoor game is fought and lost, the defeated party accepts the result in good grace. The victors do not cast a fling at the players who have lost the game. Thus, a sporting spirit develops and the players learn how to be generous and fair to others.

STREET AND BACKYARD GAMES

“Children played outdoors all the time, town children in the street if they lived in tenement buildings. Pavements were marked with chalk for hopscotch, playgrounds were divided into boys’ and girls’ areas, the girls throwing balls against the wall (two at a time if you were good at it) or turning skipping ropes. In the boys’ playground there Always seemed to be more running about than anything else. Nobody sat in front of the television or updated their Facebook status in this digital-free childhood.” (Forsyth,2015)

Popular Outdoor games as well as other games reflect culture and customs of the particular society.

The games the children are engaged in carry information what childhood is and how it is perceived in different times and contexts as well as give possibility to understand the important cultural, technological and contextual changes in society.

It is also important to know the extent of outdoor play from a health perspective, as it often involves more physical exercise than indoor play. Considering the increase in urbanization across the world, it is important to consider how children move about and use public spaces and to identify the factors that influence their engagement with these spaces. In addition, knowledge on children's participation in out-of-home activities helps in our understanding of social interaction and networks, and of integration and social inequality.

A few decades ago children and teenagers were actively engaged in unstructured outdoor play and socializing with peers. Nowadays, compared to any past generations, there is a significant change how they use their free time. In the world filled with many different mentally and visually stimulating technologies, children appear to be pulled away from the woods, creeks, streets, backyards, and friends. Instead, they are now drawn into their homes to their computers, tablets, and smartphones.

According to Archambault (2019), due to changes in ideologies, family structures, institutions, and technology over the past five decades, there has been a change in play culture to include more structured indoor play and less unstructured outdoor play; and that these changes in play culture have a causal relationship with the increase in stress/anxiety, obesity or lack of activity, and social isolation or lack of meaningful relationships.

STREET AND BACKYARD GAMES

Within the framework of this Project any scientific research has not been conducted. We tried to identify the common changes what kind of the games children play over the decades. For that purpose a short survey was designed carried out among the partners schools. The teachers, parents and students were asked to share their memories about the childhood by completing such questions as:

1. Your favourite toy
2. Your favourite game. Describe how to play it.
3. Your favourite Outdoor game. Describe how to play it.
4. How often did you play outside?

According to the collected data the following conclusions can be made:

1. The nature of children's play has changed during the last four to five decades in all the countries despite many of Outdoor games get passed down the generations from year to year.
2. During the last decade there is an increase of playing of computer games among the children. Computer games are more attractive and engaging for children than other kinds and forms of the games. All the children who completed the survey play games online. 94% of them play online every day.
3. During the last decade there is a decrease of playing outside among the children. Children especially the older ones spend less time outside playing with their friends comparing with their parents in their childhood. The parents indicated that they played outside almost every day.
4. Even spending time outdoors children and teenagers remain less active than their peers a few decades ago choosing activities physical engagement.
5. The most popular outdoor games remain common for all countries and generations. Despite different names and slight modifications in the rules a few main games are revealed: Skipping, Hopscotch, Hide and Seek, and Swinging.

STREET AND BACKYARD GAMES

Skipping

Skipping/jump rope has stood the test of time, and is still popular today. It is a collaborative activity involving children jumping over a rope swung under their feet and over their heads.

Hopscotch

Hopscotch is a children's game that can be played individually or as part of a group. It is a popular playground game in which children toss a small object into a pattern of rectangles outlined on the ground and then hop or jump through the spaces to retrieve the object.

The game often maintains children's interest through additions of rhymes as they hop, or by concentrating their hand-eye coordination on aiming the object at a particular number.

Hide and Seek: There are a lot of versions of this game.

It, or Tag

A game that could involve large groups of children and last for hours! One child is picked to be 'It' and runs after the other children trying to catch and tag them. The tagged person would then become It and the chasing game continued.

Stuck In The Mud

An intriguing game combining aspects of individual player responsibility and a cooperative group member identity. This is a version of tag in which the person that has been 'tagged' has to stand still (seen as being stuck in the mud) until they could be 'freed' by another player crawling under their legs.

