



ΔΗΜΟΚΡΙΤΕΙΟ
ΠΑΝΕΠΙΣΤΗΜΙΟ
ΘΡΑΚΗΣ

DEMOCRITUS
UNIVERSITY
OF THRACE

Helping Active Lives through Targeting Healthy Youth



Erasmus+

"This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein"

Co-funded by the
Erasmus+ Programme
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**Helping Active Lives through
Targeting Healthy Youth**



Ancient & Traditional Greek children's games

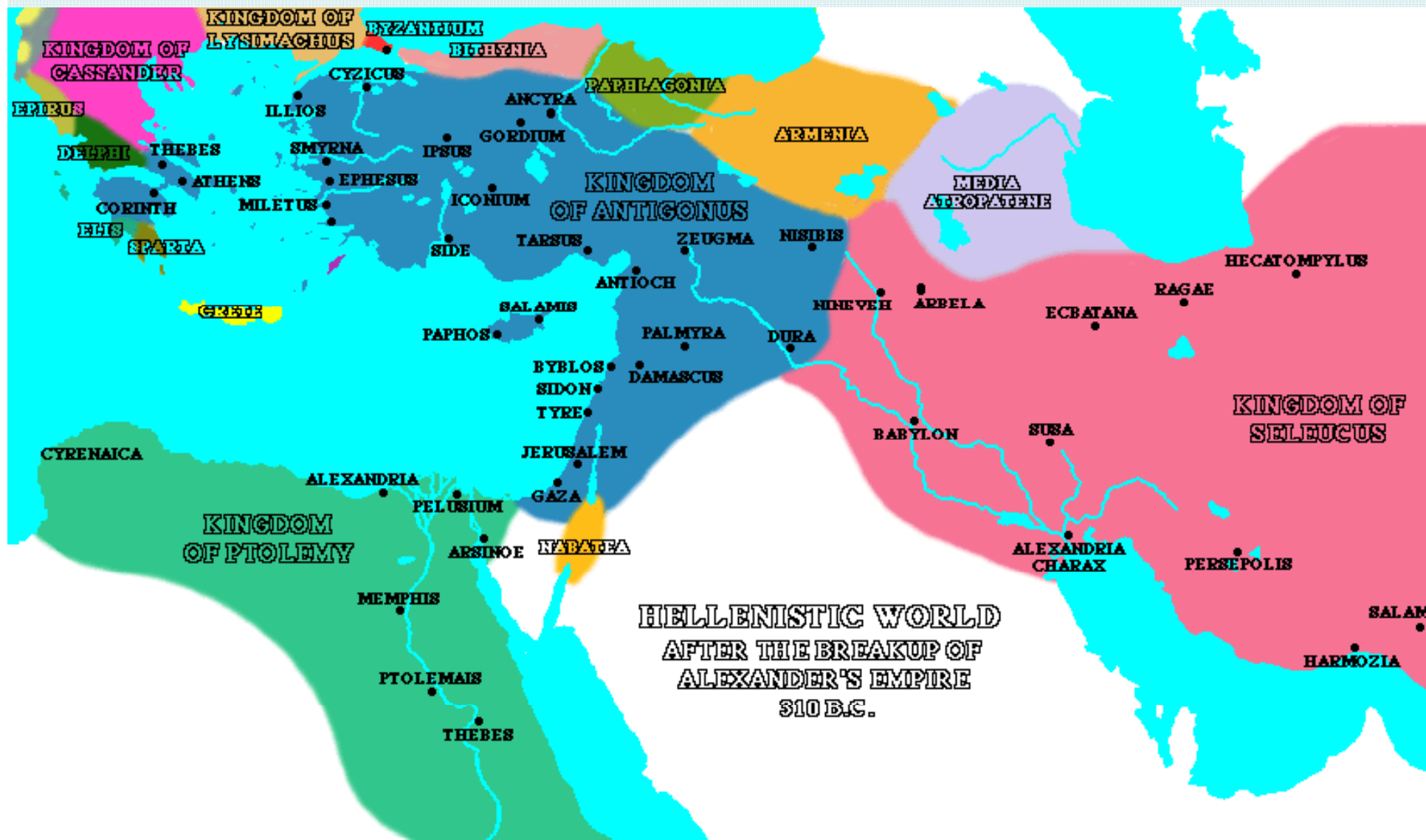
Evangelos Albanidis



Κούρος του Σούνιου, Σούνιο, 600 π.Χ.

