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EUROPEAN DIMENSION IN
SPORT AND PHYSICAL ACTIVITY
WITH ADOLESCENTS

BOOKLET

FOR SPORTS ACTIVITIES WITH ADOLESCENTS BASED ON EUROPEAN TRADITIONAL SPORTS AND GAMES

PROJECT: "European dimension in sport and
physical activity with adolescents" – EDSPAA
(613355-EPP-1-2019-1-BG-SPO-SSCP)

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This **“Booklet for sports activities with adolescents based on European traditional sports and games”** was created in the framework of the Erasmus Sport project “European Dimension in Sport and Physical Activity with Young People” – #EDSPAA [613355-EPP-1-2019-1-BG-SPO-SSCP] by Association **“Sport Club Comac Sport”**, Sofia/Bulgaria, **Športno Društvo Media Šport** – Ljubljana/Slovenia, **Agrupamento de Escolas de Barcelos** – Braga/Portugal, and **Salas Vidusskola** – Sala/Latvia.

Based on good practices and interesting examples in the 4 project countries, the Booklet aims to promote traditional European sporting activities and initiatives, encouraging adolescents to develop values, key skills and competences through sport. Furthermore, it aims at fostering a healthy lifestyle as well as at stimulating young people to break up stereotypes, gain confidence and self-confidence, improve their social integration, and overcome prejudices by opening up to the different. The paper considers European traditional sports and games (ETSG) part of Europe’s cultural heritage and highlights the importance of popularizing them among adolescents, in order to empower European youth to build a value-based mindset of healthy active living.

The paper is composed of:

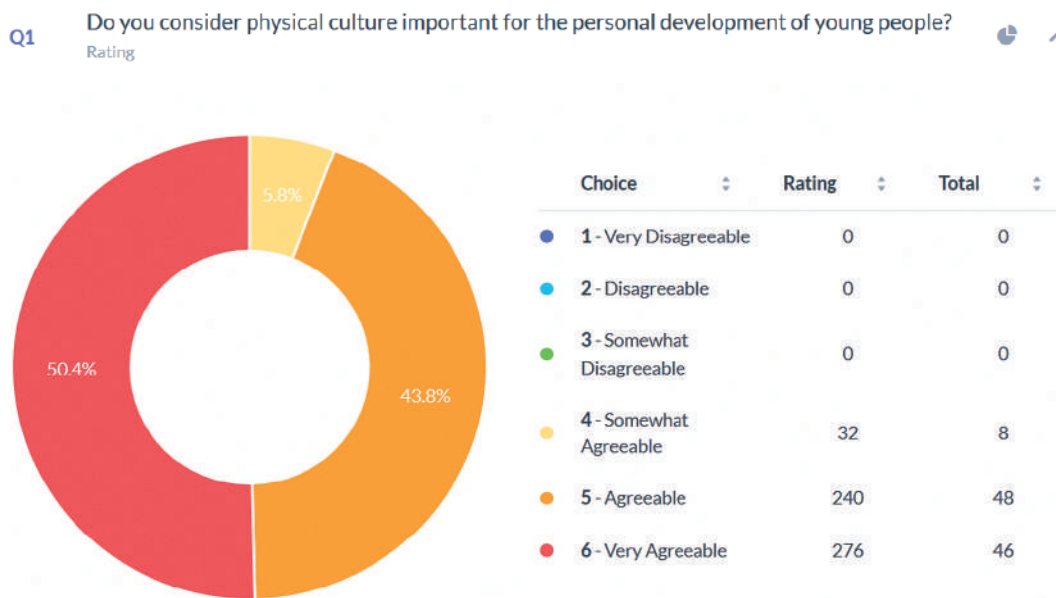
- Inspiring examples of ETSGs in Bulgaria, Slovenia, Latvia and Portugal, taken from the project elaborated **“Handbook for sports activities with adolescents based on European traditional sports and games”** which is an open educational resource and can be found on the project web platform www.edspaa-sport.eu as well as
- The project survey results, assessing the need for additional sports activities, and the opportunities for organizing and implementing ETSG. The survey was conducted online from August to November 2020 among 102 participants from the three categories of respondents from Bulgaria, Slovenia, Latvia and Portugal: *Adolescents; *Physical Education teachers and sport coaches; *Representatives of Sport institutions/ associations/ federations. The main objective of the survey was to serve as basic information for finding and offering new non-formal sports forms, as a means of building physical culture, social inclusion and values in adolescents across the European Union. The study was based on the following 10 questions *Do you consider physical culture important for the personal development of young people?; *Do you consider that young people can gain key skills and competences through Education through sport methods? *Do you consider that the level of interest in sport among young people is increasing? *Do you consider

appropriate the integration of different elements from traditional sports in new sports games and activities? *Do you consider sport as a tool for social inclusion and development of Human values? *Do you consider sport a universal language which unites people, and a tool for overcoming stereotypes and prejudices by opening up to the different? *Do you consider appropriate the inclusion of new organizational forms of sporting activity in school curricula? *Is there a well-developed sport infrastructure in your country? *Is there a strategic document/s in your country, reflecting the need of more sport activities for adolescents? *Do you consider the inclusion of European traditional sports and games in new organized non-formal forms of activities with adolescents in and out of school as applicable in formal & non-formal education?