Red Rover

This is an adrenaline-charged game in which responsibility shifts from individual to team very quickly. Players are divided into two lines facing each other, holding hands and spread out, with enough distance for a running start between the lines. The first team beckons a person on the second team by calling, "Red Rover, Red Rover, send ___ right over!"

The named child must run at full force towards one of the gaps in the opposing line, trying to break through a pair of clasped hands. If the player gets through, they return to the original line. If they fail, they must join the line they couldn't break. The other team now calls for someone to run right over and do the same. The game continues until one team has absorbed all the players.

Seesaw/swinging

"...You put your hands somewhere on the chain that feels comfortable. There's two motions to swing forward motion and then the backward motion. The forward motion you pull back and put your legs.



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Semaforul (The traffic lights)

Skills:

Coordination
Leadership
Attention
Decision making

Number of the players: at least 3 players

Materials: no materials needed

Rules of the game:

1. One of the players is „the traffic lights”. The other players align to the start line.
2. „The traffic lights” located at a considerable distance from the others, turns his back on the players.
3. When he yells „green” all the players walk or run towards him until he yells „red”.
4. At this moment all the players stop. If „the traffic lights” sees someone move, that one is out of the game or has to start over from the starting line.
5. The game can be complicated by setting up two players as traffic lights.



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Sticluța cu otravă (The poison bottle)

Skills:

Speed
Leadership
Attention
Sense of space

Number of the players: at least 3 players

Materials: no materials needed

Rules of the game:

1. The game starts by choosing a leader. This one will keep his hands outstretched and his fingers outspread..
2. The other players hold on to the leader`s fingers. The leader will start to say the magical formula: „The bottle, the bottle with” and he says what he wants to be in the bottle: water, vinegar, perfume, rice, sand, oil etc.
3. In the moment he says „The bottle, the bottle with.....poison”, all the players whom are holding on to his fingers have to run and avoid being caught.
4. If one of the players is caught or touched by the leader, he or she is considered frozen. But he/she can be defrosted if touched by another player.
5. The game ends when the leader manages to freeze all the players.





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Omul negru (The black man)

Skills:

Speed
Leadership
Attention
Sense of space

Number of the players: at least 3 players

Materials: no materials needed

Rules of the game:

1. One of the players will be designated as the Black Man. He/She will choose a help among the players.
2. The Black Man together with his Help will choose a secret number which the other players doesn't know.
3. Next, all the players are holding hands in circle singing:

„Hour 1 had come, the Black Man didn't arrive.
Hour 2 had come, the Black Man didn't arrive.
.....”
4. When they will pronounce the number The Black Man chose, his Help will yell:
„The Black Man arrived”.
5. At this moment all the players will start running, and the Black Man will try to catch them. The first one he catches becomes the Black Man and the game starts over again.





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Leapşa (Chase tag)

Skills: Leadership
Speed
Attention
Agility

Number of the players: at least 4 players

Materials: no materials needed

Rules of the game:

1. One of the players must run to the others.
2. When he manages to reach another player the latter becomes the one who has to run after the players in an attempt to touch one of them.
3. It can be played in a group as small or large as children, no equipment is needed.
4. It consumes the energy of the child very well.
5. Leapşa is a very fun and simple game.





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Mămăligă cu mălai (Polenta with corn)

Skills:

Coordination
Team work
Attention
Sense of space

Number of the players: at least 3 players

Materials: no materials needed

Rules of the game:

1. One player will spin every participant to the game saying the next lyrics: „Mamaliga cu malai, cum te pun asa sa stai! (Polenta with corn, freeze in the position I put you)”.
2. All the players has to freeze into that position.
3. While they stay still, the special player will visit them one by one trying to make the move, laugh.
4. He/she can tickle them or make faces to them in order to make them move.
5. If they move or laugh they are out of the game.
6. The winner is the one who remains still until the end of the game.





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HOPSCOTCH

Skills:

Coordination
Decision making
Coding

Number of the players: unlimited number. This game can be played alone as well.

Materials: a piece of chalk (to draw a pattern), a small object (e.g. a small stone).

