



2020 CALENDAR



Erasmus+

Colegio Virgen de la Rosa
CAJADEBURGOS



Co-funded by the
Erasmus+ Programme
of the European Union



TONGA



JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TONGA

OBJECTIVE OF THE GAME

- 🏆 Run as many laps as possible.

EQUIPMENT AND MATERIAL

- Two cones.
- 1 ball.

DEVELOPMENT OF THE GAME

- There are two teams (catchers and batters/runners)
- The two cones must be set at a distance, (depending on the players that distance can be modified).
- The catchers have to be spread around the field.
- One player from the batter's team, next to one of the cones, has to bat the ball with his or her arm.
- After batting, that player must run between the two cones as many times as possible.
- The catchers must hit the runner with the ball, after that, the runner is out.

RULES:

- When batting, the ball must go forward, otherwise, that player is eliminated.
- the runner can run in any direction, but he will only score a point if he touches the cone.
- A catcher can't block the runner if he or she doesn't have the ball.

VARIATIONS

- Depending on the age of the players, it might be necessary to limit the runs.
- The catchers can't run with the ball.

BLIND MAN'S BUFF




FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

BLIND MAN'S BUFF

OBJECTIVE OF THE GAME

-  Guess the person that the blind man tag.

EQUIPMENT AND MATERIAL

- Delimited space.
- Blindfold.

DEVELOPMENT OF THE GAME

- People play individually (not a very big number of players).
- Everyone is in the delimited field.
- One person wears the blindfold, moving around has to tag someone and try to guess who that player is.
- If he or she fails, tries again with a new player, if he or she succeeds, the blindfold goes to that person.

RULES:

- The players around can dodge but not to move.

STEAL THE HOOPS



MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

STEAL THE HOOPS

OBJECTIVE OF THE GAME

- ✚ Steal all the rings of the opponents in the shortest time possible.

EQUIPMENT AND MATERIAL

- Rectangular field or court divided into two halves, separated with a line.
- 12 hoops of two different colours. (It can be any kind of object).

DEVELOPMENT OF THE GAME

- People are divided into two teams.
- Each team is at one half of the field.
- The hoops should be placed at the end of each field (6 on each).
- The players must steal the rings from the opposite field without being tagged.

RULES

- If a player is tagged on the opponents' field, he or she has to sit down on the same place and wait for a teammate to touch him or her, then he has to return to his field.
- Once a player takes a hoop is immune until he or she goes back to his or her field.

POLO



APRIL 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

POLO

OBJECTIVE OF THE GAME

-  Make a run before the opponent.

EQUIPMENT AND MATERIAL

- Two lines on the floor 5 – 7 m width apart.

DEVELOPMENT OF THE GAME

- Two teams. Each team has to be behind a line.
- One referee calls out a topic.
- One player of each team has to say out loud one word related to the topic. Then he or she can start to cross the space between the lines four times, one for each letter P – O – L – O.
- The faster player who finishes the word POLO, scores a point.

RULES:

- A player can't run until the topic word has been said.

BUTTER TAG



MAY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

BUTTER TAG

OBJECTIVE OF THE GAME

- ✚ Get all players sitting down on the floor.

EQUIPMENT AND MATERIAL

- Delimited space.
- An object or piece of cloth for the taggers.

DEVELOPMENT OF THE GAME

- Taggers must hold something visible to be identified.
- Taggers must chase the rest of the players, if they do it, they switch roles.
- If a player wants to get out of the chaser, he or she can stop on the place saying “butter”, spreading legs and arms apart. This player must wait for a partner to cross under the legs but, so he or she will return to the game.
- Players in butter position have to melt themselves, crouching down, if they completely couch, they must sit down on the floor and wait for the game to finish.

RULES:

- When a player is passing under someone’s legs, he can’t be tagged.

VARIATIONS

- The number of taggers and the field can be set depending on the number of players and their age.
- Every time the player says a letter, he or she has to step on the line at least with one foot.

VARIATIONS

- You can play in any language to practice specific vocabulary.

SPIDER WEB




JUNE 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SPIDER WEB

OBJECTIVE OF THE GAME

-  Tag the players as soon as possible.

EQUIPMENT AND MATERIAL

- One or two lines on the floor.

DEVELOPMENT OF THE GAME

- At the beginning one student is named as spider. The spider steps on the line.
- The rest of the players have to cross that line without being touched by the spider.
- If the spider tags a player he or she becomes a spider as well and has the same role.

RULES:

- The spider has to be stepping on the line at least with one foot to tag a player.

VARIATIONS

- You can set as many lines as you can, so that will be the number of spider webs.
- You can set two lines and the players tagged must sit down on the floor between them. These players can tag as well other students while they cross from one line to another.
- Bulldog: the student on the line must lift the players who are crossing.

DODGEBALL



JULY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DODGEBALL

OBJECTIVE OF THE GAME

- ✚ Eliminate everyone from the adversary team by hitting them on the body with the ball.

EQUIPMENT AND MATERIAL

- Rectangular field or court divided into two halves, separated with a line. It is recommended to play indoors, but it can be played outdoors as well.

