

# LET'S PLAY

POLIH TRADITIONAL GAMES



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“Berek”



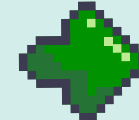
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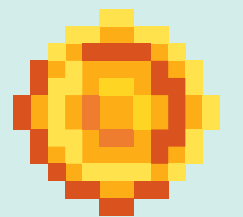
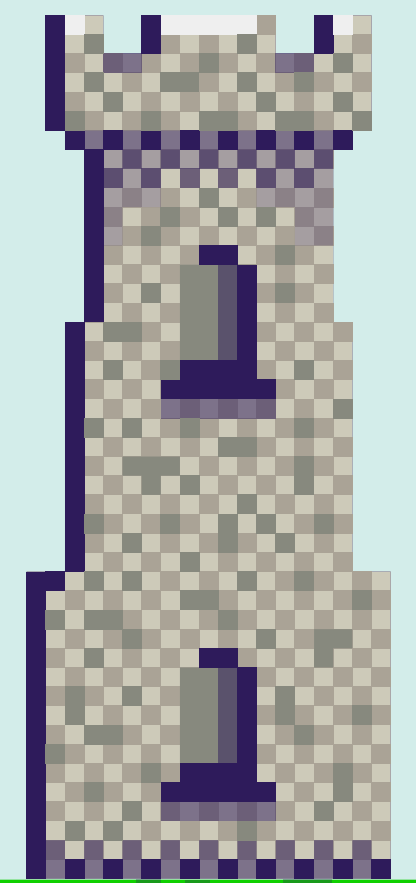
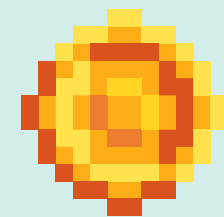
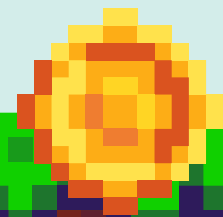
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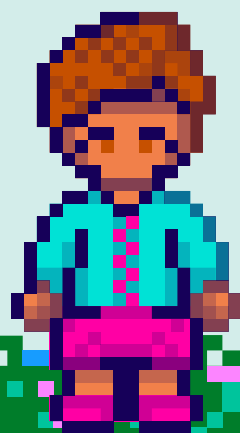
# RUN

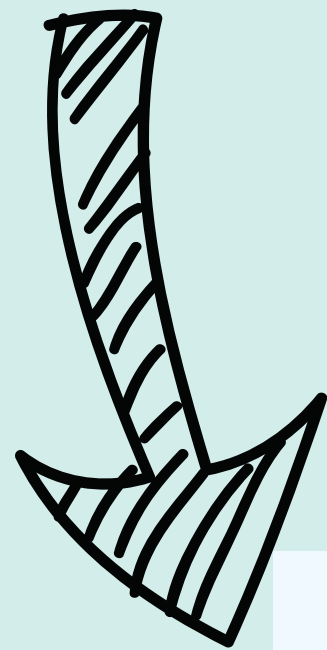
## 1. BEREK - HOW TO PLAY

Children are running around the playground and one person called Berek has to catch another child. Touched pupil becomes "Berek". There are some variants of the game:

- wooden berek, steel berek, squat berek. To avoid being caught, a person should touch something made of wood, steel or just to make a squat to be protected from being caught and becoming "Berek".
- Berek lies down. The rest of the participants try to wake him up by "poking". Berek gets up at any time and starts chasing. When someone is caught takes Berek's role.