Rules of the game:

1. The court for the game (a pattern of rectangles) is drawn on the ground (e.g. with chalk on the pavement).
2. Traditionally the court ends with a "safe" or "home" base in which the player may turn before completing the reverse trip.
3. A player toss a small object (usually a small stone) into a pattern of the numbered rectangles starting from the rectangle No.1.
4. Than a player hops or jumps through the spaces to and back to retrieve the object. Single squares must be hopped on one foot.
5. Next time a player starts form the rectangle No. 2. 6. A player continues jumping in such way untill he makes a mistake (a player steps on a line, misses a square, or loses balance). Than it is a turn for another player.
7. The first player to complete one course for every numbered square on the court wins the game.





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CATCH THE BALL

Skills:

Leadership
Attention
Coordination
Sense of space
Decision making

Number of the players: at least 3 players

Materials: a ball

Rules of the game:

1. The players stand in a circle.
2. The leader stands in the middle of the circle. He has a ball.
3. The leader throws a ball up saying the name of a player who must catch the ball.
4. After throwing the ball the leader and the players run as far as they can until the named player catches the ball.
5. When the player catches the ball he shouts “Stop” and all the players must stop immediately..
6. The player with the ball chooses one player by saying his name.
7. The player with the ball says how many steps he needs to make towards the chosen friend.
8. The player makes as many steps as he said and throws the ball trying to hit the chosen player.
9. If his attempt is successful the hit player takes the ball and stands in the middle of the circle.
10. If his attempt isn't successful he himself takes the ball and stands in the middle of the circle.



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BLIND MARCH

Skills:

Attention
Coordination
Sense of space
Decision making

Number of the players: at least 2 players

Materials: no materials needed

Rules of the game:

1. A long straight line is drawn on the ground.
2. The players stand in a line in a distance of 30 - 50 steps from the drawn line.
3. All players must close their eyes
4. After the signal they have to go towards the line.
5. When a player thinks he has reached the line he stops.
6. When all the players stand in the chosen places the leader gives a signal and the players open their eyes.
7. The winner is that player who is closest to the line.





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ELASTICS OR FRENCH SKIPPING

Skills:

Attention
Coordination
Sense of space

Number of the players: 3 players

Materials: Elastic rope (ruber band rope) – 4 - 5 metres in length (the ends are tied together making a loop)

Rules of the game:

1. Two players stand in a loop streching the elastic rope.
2. The third player makes hops and jumps inside and outside the loop according the particular patterns.
3. There are a few main levels of the game depending on the height of the elastic rope:
 ances level, knees level, thighs level, waist level.
Each player must pass all the levels from the lowest to the highest one jumping the particular pattern.
4. If the player fails in his jumping he stands inside the loop giving turn to jump to another player. When it is his turn to jump again he starts with the level he failed before.
5. There are a lot of various jumping patterns. The children can design their own patterns as well.

For example:

jump up and land with your left foot outside the elastic loop and right foot inside;
jump up ad land with both feet together inside the elastic loop;
jump up and land with your left foot inside the elastic loop and right foot
outside;
jump up and land with both feet outside the elastic loop.





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HOT POTATO

Skills:

Leadership
Attention
Coordination
Sense of space
Decision making
Teamwork

Number of the players: at least 3 players

Materials: a ball

Rules of the game:

1. The players stand in a circle.
2. They throw the ball forth and back among themselves.
3. The player who doesn't catch the ball has to sit down in the middle of the circle.
4. Sitting there he tries to catch the ball. If he succeeds he gets back to the circle.





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JUMPING FROG

Skills:

Attention
Coordination
Sense of space
Decision making

Number of the players: at least 2 players

Materials: a ball and a wall.

Rules of the game:

1. The players stand in a line one after the other in front of the wall. The distance between the first player and the wall has to be around 2 - 3 metres.
2. The first player has a ball and throws it to the wall. He has to jump the bounced ball until it touches the ground.
3. If his attempt is successful he stands at the end of the line. The second player catches the ball and continues the game.
4. If the attempt isn't successful he drops out of the game. The second player catches the ball and continues the game.



