

Stanto



Aim of the game: This is a game where players run and avoid to be hit by the ball.

Set up: Indoor or outdoor free space (e.g. park, school backyard, gym) where the players can move freely.

Rules:

All players place themselves around a ball-keeper.

The ball-keeper throws the ball as high as possible in the air, yelling the name of one of the participants from the circle. All players now run away as fast as they can to place themselves at a farthest possible distance from the center.

The person whose name was called, is the new ball-keeper and must catch the ball and then cry: "STANTO" as quickly as possible and thereafter everybody must stand still.

Now the new ball-keeper can make three steps forward and try to hit one of the closest participants with the ball. The person who is hit receives a minus. If the person is not hit, the ball-keeper gets a minus.

After receiving three minuses one is doomed and must be stoned. This means the doomed person places himself in front, in a stooped position at a distance of eight to ten meters with his back to the others. All the participants then have one attempt at hitting the doomed person on his back with the ball.



Equipment and Materials: Soft (rubber/sponge) ball

Age:
5+

Number of players:
6 - 12 per team

Duration:
10 - 30 min.



Let's Inclusivize TSG!

Teaching Style

1. Provide clear and simple instruction
2. Complete a walk through of the playing area
3. Encourage the players to explore different ways of travelling (e.g. walking, hopping, skipping)
4. Safety instructions to be tailored to the environment and participants playing the game.

Equipment

1. Brightly coloured equipment can be used
2. Use a balloon instead of a ball
3. Vary size/shape of ball BUT must always be soft
4. Introduce a soft bean bag for use while attempting to hit the 'doomed' person
5. A board/piece of paper and pen to keep track of how many minus' each player accumulates

Rules

1. Only one person has the chance to hit the doomed person
2. Increase/decrease the amount of steps the keeper can take.
3. You can only hit another player with the ball from the waist down.
4. Allow ball to bounce once or twice before the person catches it.
5. Modify ways of throwing

Environment

1. Increase/decrease the size of the playing area
2. Introduce lines and boundaries the players cannot cross
3. Ensure visual aids are set up such as bright markings for boundaries
4. Ensure the indoor/outdoor playing area has a smooth surface and is free of obstacles



Deutsche Sporthochschule Köln
German Sport University Cologne