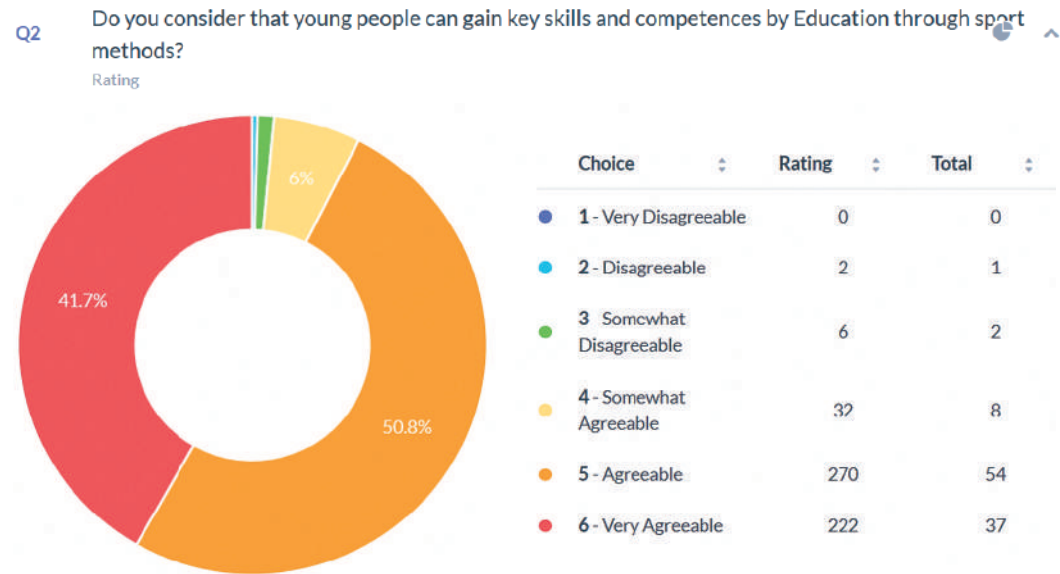
The booklet is suitable not only for adolescents, but also for physical educators and coaches, teachers and trainers; educational and sports institutions; and for every European citizen who considers sport an important tool for developing personal qualities, physical culture and a healthy lifestyle.

Survey Results

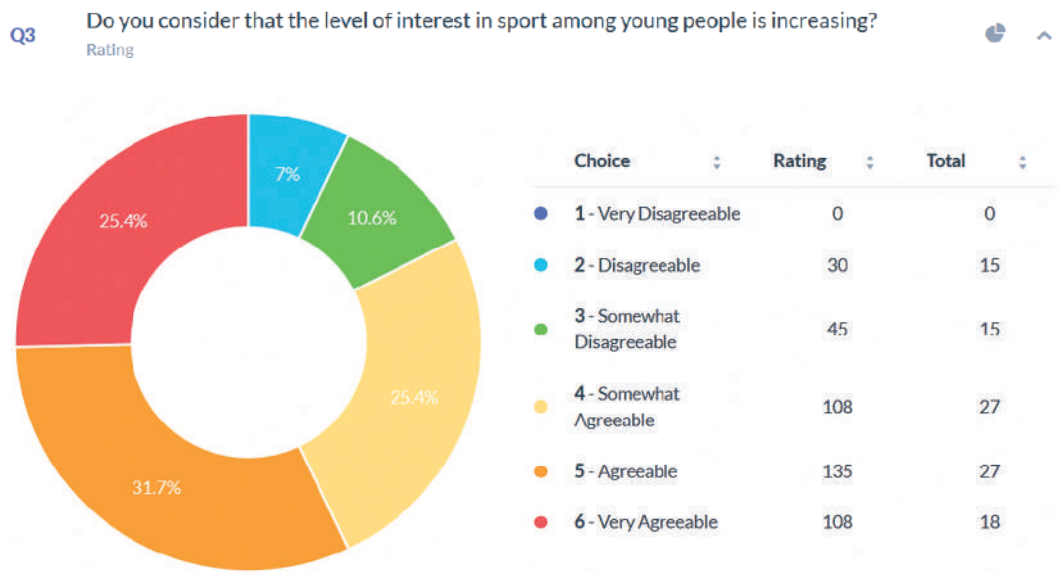
- 1. All the participants agree that physical culture is important for the development of young people.** More than 50% of the respondents find that statement “very agreeable”, almost 44% find it “agreeable”, and around 5% find it “somewhat agreeable”.



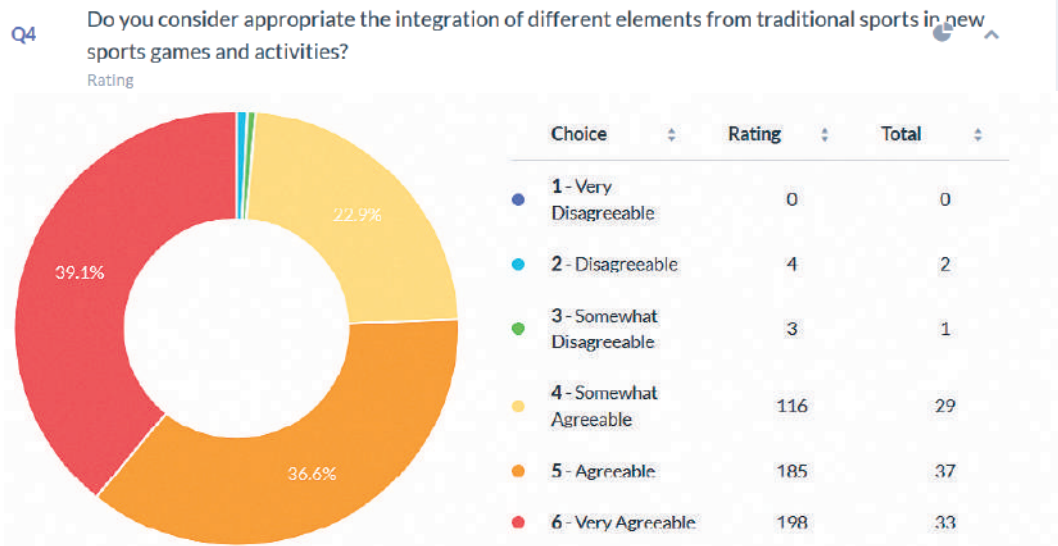
2. **Over 98% of the respondents agree that young people can gain key skills and competences through ETS.** 42% of them consider it “very agreeable”, around 51% – “agreeable”, and 6% – “somewhat agreeable”.



