Educación Física
Secundaria
Solucionario
UNIT 4

Traditional games and sports
- The meaning of game is very extensive. The word ‘game’ has different meanings. A game can be a joke, or a dance. There are children’s games and adult’s games, organized games or spontaneous games, competitive games (when there is a winner) or non-competitive games (for pleasure) and physical games or intellectual games (card games).

- THE DEFINITION OF GAME IS “AN ACTIVITY WHERE THE MAIN OBJECTIVE IS TO HAVE FUN OR TO HAVE A GOOD TIME”

Games are not only present in children’s lives, they are also present in adults’ lives.

Humans are not the only ones to play games – animals play too. Animals and children learn movement through games. Games are present throughout our lives, but as we are growing up, the physical component decreases and the complexity of game increases.

- The history of Games is probably as old as the existence of people. Games can be found in all cultures and civilizations.

The history of games can teach us a great deal about social changes and also about the nature of games. When we study games we can find out a lot about different places and their cultures.

- Games have been increasingly organized and regulated from ancient times up to the present. Some games have been turned into sport, other games are traditional games (games passed on from generation to generation).
| **A)** Game……… | 1. Games practised by everybody |
| **B)** Sport……… | 2. Games related to a certain culture |
| **C)** Traditional games……… | 3. has an institutional recognition (like an established Federation) with a competitive nature and with complex rules. |
| **D)** Traditions……… | 4. A collection of instructions that helps us behave and act in a particular situation |
| **E)** Native games……… | 5. Games depending on their origin or precedence |
| **F)** Popular games……… | 6. don’t have institutional recognition. They are for pleasure or for fun |
| **G)** Rules……… | 7. The transmission from parents to children of historical information, knowledge, customs, beliefs etc. |
Physical games:

- It’s free activity, or unreal.
- It’s uncertain, result can change.
- It’s also fictitious, or unreal.
- It’s conventional, there are rules, there is a space and a time limit.

Do you think sport has the same characteristics?
Yes, although sport has an institutional recognition with a competitive nature and with complex rules.

Do you think that sport is a developed game?
Yes sport is a develop game with an established Federation with and with complex rules

CHARACTERISTICS OF TRADITIONAL GAME

Traditional games are part of the cultural heritage of every city, region, and country.

These are the main characteristics of games:

- Easy rules.
- Fun.
- They don’t teach players to win and lose, values which are useful in daily life. (F)
- No special skills needed. (F)
- They help to develop imagination and creativity.
- Regional variation.
- Non-conventional materials used.
  (eg. bags, ropes, hoops, marbles, skittles and jacks).
- Help to communicative skills.
- Passed down from generation to generation.
- Reflect and transmit cultural values.
TRADITIONAL GAMES

Popular and traditional games can be classified into different types. Use the words below to complete the chart:

COMPETITIVE GAMES…….
- 1. Are about simulation and performance. "are about pretending to do sth..."

SKILLED GAMES…………
- 2. Are about making an effort, practicing and improving.

EMOTIONAL GAMES......
- 3. Have a lot to do with chance, and physical ability

SYMBOLIC GAMES………
- 4. Have a lot to do with chance, and physical ability

Races, jumping and balance games

Throwing games

Strength games

Ball games

Skill in work games

Riding horses games, animals games

Fight games

Water games

- Weightlifting: stones...
- Traction: soga-tira...

- Swimming
- Sailing races

Relays, Speed, chasing, cyclist races, races with bags, skipping ropes, human towers.....

To cut trunks (Aizkolaris)
To cut grass (Segalaris)

Canarian fight, Lion fight, with hands

- Precision: jacks, skittles...
- Distance: reja, ball...

- Hand or foot:: Basque ball, Valencian ball
- Rackets or bats: Basque ball
- Races horses...
- Precision...

Material AICLE. 4º de E.S.O.: Traditional games and sports (Solucionario)
SHEET 8: Key

0  F
1  D
2  B
3  A
4  C
5  E