Greek colonies





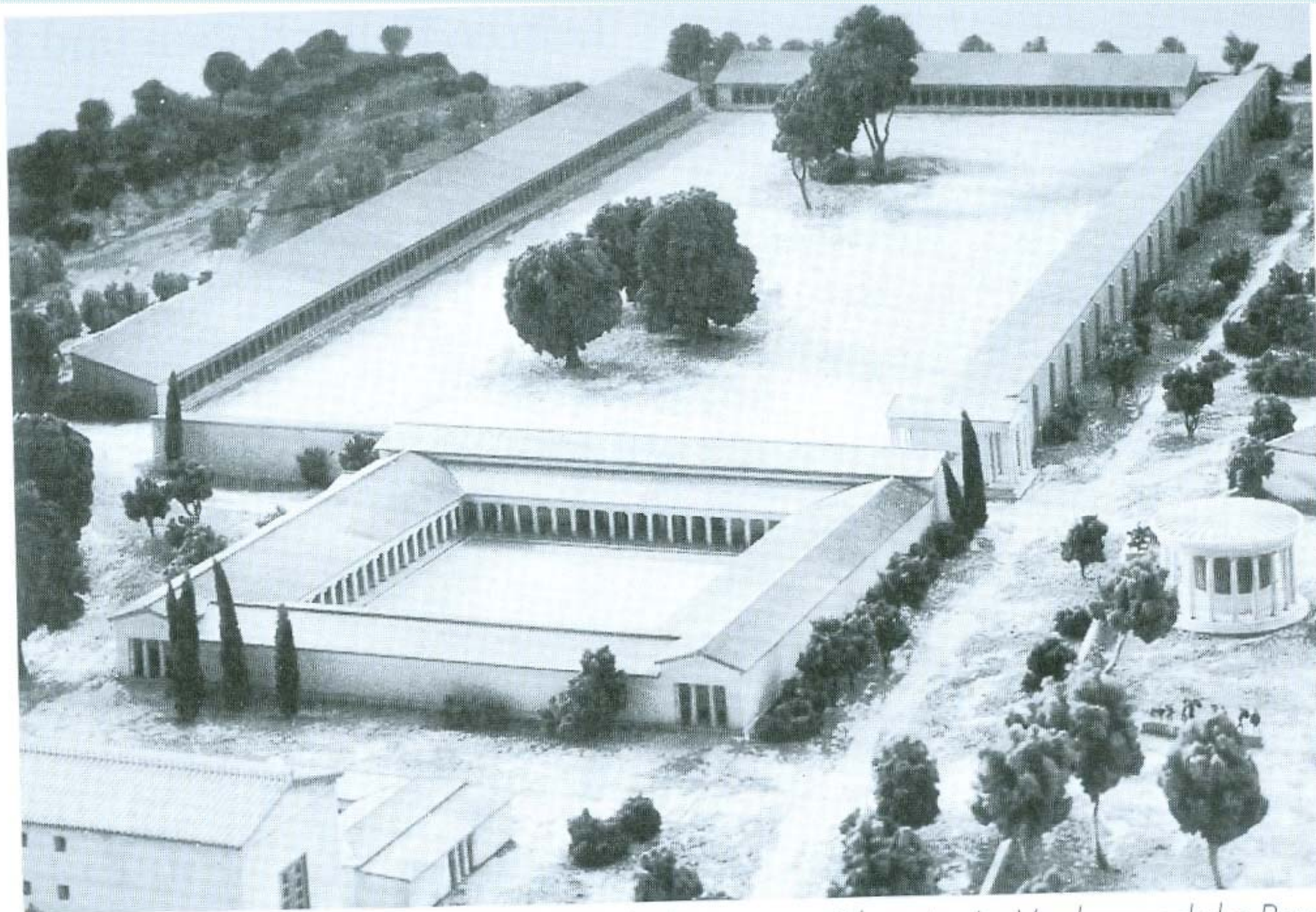


Abb. 74 Modell des Gymnasion im Zeusheiligtum von Olympia. Im Vordergrund der Bau
... Das hallengesäumte weiträumige Areal dahinter nahm u.a. auch eine









Ancient Greek children's games

- Are those that are known to us by ancient written sources (*Onomasticon* by Pollux), or by depictions on jars and mosaic floors.