<https://www.youtube.com/watch?v=15kIPvLN8jM>



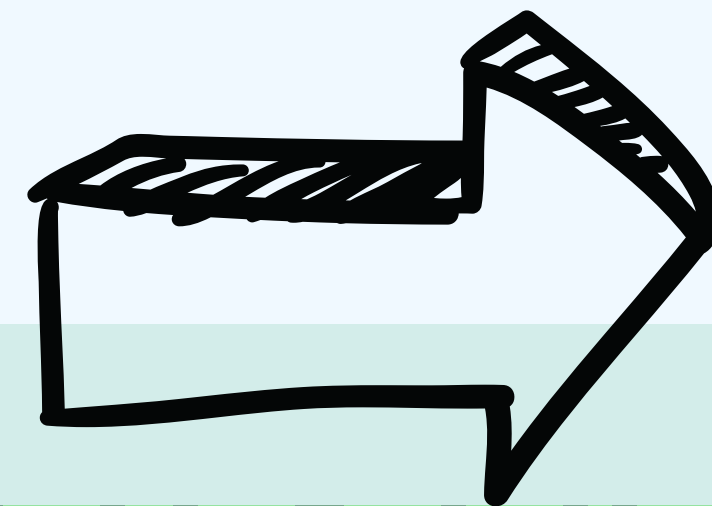
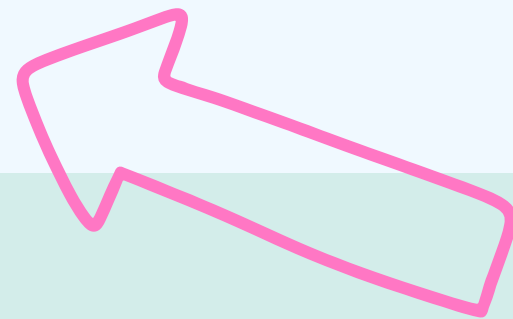


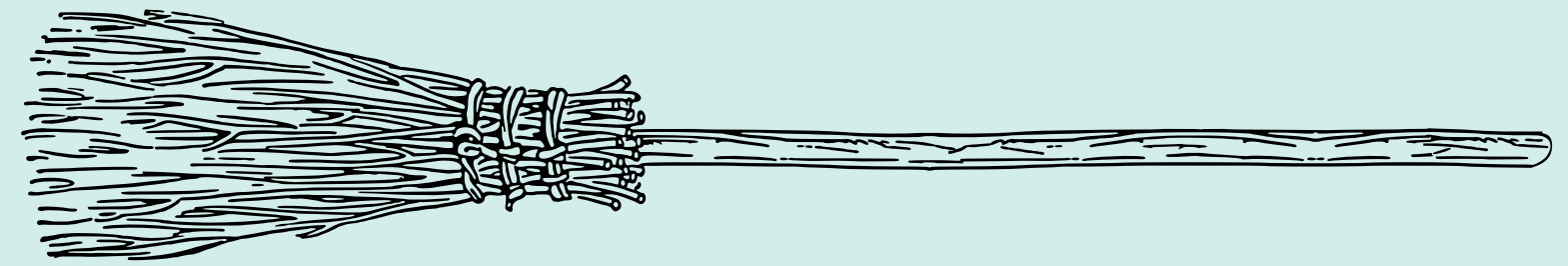
## 2. "PODCHODY" - PAPER CHASE

### HOW TO PLAY

"Podchody" – a team game usually played outdoors. The number of players is arbitrary. One group runs away, leaving arrows, tracks and tasks to be solved along the way, while the other group follows the first group, trying to catch it.

