

# **Ryst undervisningen**

**teambuilding, alternative lege, spil og samarbejdsøvelser.**

*Alternative games and teambuilding in sportsclasses*

**Nordisk Kongress, Kuortane, Finland**

v. Mikkel Bøyesen



## Indhold / Contains

- Jing Jang
- CoCo
- Indisk numseskak / Indian Bodychess
- Styrktræning i det fri / Outdoor fitness
- Par rundbold / Pair Squareball
- Odins Pik / The spear of Odin
- Øksen i panden / Square of axes
- Snøre Vibe og andre reblege / Taming of the heron and other rope games

---

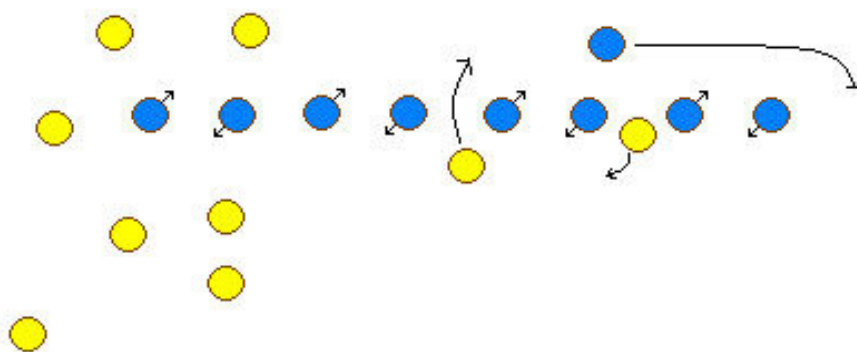
### CoCo (*Indisk fangeleg fra Kashmir*) (*catchinggame from Kashmir, India*)

Type:	Fangeleg / Game of catch
Antal deltagere / No. Of participants:	20 +
Aldersgruppe / Agegroup:	4 kl. / age 10+
Rekvisitter / Equipment:	-
Banens størrelse / space needed:	-

Taktisk fangeleg, hvor især fangerholdet skal kunne arbejde sammen, men hvor de jagede kan være snu. Deltagerne deles i to lige store hold. Fanger holdet stiller sig på en lang række med front skiftevis mod højre og venstre med ca. 1 m. mellemrum. En fanger er i marken og jagter det andet hold. Der løbes nu rundt om rækken af fangere og kun med uret. Fangeren skal passere hele vejen rundt om rækken, hvorimod de jagede må passere igennem rækken af fangere. Fangeren kan til hver en tid skifte plads med en holdkammerat ved at klappe ham/hende på ryggen. Legen leges på aftalt tid f.eks. 5 min., hvorefter det gøres op hvor mange der blev fanget og holdene skifter plads.

Tactical game of catch, where especially the chasing team must work together. The participants are divided into two equally sized groups. The catching team sits in a straight line with ca. 1 m. intervals, facing opposite directions (see blue team below). One person from the chasing team is chasing the opposite team. The chasing person and the fleeing team must only run clockwise around the straight line. The fleeing team is allowed to pass through the line of sitting chasers, the chaser is not. He can however at any time change place with any teammember by padding him/her on the back and taking his/her place.

The game is played at set timeframe fx. 5 minutes, after which the number of caught person are counted and the two teams change place.



## Jing Jang

Type:	Fangeleg / Game of catch
Antal deltagere / No. Of participants:	10 +
Aldersgruppe / Agegroup:	0 kl. / age 6+
Rekvisitter / Equipment:	Træskive med to forskellige farver / Round plate of wood colored in two different colors.
Banens størrelse / space needed:	gymnastiksal eller stor græsplæne / Gym-hall og big grassfield

En relativ simpel fangeleg. Deltagerne deles i to lige store hold, som står på to lige rækker med ca. 2 meter imellem. Hvert hold tildeles en farve svarende til en af siderne på træskiven. Træskiven trilles mellem de to rækker og lander med en farvet side op. Holdet med denne farve skal nu forsøge at fange så mange fra det andet hold inden de når ned i helle bag baglinjen. Fangede personer er nu en del af det hold de blev fanget af. Deltagerne stiller op igen og skiven trilles endnu en gang. Legen fortsætter så længe det er aftalt.