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Traditional Greek children's games

- Are those that are played informally with minimal equipment, that children learn by example from other children, and that can be played without reference to written rules.





Traditional Greek children's games

- "Children's traditional games (also called folk games) are those that are passed from child to child, generation to generation, informally by word of mouth," and most children's games include at least two of the following six features in different proportion: **physical skill, strategy, chance, repetition of patterns, creativity.**

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Ancient Greek children's games



- Just like children of today, children in ancient Greece enjoyed playing a variety of games. Apparently, Greek parents viewed games as a good way for their children to develop certain skills, just like parents do today.





Ancient Greek children's games

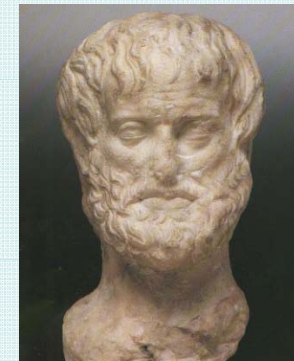
- Greeks gave great value on physical activity games as an educational component for their body and soul. Plato advises parents to leave their children to play freely as in this way they learn to take part in public activities and decisions

'Through the pleasure of games they learn' wrote Plato in his book *Laws*

Playing had always been vitally important to Greek people, that's why they used to bury their dead with their favourite toys and games believing that playing and gaming relaxes and entertains people even in Ades.

Aspects of ancient Greek Philosophers

- ❖ Plato recommended teachers to use playing and not violence in their lessons.
- ❖ Aristotle suggests playing as a recreational remedy that helps body and soul to rest.
- ❖ Galen talks about the healthy value of ball games



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Categories of ancient & traditional Greek games