<https://www.youtube.com/watch?v=-Yh4Bcd91Gc>

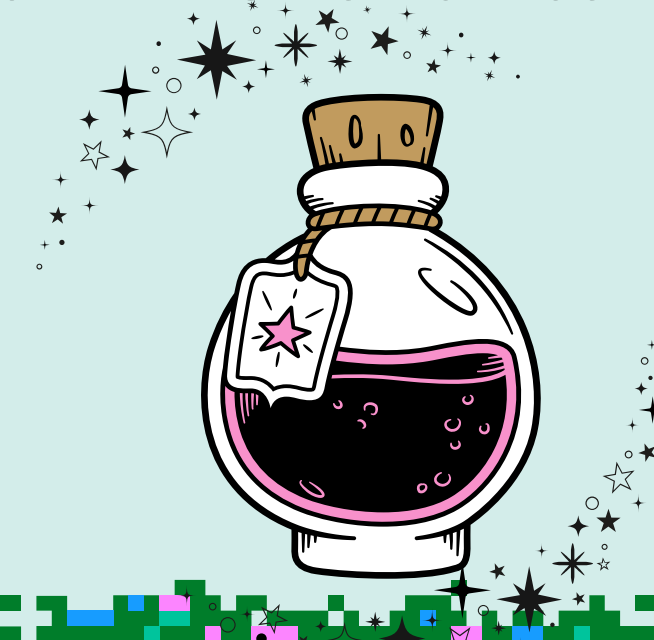
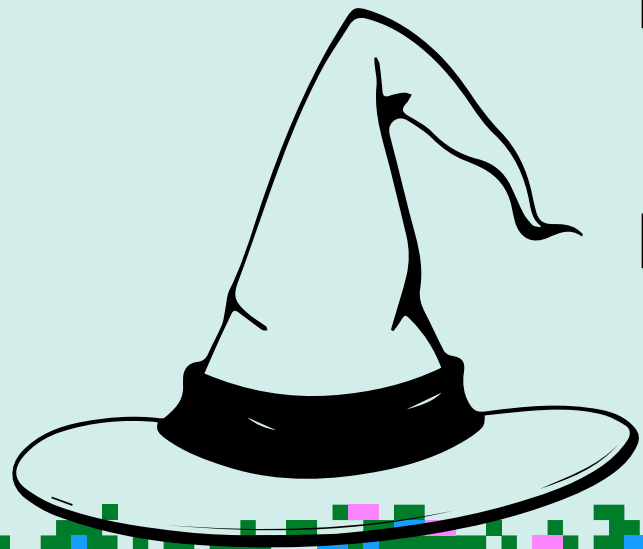




### 3. RAZ, DWA, TRZY BABA - JAGA PATRZY ONE, TWO, THREE, THE WITCH IS WATCHING

One child called “Baba – Jaga” stands facing away from the children, while the rest of the group runs towards her. At the words: One, two, three, the Witch is watching! the child who is “Baba Jaga” turns around and the children freeze in stillness. If anyone moves goes back to the start. The pupil who reaches Baba Jaga's position the fastest wins and takes Baba Jaga's role.

<https://www.youtube.com/watch?v=d0tTtEppmf4>





## 4. KLASY - HOPSCOTCH

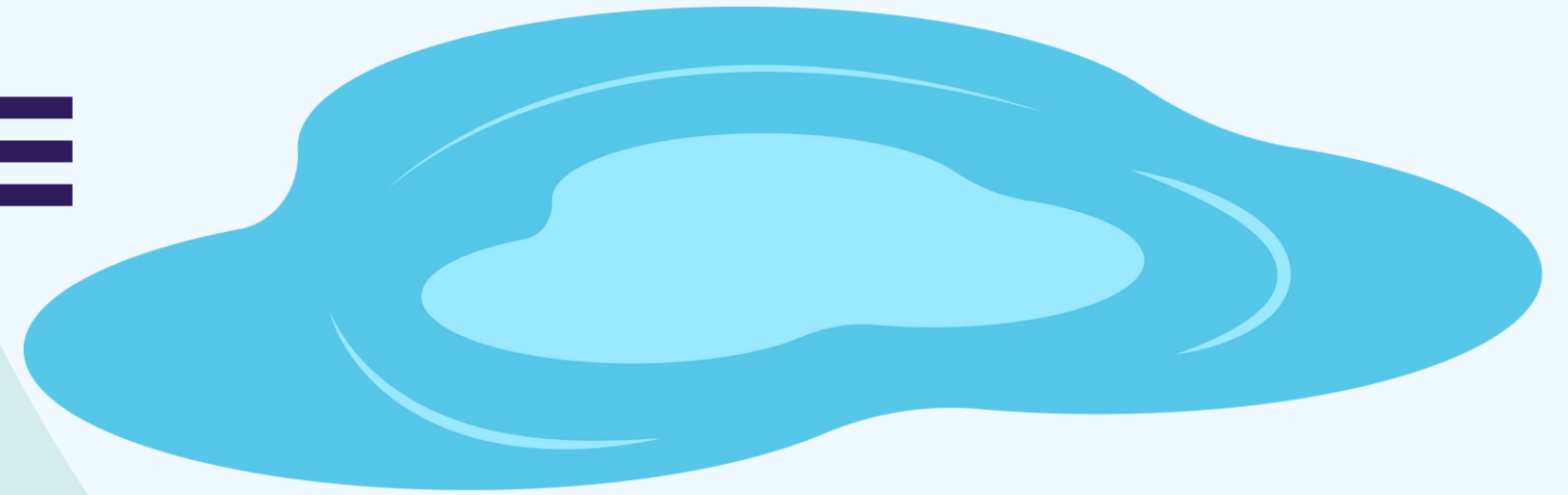
On the ground the children draw a diagram and number it from 1 to 10. The players throw a small stone, coin, beanbag or other small object into the first square. The object must land inside the square without touching the boundary line or bouncing; if it lands on the line or outside the square, the kid loses the turn. The children jump sequentially from 1 to 10. The goal is to hop all the way down to the end and back without the other foot touching the ground. If the player finish without any mistakes, successfully completed the first level and passes the object to the next player. On the next turn, the pupil throws the marker to the next number, and attempt to go through the entire course without making a mistake. The person who first jumps over all the classes wins.