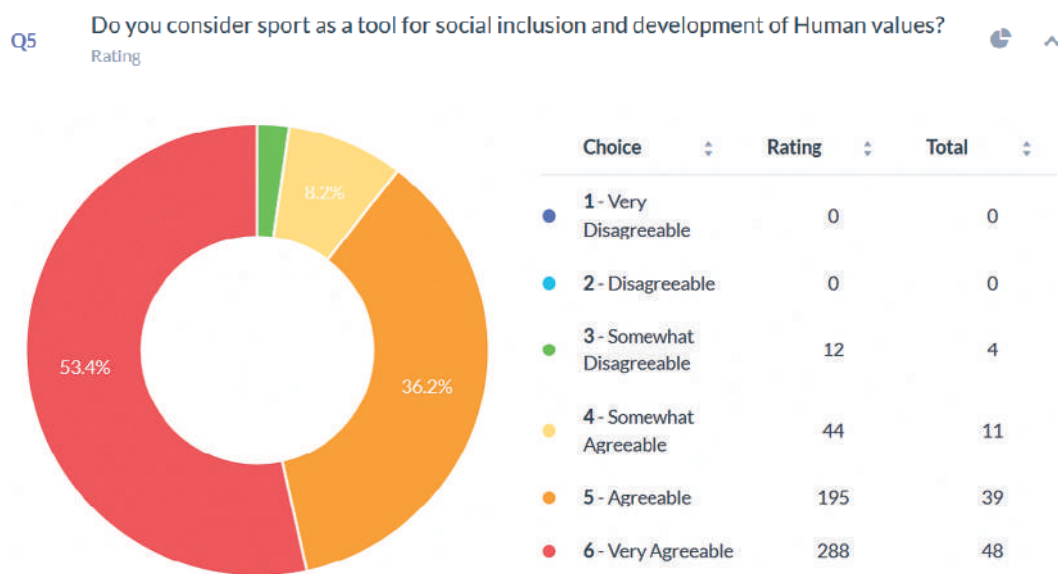
3. **The respondents share a wide range of opinions regarding the increased level of interest in sport among youth:** while 25% of them are “very agreeable”, 32% – “agreeable” and 25% – “somewhat agreeable”, almost 18% do not agree (around 11% – “somewhat disagreeable” and 7% – “disagreeable”).



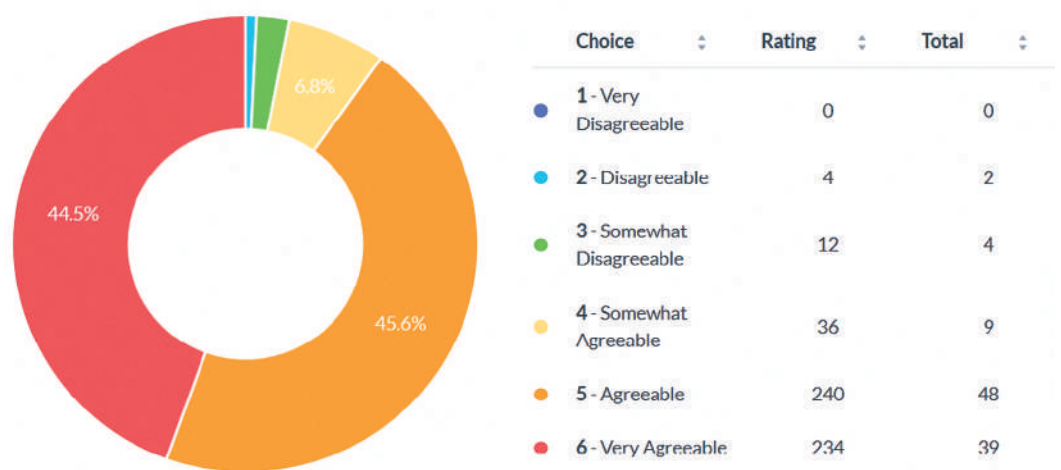
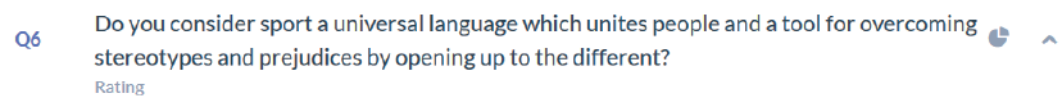
4. There is an almost consensual agreement among the participants that the integration of different elements from traditional sports in new games and activities is appropriate – over 39% find it “very agreeable”, almost 37% – “agreeable” and 23% – “somewhat agreeable”.