A simple game of catch. The participants are split into two teams and are placed in to straight lines facing each other app. 2 meters apart. Each of the teams are given a color referring to one of the sides on the wooden plate. The wooden plate is rolled in between the two lines until it lands with one of the colored sides upwards. The team with this color must now try to catch as many from the opposing team before they reach sanctuary behind their safeline. Caught participants will now join the other team before the two teams start over again. The game continues at a agreed timeframe or until all members of one of the teams are caught.

## Odins Pik (*gl. nordisk brydeleg*) / The Spear of Odin (*old nordich strengthgame*)

Type:	Leg/dyst / strength challenge
Antal deltagere / No. Of participants:	2 +
Aldersgruppe / Agegroup:	-
Rekvisitter / Equipment:	2 kegler, 1 rundstok 2+ m., 2 skumbolde 2 cones, 1 wooden pole 2+ m., 2 foam balls
Banens størrelse / space needed:	4-5 m.

To kegler placeres med 4-6 m. afstand. På keglerne lægges nu en skumbold. Præcis lige mellem de to kegler placeres rundstokken, så hver ende peger imod en kegle.

To deltagere stiller sig nu ryg mod ryg med en fod på hver side af stokken. Stokken løftes op mellem benene og agerer nu Odins Pik på de to deltagere. På kampelederens tegn forsøger hver deltager nu at trække den anden hen til sin kegle, så bolden kan stødes ned.

Vinder holdet vælger nu først, når en ny deltager sættes ind. Samme deltager kan ikke bruges to gange. Når begge hold har brugt alle deres deltagere tælles antallet af sejre op og et vinderhold udnævnes.

*Vikingerne brugte denne dyst landsbyerne imellem og anvendte et spyd med hoved i begge ender, kål eller grisehoveder til legen.*

Two cones are placed 4-6 meters apart. A foam ball is placed on each of the cones. The wooden pole is placed between the two cones each end pointing at a cone. Two combatants are now placed back to back across the pole. The pole is lifted up and is now the spear of Odin (or dick of Odin). At the sign of the gameleader each of the combatants try to pull his or her spear towards his or her cone with the foam ball and push it down.

The game is usually played with two teams of same size and strength. When a person has participated he or she can't take another turn. The winning team of each turn are the first team to put a new person into the combatarea, thus the loosing team has the advantage of making a tactical choice with their combatant. When all teammembers have participated, the number of victories, tells which team has won.

*The Vikings used this game when meeting other villages and used twoheaded spears and pigs-heads for the game.*

## **Øksen i panden (gl. nordisk styrkedyst) / Square of axes (old nordich strengthgame)**

Type:	Leg/dyst / strength challenge
Antal deltagere / No. Of participants:	4
Aldersgruppe / Agegroup:	4 kl. / age 10+
Rekvisitter / Equipment:	4 kegler, 4 tennisbolde og langt endeløst reb / 4 cones, 4 tennisballs and a long endless rope
Banens størrelse / space needed:	ca. 5*5 m.

Det endeløse reb lægges i et kvadrat ca. 5\*5 m. keglene placeres ca. 3 m. fra hvert hjørne af kvadratet. Tennis boldene placeres på toppen af keglene.

Hver deltager stiller sig nu inde i reb-kvadratet, med fronten ud mod keglen og rebet anbragt om maven.

Når der bliver sagt start, gælder det om at trække de andre med og få væltet sin tennisbold af keglen.

A long rope is tied together at the ends and is placed in a big square (fx. 5\*5 m.). approx 3 meters from each corner a cone is placed with a tennisball on top. The 4 participants stand inside each corner facing the cone and lifting the rope to lie around the belly. At the sign of the gameleader each combatant now try to pull the others towards his cone to strike down the tennisball.

