



# GOOD IN HEALTH GOOD IN MIND

SPORT ACTIVITIES



**CZECH REPUBLIC**  
**ITALY**  
**ROMANIA**  
**SPAIN**  
**TURKEY**



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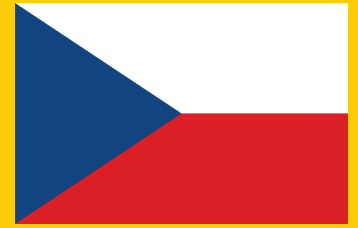


# GOOD IN HEALTH GOOD IN MIND

By enabling young people from different countries of Europe to come together, we provided them with opportunities to change their unhealthy behavior and to understand the importance of physical activities and to promote healthy eating and to promote healthy living to improve their quality of life.

Young people were motivated to attract young people's attention to obesity and unhealthy nutrition problems, to increase the level of knowledge of young people and to make adequate and balanced nutrition and exercise a part of our lives.

Various activities were carried out in order to emphasize that healthy life is the result of good nutrition and physical exercises and to obtain healthy and conscious eating habits and to encourage sports. Intercultural dialogue and intercultural competences were supported by young people who came across the same problem in different countries.



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## LINE

**Equipment:** One coin for every player  
Chalk / 2 lines on the ground

**Rules:** The players standing in front of the first line throw coins towards the other line. The target is to throw the coin as close as possible but not behind it. The closest player wins everything.



## NURSERY SCHOOL WITH A ROPE

**Equipment:**

Jumping-rope

**Rules**

You have to jump - 10 times skip through  
9 times alternately right and left leg  
8 times skip right leg  
7 times on the left leg  
6 times cross-legged skip through  
5 times skip through with the rope spinning back  
4 times the right foot backwards  
3 times the left foot backwards  
2 times alternately right and left backwards  
1 times the egg tentatively, the hands are crossed in front of the body





## TABLE TENNIS PLAYING AROUND

This game is a short version of table tennis and at least 3 players have to play. You need a table, table tennis rockets and a ball.

- When you serve the ball, you have to run to the other side of the table and wait to play again.
- If you fail, you are out of the game, and the others continue.
- When only 2 players left to play, they play 1 match with normal rules of table tennis.

# TUG OF WAR

**Equipment:** Rope with a marker in the middle, a marker on the ground, strong people.

**Rules:** There are two teams consisted of minimum 5 to maximum 8 players.

The aim of the game is pulling the rope until the other team crosses the line on the ground.

The first person that touches the line with the foot causes the loss of the game.

It is important to create the teams in a balanced way because it will be more interesting and fun.

basically this game is based overall on physical strength.

The origins of this game are by farming culture and maybe it was born in 2500 a.C. and it was used to put into agreement when there was a dispute ,even though we can see that it was not a proper method.

**Energetic need:** 6 kcal/h/kg of your body weight.



## THE CHALLENGE

**EQUIPMENT:**

A ROPE

PEOPLE

The challenge is the best exercise for the heart that increases muscular, cardiac and respiratory resistance.

The challenge is a complete fitness exercise because it involves all the muscles of the body.

It is a perfect exercise of agility.

You work on corporeal awareness to increase fluidity and the synchronization of the movements.

One hour of the challenge burns the same calories equivalent to one hour of jogging, that is 700kcal for one person of 60 kg.

The goal of the game is to be the “last one jumping”.

The jump rope turners start turning the rope at slow to medium pace .

Once the first participant jumps through the rope someone needs to jump through the rope every time it turns.

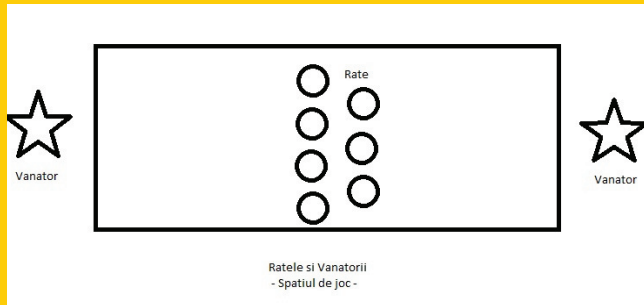
This means as soon as the person in front jumps through the next person on line should be prepared to jump through.



# DUCKS AND HUNTERS

## Equipment: Balls

It is played in 2 teams - players from 10 upwards or as many as the better. It is played with 2-3 light balls. Children are divided into two teams.



A team will distribute the two sides of the pitch while the second team will be in the middle of the field. The goal of the game is to eliminate the team in the middle of the pitch within a certain time frame set before, so the team on the margins will have to eliminate as many possible members as possible from the middle team. When a middle player is touched, he will be eliminated. If a player in the middle manages to catch the ball from the flight, he will have a life that will save him if he gets hit by the attacking ball. When the game expires, there are players from the middle team, remaining in the game, after which the teams will change their roles.

**Win the team that has managed to eliminate as many players as possible from the opposing team.**



## ORIGINAL THREE-LEGGED RACE

### Equipment:

Bandanna, tube sock or other piece of fabric to tie legs together, stopwatch

### Description

Have two partners stand shoulder to shoulder and gently tie their inside legs together. Designate a starting line and a finish line and see how quickly the teams can move from point A to B! If you have large open space, all the teams can run at the same time. In a smaller space, they can run one at a time while keeping track of time with a stopwatch. Make sure the wrap is tied tightly enough to keep them close together, but not so tight to restrict movement or hurt their ankles.

A three-legged race is a great outdoor activity that is just as much fun to watch as it is to participate in. A three-legged race provides a unique combination of physical activity and teamwork.

This activity requires teamwork, communication and problem solving.

## CROSS THE RIVER

- **Organization:** Whole class and one or two players as a crocodile.
- **Equipment:** No equipment required.
- **Description:** The activity will take place in a big space divided by a central line where all the players are placed except one or two that must be placed on the center line (the river). The "crocodile" is allowed to move along the whole line. At the signal, the players will try to cross to the other side of the river without being touched by the player moving on the center line. When a player is touched he will go to the center line to become crocodile. The game ends when all the players are part of the wall.



## POLICE AND THIEVES

**Organization:** Groups of 10 people.

**Equipment:** Two coloured vests.

**Description:** This activity will take place in an open space, as big as possible. Thieves have to run away while the police count up to 50.

Once they finish counting, police have to try to catch the thieves.

Once they are caught, we take him or her to prison (it will be in a central place where we are playing and we delimit it with lines).

Thieves must stay in prison until the game has finished or one of their thieves colleagues save him.

How to save a thief? By touching his or her hand. When all the thieves are caught we change the role so, thieves will be police people and contrary.



## DODGEBALL

**Equipment: Ball**

**Rules, description: Dodgeball is one of the most popular games played in PE it is easy to play. It's different from regular dodgeball but it is more enjoyable than regular dodgeball.**

**Make sure each team is equal.**

**Try to knock other players out by throwing balls at them.**



## CATCHING HANKIE

- **EQUIPMENT:** Hankie
- **RULES, DESCRIPTION:** First of all we need three people to play this game. One of them is referee and the referee stands on the middle and the other one stands on referee's left and the last one stands referee's right. Referee grips hankie and then releases the hankie. The two of these three people want to catch hankie.



Co-funded by the Erasmus+ programme of the European Union  
Spolufinancováno z programu Evropské Unie Erasmus+

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