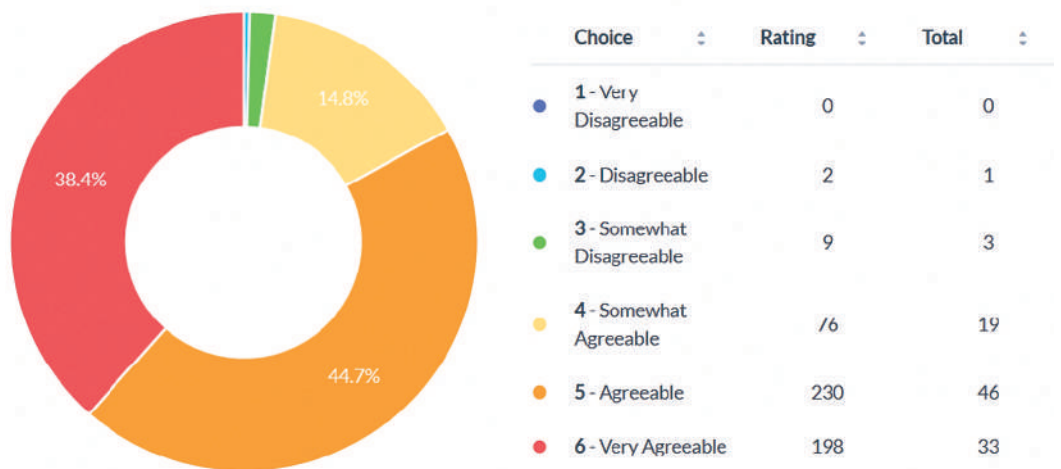
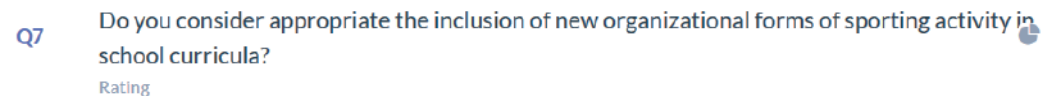
5. The vast majority of participants considers sport a tool for social inclusion and development of Human values. Over 53% of the respondents find that “very agreeable”, 36% – “agreeable”, and 8% – “somewhat agreeable”.



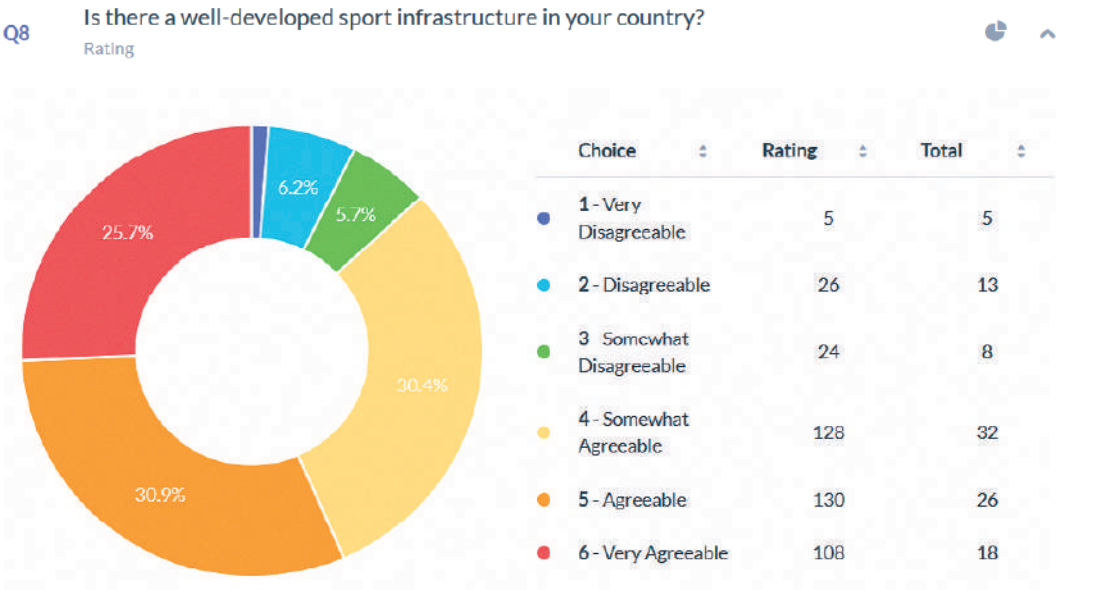
6. 44.5% of the participants very much agree that sport is a universal language, uniting people, accepting differences and overcoming stereotypes, almost 46% agree with that statement, and nearly 7% agree with it to some extent.



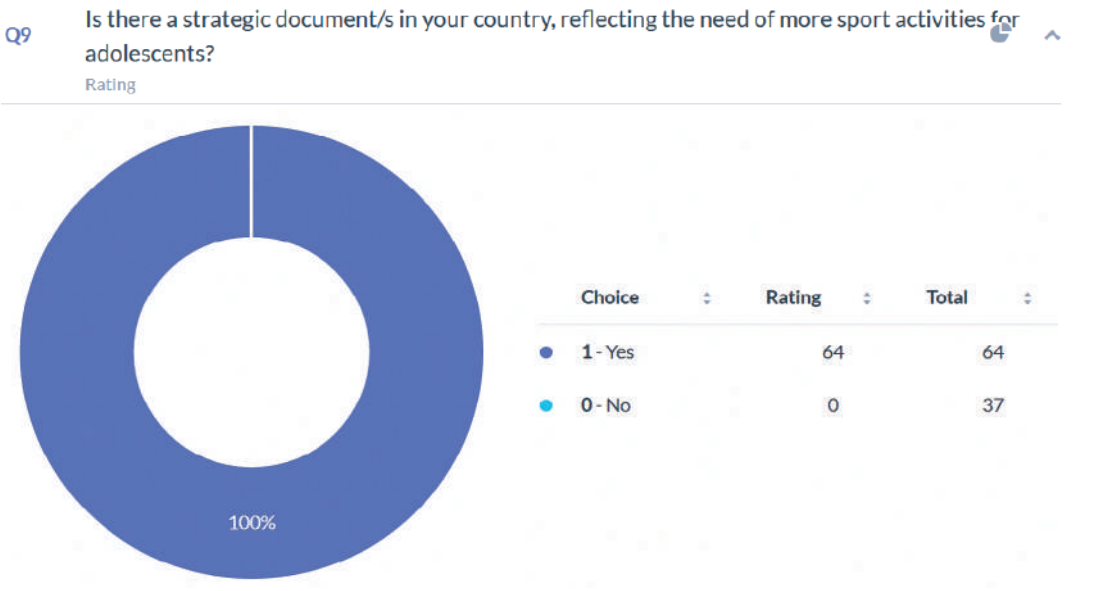
7. The inclusion of new organizational form of sporting activities in school curricula is 'very agreeable' to more than 38% of the participants, "agreeable" to almost 45%, and "somewhat agreeable" to 15% of them.