*Bold combatants and Vikings use axes and wooden logs instead of cones and tennisballs.*

## **Snøre Vibe (gl. nordisk brydeleg) / Taming of the heron (old nordich strength/balance-game)**

Type:	Leg/dyst / strength/balance challenge
Antal deltagere / No. Of participants:	2 +
Aldersgruppe / Agegroup:	4 kl. / age 10+
Rekvisitter / Equipment:	langt sjippetov eller reb / rope ca. 6-8 m.
Banens størrelse / space needed:	-

Kombetanterne vikler en endeløst reb om deres fødder (se billede) og forsøger derefter at trække den anden omkuld. Rebet vikles fra inderfoden henover foden, under foden og går derefter op til hånden.

The combatants tangle an endless rope around their feet (see picture below) and must afterward attempt to tumble the opponent by pulling the rope with their feet.

The rope is runs from the inside of the foot, over the foot, underneath the foot and up to the hand.

## **Rebforhindring Ropechallenge**

Type:	samarbejde / teambuilding
Antal deltagere / No. Of participants:	5 +
Aldersgruppe / Agegroup:	6 kl. / age 12+
Rekvisitter / Equipment:	langt reb / long rope, 3-4 boards of ca. 1,5 m..
Banens størrelse / space needed:	område mellem 3-4 træer / area between 3-4 trees

Bind et reb imellem 3-4 træer i en højde af 1-1½ m. Deltagerne kan arbejde sammen eller deles i hold. Det gælder nu om at passere over rebet ved fælles hjælp, med plankerne som eneste hjælpemiddel. Rebet må ikke berøres. Når en deltager har passeret rebet må han/hun ikke gå ind i området igen, men må hjælpe fra området uden for rebet.

Bind a rope between 3-4 trees at a height of 1-1½ m. The participants can either work together as one team or be divided into more groups. The group must now help each other to pass over the rope without touching it. Once a member of the group has passed over the rope he/she must not reenter the area, but can be of assistance from outside of the area. First group to leave the area without touching the rope has won. The boards within the area is the only help available

## Reb-knuder

### Knots

Type:

Samarbejde / teambuilding

Antal deltagere / No. Of participants:

5 +

Aldersgruppe / Agegroup:

6 kl. / age 12+

Rekvisitter / Equipment:

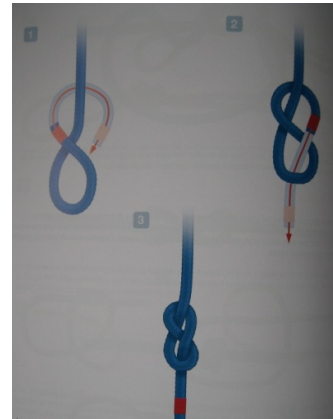
langt reb 8-10 m./ rope ca. 8-10 m.

Banens størrelse / space needed:

-

Denne udfordring kan udføres på to forskellige måder.

- 1) Et langt skødereb på 8-10 m. lægges strakt på jorden. Herefter tager alle deltagerne fat i rebet med begge hænder. Nu skal deltagerne i fællesskab slå to knuder på rebet uden på noget tidspunkt at slippe rebet.
- 2) På et reb laves et 8-talsknob (billede) i den ene ende (ca. 1 m. fra tampen). Rebet lægges strakt på jorden, hvorefter alle deltager griber rebet med højrehånd med en meters afstand. En af deltagerne skal have fat foran knuden. Knuden skal nu transporteres fra den ene ende til den anden uden deltagerne flytter deres hånd fra rebet (*deltagerne skal passere igennem knuden*).



This challenge can be performed in two different ways.

