

Traditional Sports



Rulebook



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In this handbook we have tried to imake a brief introduction
of some of the most commonly practiced Traditional Sports
in our contries, as part of the Erasmus+ project:

Traditional Sports for Integration and Equality in Europe

This is a compilation of some of the activities that we have
participated in, experienced, learn from, shared and enjoyed
with our European partners along this great project



Greece, cradle of Western civilization and homeland of the Olympic Games, has a long-lasting sports tradition which dates back to the Ancient Greek Civilization. The Greeks take real pride in their sports feats and their traditions.

Some of the most famous Greek traditional sports are:





Discus throw



The discus is a wooden circle surrounded by metal. It measures between 18 and 22 cm in diameter and weighs between 1-2 kg. It is launched from a circle of 2.50 m in diameter and must land within an angle sector of $35^{\circ} 32'$. Must be thrown with one hand

Probably the oldest of all traditional sports in History. Running races have been part of competitions since the beginning of times. There are many types of running events:



- Speed Competitions: -100m, 200m, 400m, 800m, 4x100 relays-
- Medium distance competitions : 1500m, 5000m, 10000m-, and tests that add extra difficulty to the course -110m hurdles, 400m hurdles, 3000m obstacles-
- The long-distance events : decathlon, marathon, 20 km walk, 50 km walk - where athletes push their physique to the limit.



Reunion Island France



A small island in the middle of the Indian Ocean, Reunion is truly a melting pot of cultures, including French, Afro-Malgasian and Asian culture. This has led to a surprising mixture of African, Easter and Western traditional sports.



Moringue is an form of artistic combat dance native to Reunion Island and the Afro-Malagasy area

Following the rhythm of the drums, the combatants blow a series of kicks to their oponents, who generally belong to another clan or region of the island.

Moringue



Kayaking



Surrounded by miles and miles of open ocean, it no surprise that Réuniennais have a close relationship with their sea, and their traditional sports are no exception. There are different modalities, the main ones consist of traveling in an individual kayak long distances at sea in the shortest time possible. There is also the speed mode over short distances. It is an exciting sport and in full contact with nature. But beware, Reunion is famous for its sharks!



A bridge of cultures, famous for its hospitality, incredibly extensive culture and vast plains, Turkey has a long tradition of competitive sports rooted in nomadic life.

Turkey



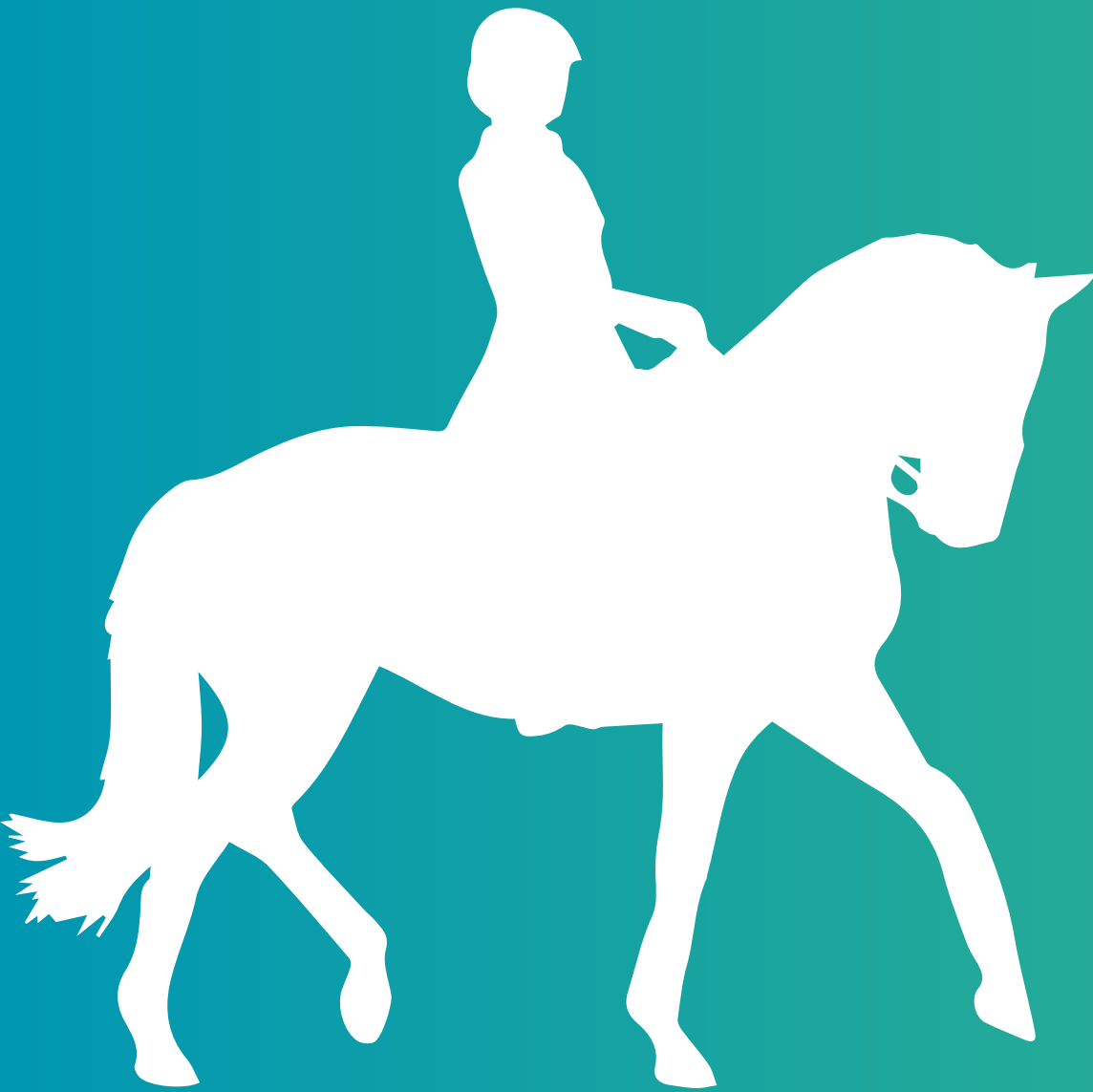
Archery is one of the oldest sports. It predates the Egyptians it's also been Olympic Sport since Munich 1972. Olympic archery involves shooting arrows at a target for accuracy from a 50-70 metres distance.