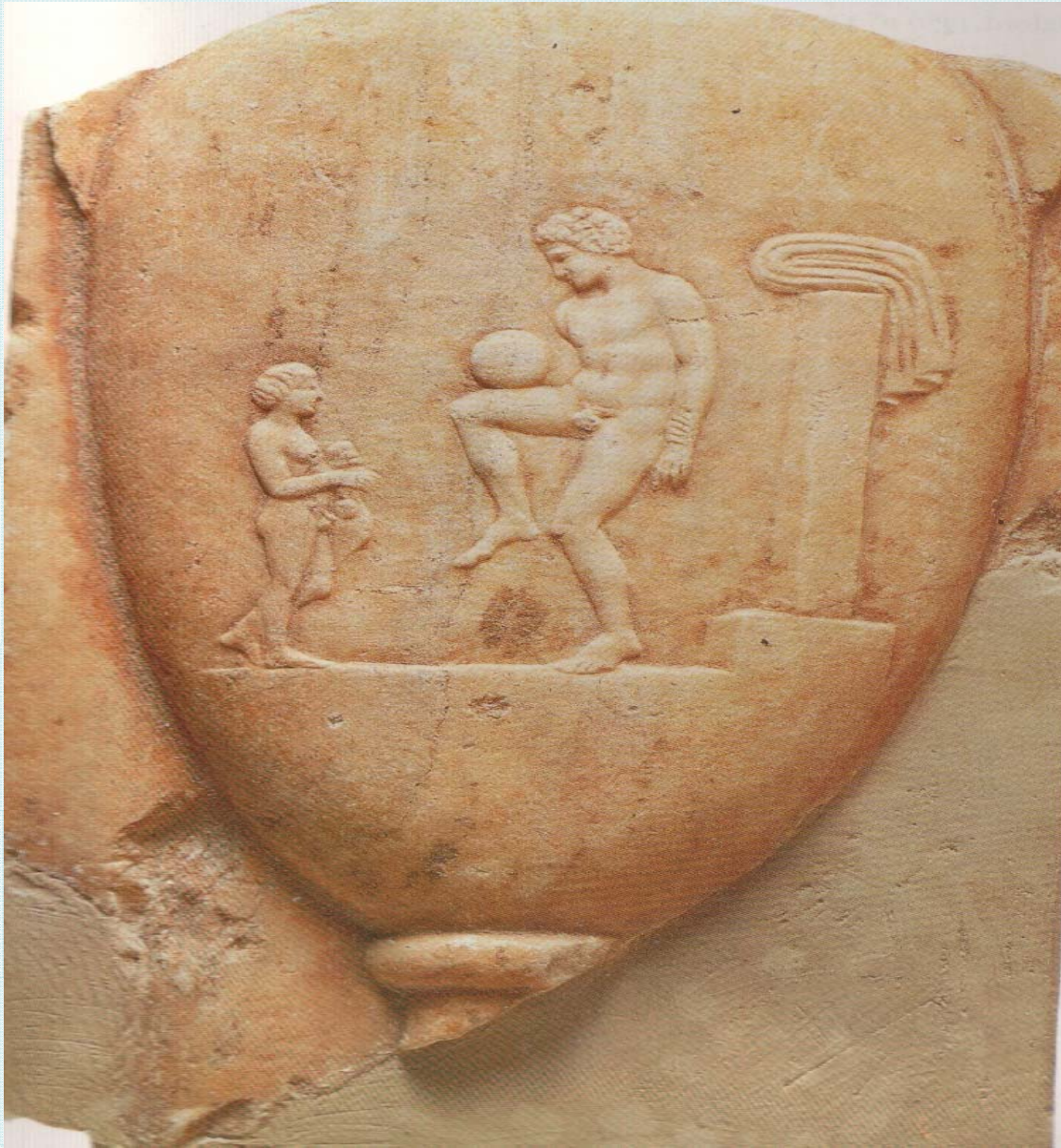
- **Running games**
- **Team games**
- **Skill games**
- **Games of changing roles**
- **Ball games**
- **.....**

Ball games



ΟΜΟΙΩΜΑ ΦΟΥΣΚΩΜΕΝΗΣ
ΜΠΑΛΛΑΣ

MODEL OF AN
AIR-INFLATED BALL



Aporraxis or *anakrousia*. The players hit the ball hard against the ground in order to make it bounce. Afterwards, they catch it to hit it yet again. The player who hits the ball the most wins. Sometimes they hit the ball against the wall and have to catch it before it hits the ground. This game is played by one or two players.



Απόρραξις ή ανακρουσία



Οι παίκτες κτυπούν τη μπάλα με δύναμη στο έδαφος ώστε να αναπηδήσει. Έπειτα την πιάνουν και την ξανακτυπούν. Όποιος παίκτης πετύχει τα πιο πολλά κτυπήματα κερδίζει. Άλλοτε πάλι πετούν τη μπάλα στον τοίχο και πρέπει να την πιάσουν πριν πέσει στο έδαφος. Το παιχνίδι αυτό μπορούν να παίζουν μόνοι τους ή ανά δυο.



Aporraxis



Ourania :

game in which a player threw a ball into the air
and other players tried to catch it



Phaininda



The name **Phaininda** derived from the verb “*phenakizo*” which means to deceive, because the players tried to deceive their opponents.

Many times **Phaininda** played by two teams, and the team in possession of the ball threw it to each other, while their opponents tried to take it from them. To avoid this, they had to deceive the opposition, and the man who held the ball would pretend that he was going to send it to one player, but in the end throw it to another.

Episkyros



Episkyros, “stone chip”, a ball game in which teams try to force each other over an end line by throwing a ball over their opponents’ heads. It was played by youths at Sparta as part of their transition to the status of adult warriors. The game is named for the stone chips (skyroi) which separated the teams; it is also called ephebike, “ephebe ball”, and epikoinos, “team ball”.

Episkyros/Harpastum

- Players are divided into 2 groups
- Three lines spaced 10 meters apart on the ground
- The two outer lines are the boundaries of the groups
- The goal of each team is to throw the ball beyond the boundary of the opposing team.
- Teams try to force each other over an end line by throwing a ball over their opponents' heads.