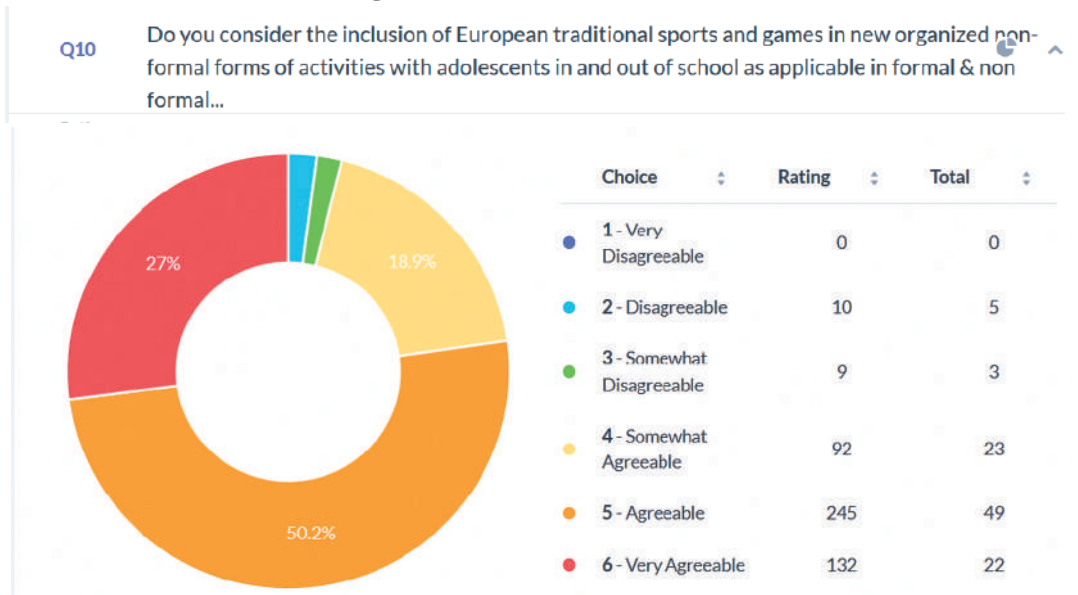
8. In regards to the existence of a well-developed sport infrastructure, all 6 choices have been selected by the respondents: “very agreeable” – almost 26%, “agreeable” – 31%, “somewhat agreeable” – 30%, “somewhat disagreeable” – nearly 6%, “disagreeable” – 6%, “very disagreeable” – 1%.



9. The respondents have confirmed that in each of the 4 countries – Bulgaria, Slovenia, Portugal and Latvia, there is a strategic document, reflecting the need of more sport activities for adolescents.



10. The inclusion of ETSG in new organized non-formal forms of activities in and out of school is “very agreeable” to 27 & of the respondents, “agreeable” to 50%, and “somewhat agreeable” to almost 19%.



Survey Key Findings

The survey has confirmed the high importance of physical culture for the personal and educational development of young people. More than 98% of the respondents from Bulgaria, Slovenia, Latvia and Portugal agree that adolescents can gain key skills and competences, while playing European traditional sports and games (ETSG). According to 99% of them, that is achievable through the application of new forms of sport activities, combining different ETSG elements, in both formal and non-formal education.

At the same time, as digitalization has changed many aspects of people's everyday life, keeping youth motivated to regularly practice sports is by no means an easy task. Therefore, the 102 participants were not able to fully agree on the increased level of interest in sport among young people in the 4 project countries. Similarly, the respondents' opinions vary in regard to the existence of a well-developed sport infrastructure in their respective country.

Over 97% of the respondents believe that sport is a universal language, uniting people, accepting differences and overcoming stereotypes. About the same number of participants consider it a tool for social inclusion and development of Human values. Moreover, 98% of them support the addition of new organizational forms of sporting activities to school curricula, thus contributing to the development of skills, competences and values among adolescents.

Last but not least, the survey has demonstrated a very high rate of approval (over 96%) for introducing European traditional sports and games into new organized non-formal forms of activities for young people.