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Uzun Esek: Long Donkey

Skills: Keeping Strong Balance
Swiftness
Attention

Number of the players: 6 players (for each team)

Materials: a strong place to be held by hands, and more children

Rules of the game:

In American culture, Leap Frog has the most similarities to Long Donkey in Turkish culture.. But, instead of jumping over the other players as in Leap Frog, Long Donkey players jump on top of the other players' backs.

Long Donkey involves two teams. Both teams form lines in which each person leans over and holds onto the person in front of them, forming one long line of backs facing upward.

People from the other team jump on top of this line, attempting to knock it over.

The team that remains standing with the largest number of people from the other team on top of it wins the game of Long Donkey.





Outdoor/street games



Five Stone Game –Beş Taş

Skills:

Hand Swiftness
Attention
Determination

Number of the players:

2 or more players

Materials:

5 round stones

Rules of the game:

1. Stones are left free on the table . Player selects appropriate stone. Player throws chosen stone into the air and catches one stone from table then catches chosen stone. Process continues until the end of the last stones. If you can not get the stone thrown into the air or one of the stone touches another stone, player will try again after the other players played.
2. Stones are left free on the table. Player selects appropriate stone. Player throws chosen stone into the air and catches two stones from table then catches chosen stone.
3. Stones are left free on the table. Player selects appropriate stone. Player throws chosen stone into the air and catches one Stone from table then catches chosen stone. Player selects appropriate stones. Player throws chosen stone into the air and catches three Stones from table then catches chosen stone.
4. Stones are left free on the table . Player selects appropriate stone. Player throws chosen stone into the air and catches four Stones from table then catches chosen stone.
5. Stones are left free on the table. Player does bridge with fingers. Player selects appropriate stone. The other player chooses one Stone which will be played at the end.
6. Player throws chosen stone into the air and throw one Stone into the hands bridge then catches chosen stone. Player have two chance to do this. Process continues like this for every stone. If you can not get the stone thrown into the air or one of the stone touches another stone, player will try again after the other players played.
7. Finally, All of the stones in the palm of player's hand, throw up and catches Stones with palm reverse. Player wins the game who catches more Stones then other players.



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STOP THE GAME(İSTOP)

Skills:

Team work
Attention
Swiftness
Coordination

Number of the players: 2 groups(in a group minimum 2 players or more)

Materials: a ball

Rules of the game:

1. Players are arranged in the shape of a circle.
2. Firstly, it will have the ball. It tells someone's name (who is playing the game) and at the same time it throws up the ball.
3. The one whose name is called by the it, will be the new it and will try to catch the ball.
4. If it caught the ball on the air, it will say a new name.
5. If it can not catch the ball on the air, it will hold the ball and at the same time it will say 'stop'. And all players will stop where they are.
6. It will hit the player whoever s/he wants.
7. If s/he hits someone, the hit one will lose one point and will be the new it then s/he will continue by calling a new name.
8. If it can't hit anyone, the it will lose one point.
9. The one who lose most point will do something that the other players want. (e.g. singing a song, jumping like a rabbit)



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DODGE BALL YAKAN TOP

Skills:

Swiftness
Team work
Attention

Number of the players: 2 groups, at least 3 members for each group

Materials: a ball and enough space to move

Rules of the game:

1. The game is played with two groups.
2. Each group will have a goalkeeper.(s/he stays at the opposite side of his/her team).
3. The goalkeeper hits the other team players.
4. If the goalkeeper hits somebody, s/he will go by the side of their goalkeeper.
Or one of the players can catch the ball and they can hit the other players.
5. If the goalkeeper throws the ball on the ground then the ball hits somebody s/he will continue to play.
6. If the goalkeeper hits somebody first and another player catch the ball (the ball won't touch to the ground). Two players will continue to play.



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Seven is crushed

This is a very fun game that is played in a large group outdoors or in the gym. It combines the basics of two games: «captive ball» and «volleyball»

Skills:

Respect and collaboration.
Physical abilities.
Concentration

Number of the players: to play you must be a minimum of four players up to a maximum of twenty elements.