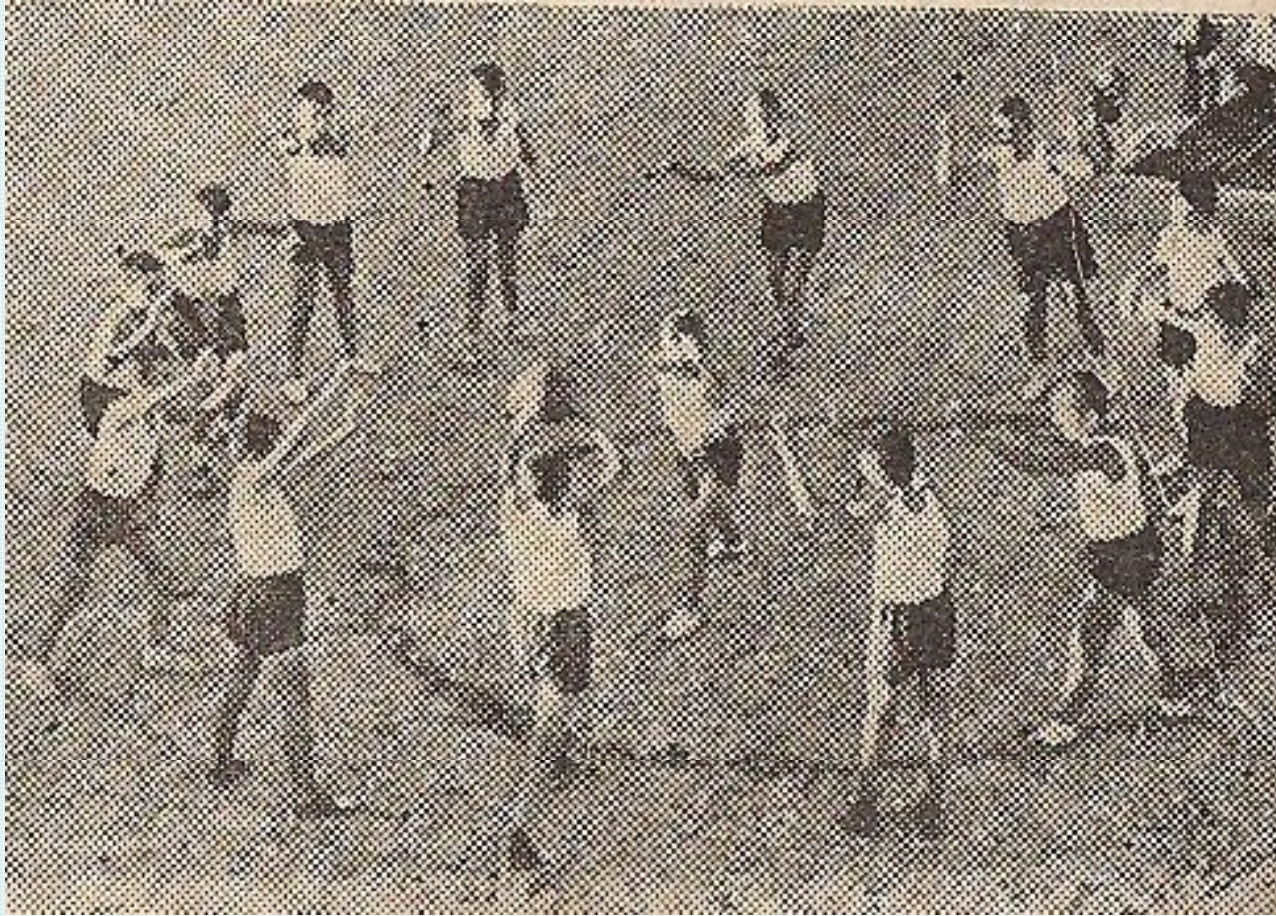


Harpastum



- *Harpastum* was the Roman adaptation of the Greek game *episkyros*.
- Records indicate that the level of violence in this game was greater than that of *episkyros*.
- Each team's goal was to keep the ball within their own zone as defined by the aforementioned lines on the ground.
- Players would pass the ball among their teammates in an attempt to keep it within their own zone while holding back the rivaling team.
- Every time a player catches a pass from any other player while standing on their team's side, a point is scored.

