

Trule kobile

(Rotten mares)



Aim of the game: To be strong enough to withstand as the “rotten mare” or “horse rider” as long as possible. The best team is the winner.

Set up: Any outdoor area with a grassy surface , 15x4m which contains a fixed object such as a wall or a tree to play against.

Rules:

Two teams play this game. One team consists of 5 players. One member of the "rotten mares" team puts himself against one team member or against the tree or wall or some massive object. The other players go in the same position one behind the other and catch the player in front of them around the waist or legs.

They put their heads between the teammates' legs. In this way the "rotten mares" is formed. The other team is jumping from a run-up on the back of the "rotten mares". The first player needs to jump over the "rotten mares" as far as he can. He can move over the "rotten mares" and up to the first player.

Then all the other players jump one by one. Now they are all in the position of a "riding horse" and they must stay in that position. If one of the players of the jumping team falls down or touches the ground with one leg the roles are switched and then it is the other team's turn to jump on. The jumping team counts up to 10 while clapping with their hands raised high above their heads.

They should not fall down or touch the opposite players or their teammates with their hands or touch the ground with their legs. If one of these things happens then the roles change. If the "rotten mares" team manages to stay until the counting is finished and not fall down then the roles change as well.



Equipment and Materials: A tree or a wall or other fixed object is necessary

Age:
12 - 18

Number of players:
4 - 12

Duration:
Undefined

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Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the teams
3. Practice games before introducing scoring
4. Encourage players to communicate throughout the game
5. Safety instructions to be tailored to the environment and participants playing the game.
6. This game should only be played with a qualified PE teacher, trainer, coach or instructor.

Equipment

1. Use coloured bibs to help identify players more clearly.

Rules

1. Simplify / harden the rules
2. Increase / decrease time limit
3. Increase / decrease the number of players

Environment

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