1. A long rope app. 8-10 m. is placed in a straight line on the ground. All the participants now grab the rope with both hands. The participants must now tie a knot on the rope without letting go of the rope at any time.
2. On a rope is tied figure eight knot (picture) in one end (ca. 1m. from the end). The rope is placed on the ground in a straight line. Now all the participants stand on the left side of the rope and grab the rope with their right hand a meters apart. One of the participants is standing in front of the knot, the rest behind the knot. The knot must now be transported from its place between the first two participants, to its new place between the two last persons holding the rope. The participants must not let go of the rope during the challenge. (*the participants must pass through the knot to succeed*).

## Styrketræning i det fri

### Outdoor fitness

Type:

træning/fitness / training/fitness

Antal deltagere / No. Of participants:

1 +

Aldersgruppe / Agegroup:

4 kl. / age 10+

Rekvisitter / Equipment:

Cykelslanger, sjippetove og en planke /  
cycle tubes, skipping ropes and poles

Banens størrelse / space needed:

-

Forskellige former for styrketræning vha. simple redskaber.

- Squats vha. vægtstangsprincippet (billede)
- Squats vha. cykelslanger
- Biceps vha. cykelslanger
- Mave/Bryst/ryg vha. rundstok og cykelslanger

Osv. Eksperimenter selv med eleverne

Different forms of fitness by simple means.

- Squats by means of ... (picture)
- Squats by means of cycle tubes
- Biceps by means of cycle tubes
- Abdomen/chest/back by means of cycle tubes and poles



Etc. develop more together with the pupils

## Indisk numseskak

### Indian bodychess

Type:

Antal deltagere / No. Of participants:

Aldersgruppe / Agegroup:

Rekvisitter / Equipment:

Banens størrelse / space needed:

To eller flere hold får veste på. Hvert hold vælger en konge og en dronning, resten er bønder.

Alle deltagere skal stå på alle fire under hele legen indtil, deltageren skubbes ud af banen af en deltager fra det andet hold. Man må skubbe med siden og numsen. Det er forbudt at stange. Der spilles på tid f.eks. 10 minutter. Dronningen giver 10 point, kongen giver 5 point og bønderne 1 point. Efter endt spil tælles pointene sammen for de ikke udgående deltagere. Holdet med flest point har vundet.

The participants are divided into two or more teams of 6 or more members. Every team now secretly chooses a king and queen. Their identities are told to the referee. The remaining teammembers are peasants. The teams enter the marked circle and must from there on have both hands and feet on the ground and try to push opposing teams out of the circle with their buttocks or backs. It is forbidden to use the head as a mean of pushing as this can cause injury. The is played at a given timeframe fx. 10 minutes, after which remaining teammembers are counted and given points. Queen = 10 point, King = 5 point, peasant = 1 point. The team with most points still in the circle has won.

Leg/dyst / strength/balance challenge

12 +

4 kl. / age 10+

langt reb ca. 30+ m. / rope ca. 30+ m.

Cirkel med diameter på 6+ meter /

Circle with a diameter of 6+ meters.



## Par rundbold

### Pair squareball

Type:

Antal deltagere / No. Of participants:

Aldersgruppe / Agegroup:

Rekvisitter / Equipment:

Banens størrelse / space needed:

Spilles næsten som normalt rundbold. Deltagerne deles i to hold. Spillerne på indholdet går sammen to og to, en løber og en kaster. Kasteren kaster bolden ud i marken og løber derefter selv ud i marken, hvor han skal undgå at blive ramt af bolden. Løberen løber rundt om keglerne indtil at makkeren i marken er blevet ramt. Der gives point for hver omgang løberen når rundt om banen. Når alle spillere på et hold har været rundt, skiftes side.

The game is played almost as ordinary squareball. The participants are divided into two teams. Members on each of the teams work together two and two, a runner and a thrower. The thrower throws the foam ball into the field and runs into the field himself. The runner now has to complete as many rounds as possible, before the team in the field hits his thrower with the foam ball. The team is given one point for every round completed. When all players on a team has been runner or thrower, the teams change sides.

boldspil /ballgame

16 +

4 kl. / age 10+

Skumhåndbold, 4-5 kegler. / foam ball, 4-5 cones

Hal eller græsplæne / Gym-hall og big grassfield