TRADITIONAL EUROPEAN SPORTS AND GAMES



BULGARIA



"HIDE AND SEEK" <КРИЕНИЦА>

TRADITIONAL EUROPEAN SPORTS

DEVELOPING VALUES

develops the following skills and qualities:
intuition, analytical thinking, creative
thinking, quick reactions

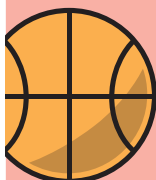




"LEAP FROG" (ПРЕСКОЧИ КОБИЛА))

DEVELOPING VALUES

developing the following qualities:
strength, sociability, bounce,
coordination, patience, willpower





“JUMP ROPE” (СКАЧАНЕ НА ВЪЖЕ)

TRADITIONAL EUROPEAN
SPORTS

DEVELOPING VALUES

DEVELOPS THE FOLLOWING SKILLS AND QUALITIES: STRENGTH,
STRENGTH OF LOWER LIMBS, COORDINATION, TEAM WORK,
SYNCHRONISATION, DURABILITY, FLEXIBILITY





"FROZEN" (ЗАМРЪЗВАНКА)

TRADITIONAL EUROPEAN SPORTS



DEVELOPING VALUE



develops the following skills and qualities: fast and dynamic thinking in difficult situations, self-awareness, self-denial, it is focused on speed and intelligence



TRADITIONAL EUROPEAN SPORTS AND GAMES



LATVIA

TRADITIONAL EUROPEAN SPORTS



TOUCH RUGBY

SOCIAL INCLUSION

FOR BETTER ACCESSIBILITY THERE ARE SEVERAL VARIATIONS WITH ONE OR MORE CATCHERS, IN PAIRS, WITH TAILS, ON LINES, SQUATTING OR FROZEN CATCHERS, ETC. IT IS POSSIBLE TO INVOLVE PLAYERS WITH SPECIAL NEEDS. THUS, IT CAN BE PLAYED BY BIG AND SMALL, WOMEN AND MEN, AS WELL AS MIXED TEAMS. IN PART, IT HAS EMERGED AS A FAMILY SPORT.

PHYSICAL CULTURE

THE GAME IS ESPECIALLY SUITABLE FOR CHILDREN - IT IS POSSIBLE TO LEARN THE BASICS OF RUGBY AND THERE IS NO STRENGTH IN THE GAME. ALL THE BASIC ELEMENTS OF RUGBY ARE MASTERED - PASSING THE BALL, HOLDING THE LINE, UNDERSTANDING RUGBY.



DEVELOPING VALUES

DIVERSITY DEVELOPS STRATEGIC THINKING, PHYSICAL TALENTS AND HELPS TO BECOME BOTH PHYSICALLY AND MENTALLY HEALTHIER AND MORE ENERGETIC, IMPROVES COMMUNICATION SKILLS, AS WELL AS DEFINITELY MAKES EVERYDAY LIFE MORE INTERESTING.



TRADITIONAL EUROPEAN SPORTS

VOLLEYBALL



Social Inclusion

GREAT TEAM SPORT THAT CAN BE ENJOYED BY PEOPLE OF ALL AGES AND SKILL LEVELS, GREAT FOR SOCIAL INCLUSION AND GETTING TO KNOW EACH OTHER. IT CAN BE PLAYED YEAR-ROUND IN BOTH AN INDOOR AND OUTDOOR SETTING AND IN DIFFERENT VARIATIONS, GAINING PURE ENJOYMENT. IT IS A GREAT BONDING ACTIVITY FOR FRIENDS AND FAMILY.

Physical Culture

PROMOTES A STRONG AND ROBUST BODY AS IT REQUIRES VARIOUS GROUPS OF MUSCLES TO PLAY THE GAME.

REQUIRES FANTASTIC HAND-EYE CO-ORDINATION, QUICK DECISION-MAKING SKILLS.

IT ACTS AS AN ALTERNATIVE AND HIGHLY EFFECTIVE WAY OF REACHING YOUR FITNESS GOALS IN A FUN ENGAGING WAY.

Developing values

IMPROVES INTERPERSONAL SKILLS, BUILDS TEAMWORK, COMMUNICATION SKILLS AND LEADERSHIP, DEVELOPS SELF-ESTEEM, BOOSTS CONFIDENCE.



TRADITIONAL EUROPEAN SPORTS

FOOTBALL

Social Inclusion

Anyone can play football anywhere. There just need to be a ball and a goal post, you are all ready to go.



Physical Culture

Just being a ball sport, it trains all of the physical abilities, endurance and cardio fitness, boosts speed and balance thanks to the repeated running involved.

Developing values

It develops team spirit and solidarity, teaches respect to other teammates and communicative skills. That is great for personal development of adolescents.



TRADITIONAL EUROPEAN SPORTS



FLOORBALL

Social Inclusion

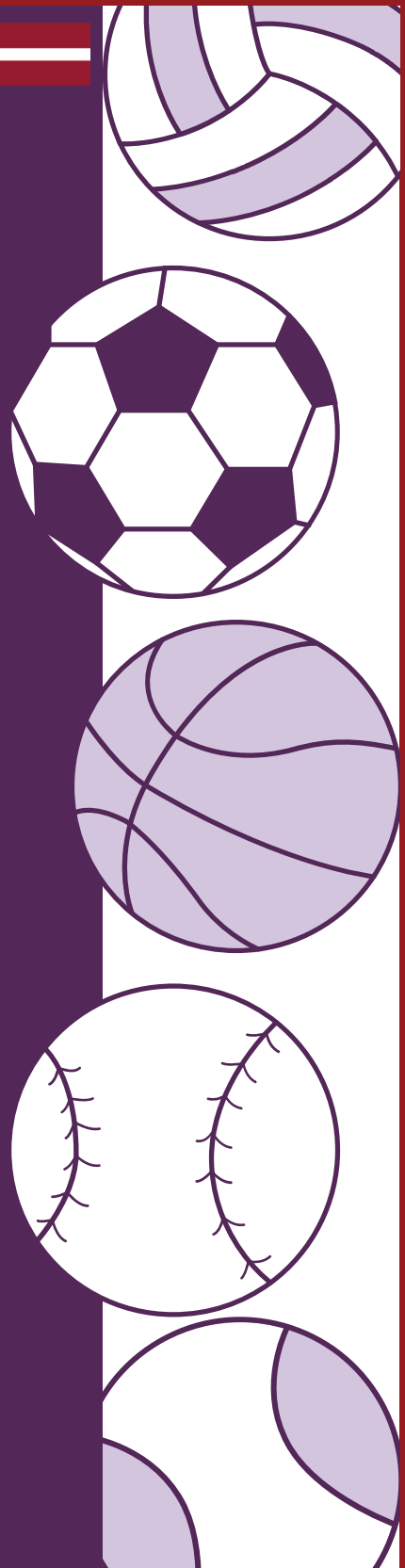
Experience of a high degree of solidarity and group cohesion, the fun and joyful experiences of playing lead to a high degree of social connectedness.