Traditional Sucker game



Apples



In this game children are divided into two groups. Two players of one group stand opposite one another and the players of the other group gather between them. **The two players throw a ball at each other trying to hit one of the children of the rival group.** If the ball hits a player then they get “burned” and exit the game. However, if a player catches the ball, he wins an “apple.” The goal of this game is to get as many “apples” as possible. Each “apple” gives the player an extra “life” he can use in case he gets “burned.”

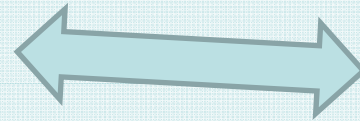
Apples



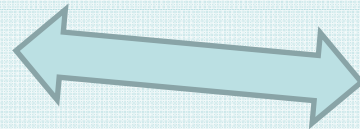
Ball Games

ANCIENT

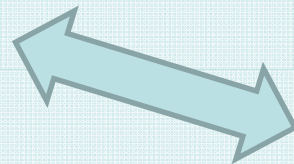
- **Phaininda**



- **Episkyros**
- **Harpaston**



- **Aporraxis**



TRADITIONAL

- Sucker game
- Apples

- “Harpaste”

- Simple “no taking”
- Simple “not moving”
- Lice

Games of changing roles

Chalki Myia /blindfold

They blindfolded a child with a scarf and he said ' a chalki fly I will chase' . The others replied ' you will chase it but you will not catch it' and hit him with their belts until he caught another child.



Chalki Myia /blindfold



Schoinofilinda

(A game somewhat like our “hunt -the –slipper”)

- The squad of players was squatting facing the center of the circle
- A player, chosen by lot, ran around their backs, holding a small rope that he left suddenly.
- If the squatted player did not understand the rope, then the player who placed the rope would hit him with it for a whole circle