DEVELOPMENT OF THE GAME

- People are divided into two teams.
- 4 or 5 soft balls should be set in the middle of both fields.
- Players start at the end of their field.
- The game starts when someone says: *"3, 2, 1, dodgeball!"*
- If a player is hit below the head before the ball bounces on the floor and then falls, that player must go to the waiting area.
- Players for the waiting area return to the game if a teammate catches the ball on the air.

RULES:

- If a player hits an opponent on the head, he or she is eliminated.
- If a player catches the ball in the air (without touching the floor before), the thrower is sent to the waiting area.
- Players on the waiting area are release in the same order they got in.
- There cannot be more than two people from the same country on each team.

SITTING BALL



AUGUST 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

SITTING BALL

OBJECTIVE OF THE GAME

- ✚ Be the last person standing up with the ball.

EQUIPMENT AND MATERIAL

- Delimited space.
- 1 or 2 soft balls.

DEVELOPMENT OF THE GAME

- People play individually (unlimited number of players).
- Anyone can throw the ball.
- When a person is hit, he or she must sit down on the floor.
- The winner is the last person standing up alone while the others are sat down.

RULES:

- The player with the ball can move but not run or walk.
- The players who are sat can return to the game if they grab the ball again.

VARIATIONS

- More than one ball can be used to make the game more dynamic.
- One ball can sit down the players and the other one set them free.
- To make the game more difficult: in order to return to the game, the player who is sat down must catch the ball and hit someone else.

GAGABALL




SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

GAGABALL

OBJECTIVE OF THE GAME

-  Avoid being touched by the ball on the legs.

EQUIPMENT AND MATERIAL

- Two volleyball balls.
- A field with small walls. You can use wooden benches to make the walls.

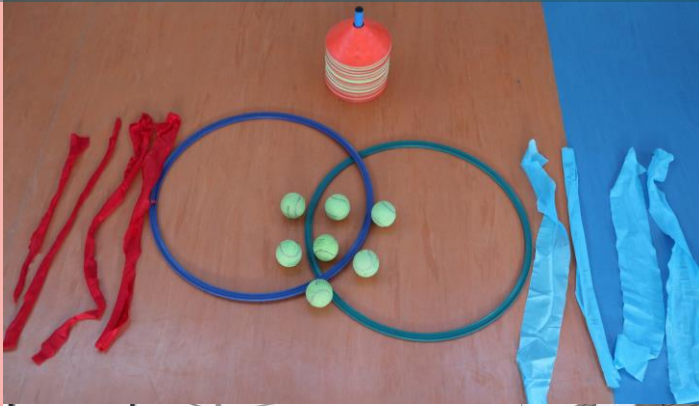
DEVELOPMENT OF THE GAME

- The game starts letting one ball bounce three times and all the players touching a wall saying: “GA - GA – GO!”
- Players have to hit the ball with one hand towards other players or the wall in order to hit them on the legs.

RULES:

- Each player can touch the ball once before it touches the wall or another player.
- Every time the ball touches a player, that player is eliminated, no matter if it comes from a rebound of the wall.
- If a player catches the ball on the air, when it comes directly from another player, the player who has hit the ball is eliminated.
- Eliminated players must wait out of the field to finish the game.
- When there are 5 or 6 players left, you can add one more ball.

7 DRAGON BALLS




OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

7 DRAGON BALLS

OBJECTIVE OF THE GAME

-  Get the 7 dragon balls.

EQUIPMENT AND MATERIAL

- 7 tennis ball.
- Team vests.
- Sport cones
- Pieces of cloth (tails)

DEVELOPMENT OF THE GAME

- The group has to be divided into two teams and the field into two parts (each team can wear sport vests of the same colour).
- At the end of each field, there must be a circle with 3 tennis balls and a separate area which will be “the jail”.
- Each player must wear a piece of cloth as a tail.

RULES

- The seventh ball must be drawn by playing “rock, paper, scissors”.
- Whenever a player enters the opposing field, he or she can be sent to jail when an opponent steals his or her tail. The tail is left on the ground and the player waits in jail until a teammate gives it back.
- The players are release from jail in the same order they got in.
- Inside the circle surrounding the balls the players are immune.
- The winner will be the team that manages to have the 7 balls in their ring without any opponent within that circle.

MOVING BASKET



NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MOVING BASKET

OBJECTIVE OF THE GAME

-  Score points on your team basket.

EQUIPMENT AND MATERIAL

- Two baskets/bins/boxes.
- Two handball balls.
- Coloured vests.
- The game can be played in a basketball court or just in a surface with two areas, which can be drawn on the floor.

DEVELOPMENT OF THE GAME

- Each team puts a keeper in a circle of free throw with one of the baskets.
- Each team passes the ball among them and tries to score on their basket without getting into the circle.

RULES

- All the players have to make a pass before a throw.
- Defenders must keep 1 m away from the person with the ball.
- To score a point a throw must be done, you can't put the ball directly into the basket.
- The player with the ball can give 3 steps without bouncing the ball.
- Nobody can hit the ball with any part of the body except the hands.
- You can change the keeper whenever you want.

PLAY2ADAPT



DECEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			