Materials: a ball

Rules of the game:

1. Participants gather in a fairly large circle. The first player must pass the ball to a player of his choice by saying the number "one".
2. The subsequent steps must not be numbered out loud (under penalty of exclusion from the game).
3. Who makes the seventh touch has the opportunity to crush the ball trying to hit one of the other players who will have to avoid the hit.
4. If the player is hit he will be immediately eliminated from the game, if he manages to avoid or the ball hits the ground before hitting him, he will be saved.
5. The last three players left in the circle win the game.





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The ball and the wall

This is an old game invented in the 60's in Italy and it is a game for girls.

Skills:

Memory – since the nursery rhyme must be learned;
Concentration – as all passages should be remembered and performed.

Number of the players: 2 teams of 4 /5 players

Materials: a ball and a wall

Rules of the game:

1. Each player must throw the ball against the wall, by performing the actions listed to the nursery rhyme, recited with regular and constant rhythm.

2. Whoever misses the sequence or misses the ball, must stop and give the ball to the next player.

REMEMBER: THE BALL MUSTN'T TOUCH THE FLOOR!

3. Once the sequence is completed without making any mistakes, the player can play again but has to repeat all the listed movements with one hand or one foot. In this way, the game becomes more difficult (almost impossible!)

4. The nursery rhyme says (Italian Language)

Ove, non mi muovo, con un piede , con una mano, batto le mani, indietro e in avanti, tocco terra, poi ci ritocco , giro , mulino, croce , morte.



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Geese, geese go home

Skills: attention, physical fitness, correct posture, vocabulary enrichment, motor coordination

Number of the players: a group of children (10-15)

Materials: no materials

Rules of the game:

1. Children choose two kids to play the wolves. The rest of the children will be the goosebumps.
2. The players choose a moderator who will conduct the dialogue:

Moderator: goose, goose home.

Chorus: we're scared.

Moderator: what?

Chorus: the Evil Wolf.

Moderator: and where is he?

Chorus: beyond the mountains, beyond the woods.

Moderator: it's a goose chase, a goose home.

3. After these words, the children run towards the Moderator, and the wolf's task is to catch as many children as possible. The captured children drop out of the game and the game can be repeated with the dialogue as it was shown until all the children are captured.



Outdoor/street game



Dodgeball

Skills: stamina, coordination, endurance, speed, agility, balance

Number of the players: 12-15

Materials: a ball

Rules of the game:

1. The game commences with the opening rush. All the dodgeballs are lined up in the centre of the court, with both teams rushing from their base line to the balls. Players have to simultaneously grab and throw a dodgeball or roll it back to a team-mate.
2. While there is no real point scoring in dodgeball, the aim of the game is to eliminate players of the opposing team, which can be done in a number of ways. The most obvious way is hitting an opponent with a ball, if a player is hit and the ball is not caught before becoming dead, that player is eliminated. However, if a player throws a ball that is caught by an opponent, the throwing player is eliminated from the game.
3. The game is over when all of the players on one team are eliminated, resulting in the other team winning the game. If both teams still have members at the end of an allotted amount of time, the winning team will be the one with most players. If this still results in deadlock, overtime can be played.



Outdoor/street games



Calling out

Skills: attention, physical fitness, building relationship, motor coordination

Number of the players: 10-12

Materials: a ball

Rules of the game:

1. The chosen player stands in the circle, the rest of the players outside it.
2. A player in the middle of the circle takes a ball and in the words „I’m calling out...“he tosses the ball high up in the air and pronounces the name or the nickname of one of the players. After tossing the ball, everyone starts running in any directions except the person that is called.
3. A person who hears her/his name has to turn around and catch the ball that is thrown by the caller. She or he says ‚stop‘ and the running away players must stop. Then, he has a task to hit the selected person, that is standing sideways, with the ball. The player who catches the ball takes three steps towards the chosen one. He throws the ball in his/her direction and if he hits, he has one point on his account. If he misses, the point goes to the person that was aiming.
4. The number of rebounds determines the number of points scored and the number of dropped out of the game.
5. It’s usually played up to three beats. A player who has three beats ends the game and goes off the pitch.

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