

TRADITIONAL GAMES

Traditional games are playful activities whose rules are generally learned by oral transmission. Without being necessarily part of academic knowledge, traditional games – like other cultural manifestation – are learned in an oral way, by way of observation, speaking, listening and especially playing. In the essence of traditional games, we can discover important heritage understood as a cultural knowledge and habits transmitted with the passage of time. Therefore, in every village, town or city traditional games are often accompanied by local features, which provides a close connection with their surroundings



TRADITIONAL GAMES PARENTS USED TO PLAY WHEN THEY WERE YOUNGER

Did our parents used to be glued to their iPads, addicted to 24-hour children's TV channels or create on line social media profiles to have fun? I don't think so, as they loved going outside and play classic games they would like us to play now.

According to research," Play is essential to development because it contributes to the cognitive, physical, social and emotional well- being of children and youth. Play also offers an ideal opportunity for parents to engage fully with their children".

For that reason our parents claim that these traditional games used to teach them important life skills such as social , Maths, and physical skills,

colours, language, ..., so let's remember the rules of some of these games and ... why not?... LET'S PLAY

ELASTIC JUMP ROPE



Jump Rope games have always been popular in countries around the world.

Rubber band jumping was a popular girls' game when our parents used to go to primary school. This game helped them to practice their jumping skills, develop coordination, and also meet lots of friends. They played it at school during the break or in their neighborhood in the afternoons. They spent hours playing it, and never got tired because they used to have such a good time.

Rubber-band jumping is a low cost game. You only need some rubber bands and at least 3 people to start the game.

HOW TO PLAY

To play the game, you will need three or more people. Two players, one in each corner, hold an elastic band and the rest play. If one of the players loses, she has to change places with one of the girls who is holding the elastic band.

A player starts by jumping the elastic at ankle height. Then it is raised to the middle of the leg, then to the knees, the hips, the waist, the chest, the shoulders, the neck, and head. In the last level called heaven, the elastic band is held up with raised arms.

STEPS:

- Jump into the middle of the elastic band. Open and close your legs three times.
- Jump to one side of the elastic band and step on it. Jump to the other side and do the same.
- Jump out of the elastic band.
- Jump from the outside to the inside and try to take the elastic band with you. You have to cross the elastic from the right to the left.
- Jump to open and close your legs three times.
- Make a big hop, and try to keep the elastic band between your legs.
- Jump out and go to the next level.

As the game continued, the level of jumping got higher and higher. There were four jumping levels: ankle high, knee high, waist high, and under the shoulder. More and more girls tried to jump and they competed as teams. The game was fun, and I think it taught them competition and cooperation. You can't compare old games in those times with today's games.



GAMES OF MARBLES

Do you remember marbles? Those tiny, colourful, glass balls which provided our parents with endless hours of fun? In these games, players shoot their marbles at their opponents' marbles. If they hit the other marbles, they win them.



Photo: Sandy Peters

One of the best games we used to play was marbles. As I remember, we had a lot of fun playing that game. (Yiannis Tziortis)

Marbles is a well-known game in the world. Even if our parents did not have much money, they tried to save to buy more marbles. Kids used to play this game when they were in primary school, particularly boys, but they played the game differently, depending on who played with whom. I imagine different cultures and different countries with different rules for playing.

HOW TO PLAY

- Before beginning the game, draw a triangle. The size will depend on the number of marbles we have.
- After putting all our marbles into the triangle, we will shoot our favorite marbles at the others so that we can win some marbles by throwing the others out of the triangle.
- The game will continue until all the marbles have gone.
- Every player brings 6 marbles. Then we draw a triangle in the middle of the yard. We put the marbles in the middle of the triangle with 2 centimeters space between each one. Then we count to feet and made a line. The game starts.
- First of all, you have to go back to the triangle and throw one of your marbles. You take one from the triangle. You have to throw it as near the line as you could. The player whose marble is nearest to the line played first.

When you all finish throwing, the player who has his marble nearest to the line starts first. His goal was to throw his marble and kick some other marbles out of the triangle. One set of marbles is placed at the center of

an approximately 10- by 15 square foot ground or floor arena, in the form of a triangle or square.

The number of marbles may vary from 2 to 8 or even more, depending on the number of players and agreement among them. Each game may last from 20 to 30 minutes.

Each player has his or her own shooter marble to shoot the set. Shooting is done by placing the shooter marble between the index finger and the thumb and moving the thumb outward to shove the shooter marble in order to hit the marbles in the set.

Player number one starts the game by shooting at the set and goes on playing until he/she misses hitting any of the marbles from the set. Then, it is the other player's turn to shoot the set.

Each player temporarily keeps any marbles that he/she can hit and move out of the triangle or square. The final session the game is scary. All the players take turns beating each other. If a player's shooter marble gets hit, he/she loses and must give his/her temporary wins to the one who hits him/her. At the end of the game, the winner takes all.

The winner of the game is the player who takes all the marbles from the other players

WHY TO PLAY

I think the important thing is to have as many marbles as we can. There is quite a competition to win the most marbles, so we practiced in our free time.

The one who wins the most marbles is the leader of the group, and everyone will try to be the leader. This small competition can be our first experience with power and leadership.