With a culture heavily rooted in nomadic lifestyle, Turks are closely linked to horses. There are different Equestrian games in the Olympic Games:

- Competitive dressage: showing the horse carrying out natural movements on request
- Show jumping over a series of obstacles
- Eventing: a mix of dressage, cross-country and show jumping

Rahwan Racing





Slovakia

Located in the very centre of Central Europe, Slovakia displays a mixture of Catholic influenced culture and a exceptional folklore with plentiful folk traditions. Hard and snowy winters make Slovakia the perfect country for winter sports.

With long winters, beautiful landscapes and amazing forests, there is no doubt that Slovakia is the perfect place for cross-country skiing. With the help of two skis, sportspeople need to cover long distances. Created due to the need to travel over snow during the winter, it is the oldest type of skiing. It became Olympic sport in 1924.

Skiing



Despite its Canadian origins, ice hockey is very popular in Slovakia. In this sport 2 teams of 6 players with skates on an ice rink try to score the most goals, using a rubber puck and long stick.

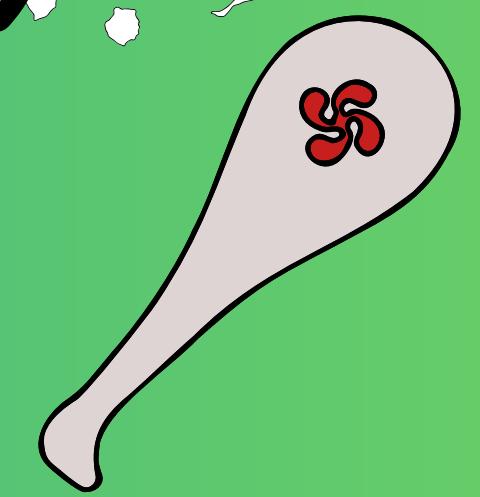
Ice Hockey





Basque Country

Spain



One of the oldest cultural and linguistic regions in Europe., the Basque Country has remained faithful to its language, its traditions and, of course, its traditional games. Basque Traditional Sports are firmly rooted in the land and rural life, so agriculture, livestock and fishing are their base and core.

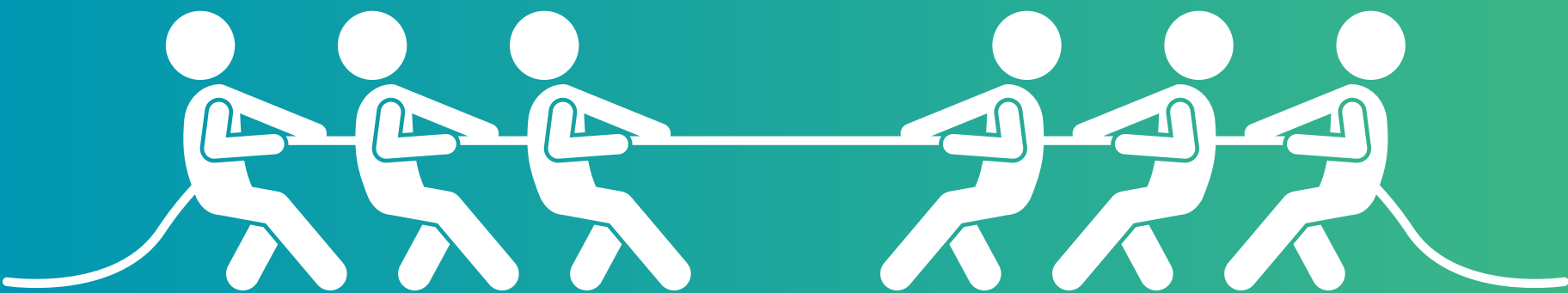


Sokarira



In Sokarira, two teams show their strength by pulling against each other at the opposite ends of a rope.

They try to pull the other over a line on the ground!



Eskupilota eta pala



One of the most important sports in the Basque Country is, without a doubt, Eskupilota. It is played inside a Fronton, or court wall, in pairs or double pairs. The ball is hit against the wall with bare hands or, in the case of pala, with a wooden paddle.

Basque Culture is also closely connected to the sea. Fishing has always been extremely important for the economies of the coastal villages. And the fastest to reach the port with fresh fish was the one who got the best prize. Hence the competition!



Rowing





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this handbook has been made collaboratively by partner students of:

- Collège Mille Roches (Reunion, France)
- 4th Gel Rodou (Rhodes, Greece)
- Centro San Viator (Basque Country, Spain)
- Stredna zdravotnicka skola (Kosice, Slovakia)
- Özel Yenimahalle Final Ortaokulu (Ankara, Turkey)



final okulları
parkfinal

