

Slå Munk

(Hitting the Monk)



Aim of the game: To overturn the Monk and get back to safety without being caught by the monk's guardian.

Set up: Outdoors in a big area in a park or school backyard, playground etc.

Rules:

Hitting the Monk is a mixture of a tag game and a skittle game.

All players are placed behind a starting line, each with their stick to throw. The participants throw their Stick one after the other trying to hit and overturn the Monk.

One of the participants is a Monk-guardian and is placed at a suitable distance from the Monk.

If the Monk is overturned, the participants have to run for a throwing Stick, and then run back to safety (behind the starting line) without being caught by the Monk-guardian.

The guardian must quickly put the Monk back in place (in the upright position) before trying to catch one of the participants.

Whoever is caught becomes the new Monk-guardian.

If all participants have thrown their sticks and the Monk is still not overturned, the guardian must snatch one of the throwing Sticks and hit the Monk overturned and run to safety. (behind the starting line)

All other must run out and get a Stick, the one that do not get a Stick becomes the new Monk's guardian and must hurry to put the Monk in place and then try to catch one of the others.

The game continues with the new guardian.



Equipment and Materials: One short Stick per participant (20-30 cm long), and one Monk (a piece of wood 40-60 cm high and diameter of 10 to 15 cm at the bottom). A starting line made of a rope on the ground or cones etc.

Age:
6+

Number of players:
8 – 35 per team

Duration:
15 – 45 min.

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Co-funded by the European Commission



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Teaching Style

1. Provide clear and simple instruction
2. Complete a walk through the playing area
3. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Range of balls can be used that vary in weight, size instead of sticks
2. Audible equipment can be used (e.g. bell or rattle ball)
3. Brightly coloured equipment can be used

Rules

1. Change the number of players
2. Set time limit for how long each person must be Monk's guardian
3. Instead of a stick that has to be thrown, a ball could also be kicked or rolled

Environment

1. Increase/decrease the playing area/distance/ boundaries
2. Ensure the outdoor playing area has a smooth surface and is free of obstacles