Physical Culture

Ability to grip the stick, cover basic passing skills, lots of running

Developing Values

Enjoyable teamwork and cooperation skills, benefits regarding health status, psychological health. Thus, it can be concluded that floorball is an activity that benefits adolescents in different ways.





TRADITIONAL EUROPEAN SPORTS

DODGEBALL



SOCIAL INCLUSION

RAPIDLY GROWN IN POPULARITY, PARTICULARLY AMONGST SCHOOLS THANKS TO ITS ABSOLUTE ACCESSIBILITY. IT CAN BE PLAYED BY ALL SHAPES, SIZES, ABILITIES AND AGES; IT IS VERY SIMPLE TO LEARN. EVERYONE HAS THE ABILITY GET INVOLVED AS PART OF THE TEAM. IT IS FAST PACED, CAN BE PLAYED BY ANYONE: TEAMS OF MIXED ABILITY, GENDER AND AGE, THERE ARE PLENTY OF RULE VARIATIONS TO KEEP THE SESSIONS FRESH.

PHYSICAL CULTURE

PRACTICE PHYSICAL SKILLS: THROWING, CATCHING, EVASION AND TEAMWORK.

DEVELOPING VALUES

COOPERATION SKILLS AND STRATEGIC THINKING. REQUIRES NO SPECIFIC SKILL SET, IS GREAT EXERCISE AND FUN TO PLAY.



TRADITIONAL EUROPEAN SPORTS AND GAMES



SLOVENIA



TRADITIONAL EUROPEAN SPORTS

ZEMLJO KRAST

DEVELOPING VALUES

PRECISION, REACTION,
SPRINTING POWER,
AWARENESS, INCLUSION,
JUSTICE

SOCIAL INCLUSION

ENHANCE
INTERCULTURAL
DIALOGUE

PHYSICAL CULTURE

INDIVIDUAL
COMPETITIVE GAME



Traditional European Sports

GUMITVIST

SOCIAL INCLUSION

Suitable for children of all ages, abilities and backgrounds, increased self-discipline and self-control

PHYSICAL CULTURE

Individual competitive plyometric – jumping game

DEVELOPING VALUES

Jumping
power, coordination,
rhythm, inclusion



SLEPE MIŠI



TRADITIONAL EUROPEAN SPORTS



PHYSICAL CULTURE

COOPERATIVE TEAM
GAME

SOCIAL INCLUSION

COOPERATION, TEAM
WORK, THE REDUCTION
IN ANTISOCIAL
BEHAVIOUR

DEVELOPING VALUES

COORDINATION,
COLLABORATION, TRUST,
TOLERANCE, SOLIDARITY,
RESPECT, RESPONSIBILITY



RISTANCI



TRADITIONAL EUROPEAN SPORTS

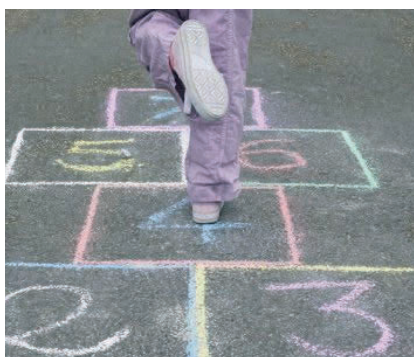


SOCIAL INCLUSION

Reinforce youth
empowerment

PHYSICAL CULTURE

Non contact
individual
competitive polygon



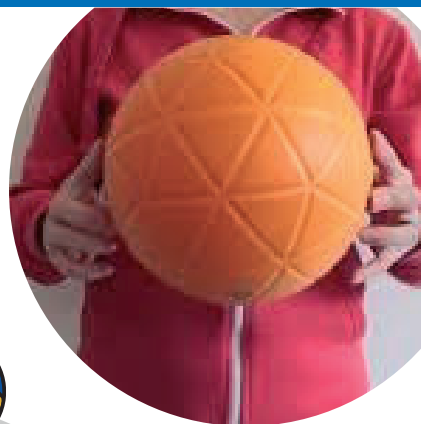
DEVELOPING VALUES

Precision, coordination,
balance, driving force,
endurance, justice, inclusion



MED DVEMA OGNJEMA

TRADITIONAL
EUROPEAN SPORTS



SOCIAL INCLUSION
PROMOTE ETHICAL
SPORTS PRACTICES

PHYSICAL CULTURE
COOPERATIVE TEAM
GAME

DEVELOPING VALUES

THROWING POWER AND PRECISION, AGILITY,
INCREASED CARDIOVASCULAR EFFICIENCY,
SOLIDARITY, RESPECT; RESPONSIBILITY

TRADITIONAL EUROPEAN SPORTS AND GAMES



PORTUGAL

Traditional European Sports

CORRIDA DE SACOS



Social Inclusion

It is a perfect game for children to make new friends, learn to share and improve their coordination

Physical culture

To play bag racing, the more children participate, the better and more fun. With this game, children will exercise their speed, effort and endurance.