<https://www.youtube.com/watch?v=kyX13LE05v8>

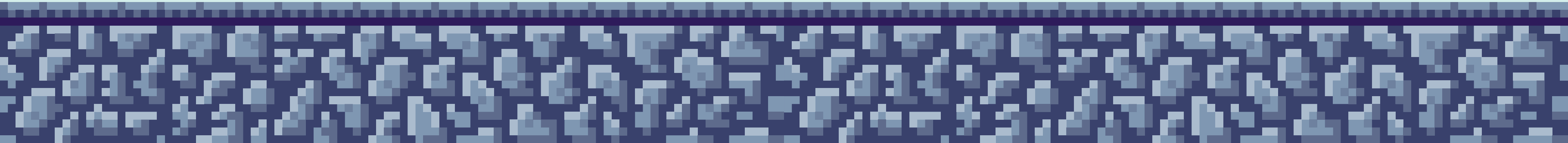




# POWÓDŹ - THE FLOOD



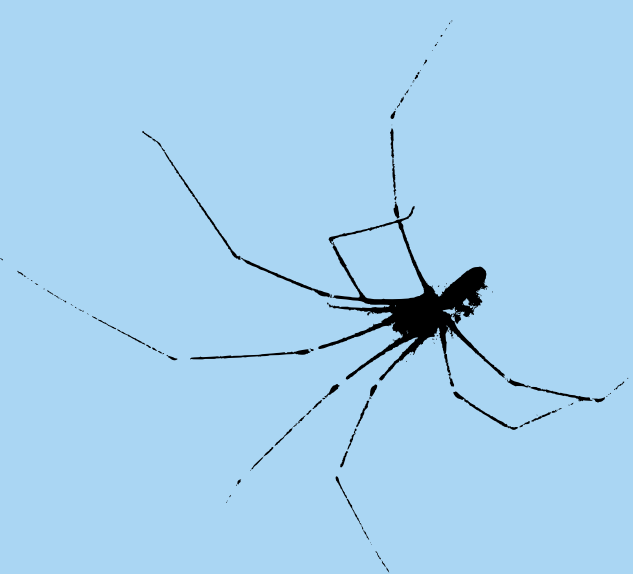
The children are running, and on the slogan "Flood!" they have to find shelter on something above the ground – for example, a tree, a bench, a stone. At the slogan "The water has subsided" the children start running again.





# THE SPIDER AND THE FLIES

Another in a series of games where children are expected to freeze in stillness. One child becomes a spider and the rest become flies. The flies run freely. At the slogan "spider!", the flies freeze motionless. "Spider" walks around the children and looks to see if any "fly" moves. When it does, it becomes a spider and the game continues.



[https://www.youtube.com/watch?v=JWJ\\_Rsti5BE](https://www.youtube.com/watch?v=JWJ_Rsti5BE)