Developing Values

Children's educational games are excellent activities to promote the child's integral development. They allow you to work on creativity, imagination, concentration and attention span. They are also excellent for developing motor skills and reasoning, as well as promoting social development. All of this in a playful and fun way.



TRADITIONAL EUROPEAN SPORTS

JOGO DA CABRA CEGA

SOCIAL INCLUSION

THIS IS AN EXCELLENT GAME FOR US TO PLAY WITH THE CLASS IN ORDER TO HELP THEM THINK HOW A VISUALLY IMPAIRED CHILD PERCEIVES THE WORLD. IF THERE IS A CHILD WITH DV IN YOUR ROOM, IT IS A GAME THAT ALLOW HIM TO PLAY AND IS FULLY INCLUDED IN THE GAME.

PHYSICAL CULTURE

- DEVELOP PERCEPTION THROUGH THE SENSES: TOUCH, SMELL, HEARING.
- PUTTING YOURSELF IN THE PLACE OF THE OTHER WHO DOES NOT SEE OR HAS DIFFICULTY SEEING.
- DEVELOP SPATIAL NOTIONS;
- NOTION OF TEAM, COLLECTIVITY AND COOPERATION;
 - ATTENTION;
- LEARNING AND RESPECTING THE RULES.



DEVELOPING VALUES

THROUGH THIS GAME, CHILDREN CAN NOT ONLY HAVE FUN BUT ALSO LEARN TO COUNT, ADD, READ, SHARE, SURPRISE, OVERCOME DIFFICULTIES, BE PERSISTENT, HAVE RESISTANCE AND VALUE EACH MOMENT AND SITUATION



Traditional European Sports

JOGO DA MACACA



SOCIAL INCLUSION

IN ORDER TO LEARN THE HABITS OF GRANDPARENTS WHO WERE CHILDREN IN A LESS DIGITALIZED WORLD, CREATE CURIOSITY IN THE YOUNG GENERATION TO LEARN TRADITIONAL GAMES THAT ARE PRACTICALLY NOT PLAYED THESE DAYS. UNLIKE COMPUTER GAMES AND OTHER ELECTRONIC GAMES, TRADITIONAL GAMES ENCOURAGE THE RELATIONSHIP AND IN STRENGTHENING EMOTIONAL TIES BETWEEN PLAYERS AND AT THE SAME TIME BEING PHYSICALLY ACTIVE. INCLUSION IS ONE OF THE OBJECTIVES OF THIS GAME, WHICH FITS ANY PROFILE OF A CHILD OR YOUTH

PHYSICAL CULTURE

ALLOWS YOU TO WORK ON THE CONCEPT OF WAITING FOR YOUR TURN, OF RESPECTING EACH OTHER'S TIME AND SKILLS, IN ADDITION TO WORKING ON BALANCE AND MOTOR SKILLS. IT ALSO ALLOWS, WHILE PLAYING, TO SING SOME MUSIC OR RECITE A SPIEL. IT ALSO ALLOWS YOU TO DEVELOP SEVERAL SKILLS, NAMELY:

- MOTOR DEVELOPMENT (RUNNING, JUMPING);
- SOCIAL INTERACTION (PLAYING AND INTERACTING IN A GROUP);
- STIMULATION OF CONCENTRATION AND ATTENTION;
- ENERGY EXPENDITURE (FOR THE EXERCISE OF THE GAME);
- GENERAL PHYSICAL AND PSYCHOLOGICAL WELL-BEING.

DEVELOPING VALUES

THE TRADITIONAL MONKEY GAME WORKS ON REFLEXES, MOTOR SKILLS AND ATTENTION IN A FUN WAY

JOGO DAS ESCONDIDA

TRADITIONAL EUROPEAN SPORTS

SOCIAL INCLUSION

- Observational capacity;
- Visual and auditory perception
 - Motor coordination;
 - Problem solving;
- Independence of mobility;
- Assimilation of rules;

PHYSICAL CULTURE

While playing, the child is not just entertaining or having fun. It is also improving its structure and brain function, as well as promoting executive function (the learning process), which allows it to chase objects and ignore distractions. Playing in a safe environment is essential. But it is also important that the child is free to discover the world by walking, running, falling off balance or even falling. In this way, she knows her body better and understands its limits

DEVELOPING VALUES

This was a game that, despite being simple, pulled through our brain. Either not looking for the best place to hide, or trying to find out where the people were hiding. There were always those who went to basic places, which said a lot about the person in question, and those who were very elaborate, even discovering amazing places that would be almost impossible to find.



JOGO DO LENÇO



TRADITIONAL
EUROPEAN
SPORTS

Social Inclusion

The educational handkerchief game works on reflexes, motor skills and agility in a fun way, promoting group interaction and cohesion

Physical culture

The game promotes social development and develops some skills, namely:

- Motor development (running, touching, dragging);
- Social interaction (playing and interacting in a group);
- Stimulation of concentration (be aware, remain quiet in the same position);
- Energy expenditure (by the exercise of the game);
- Physical and psychological well being

Developing values

The game allows you to work your motor skills and agility outdoors

It also requires speed, agility and a lot of attention to what goes on around



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