Mother's belt



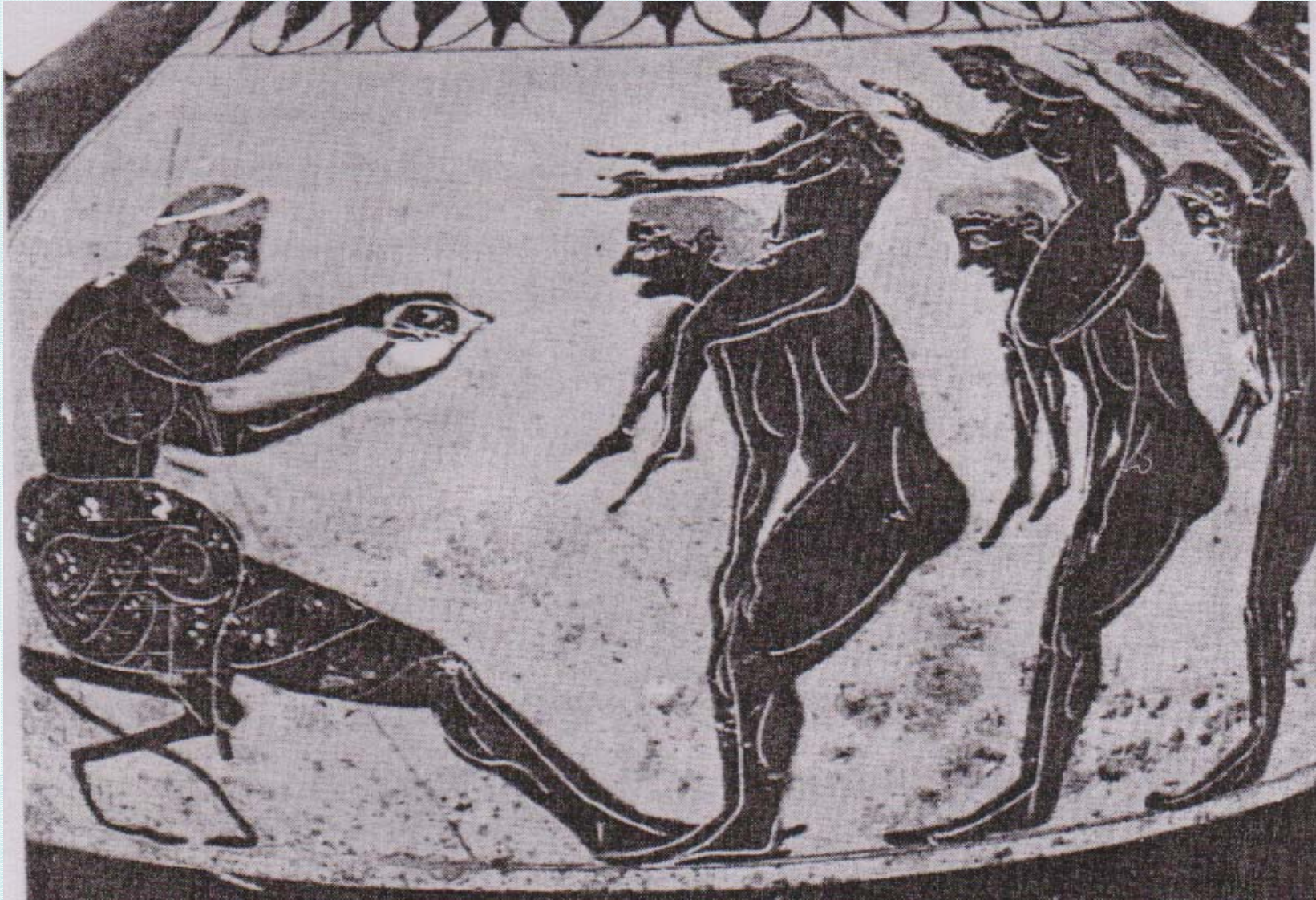


Ephedrismos

In another game, the boys threw the ball through the mouth of a vessel, something like modern-day basketball. The defeated had to carry the winner on his back. This was called *'ephedrismos'*.



Σε άλλο παιχνίδι, τα αγόρια, πετώντας την μπάλα με τα χέρια, προσπαθούσαν να την περάσουν στο στόμιο ενός αγγείου, κάτι σαν τη σημερινή **καλαθοσφαίριση**. Ο νικημένος έπρεπε να πάρει στην πλάτη το νικητή. Αυτό ονομαζόταν "εφεδρισμός".



Ephedrismos was a kind of piggyback game





Moskinda/ Little barrels



Little Barrels



Games of changing roles

- ANCIENT

- Chalki Myia

- Schoinofilinda

- Efedrismos

- Moschinda

- TRADITIONAL

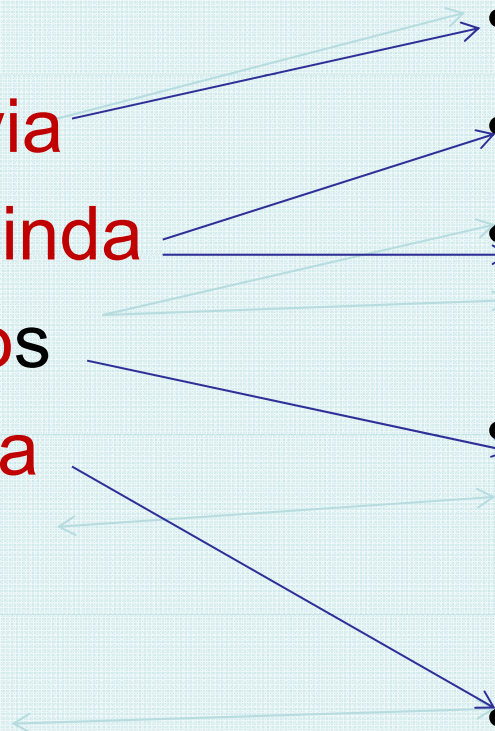
- blind fly (tyflomiga)

- hankerchief

- mother's belt (to louri tis manas)

- long donkey (makria gaidoura) Piggyback game

- Little barrels



Running Games

Kryptinda or Apodidraskinda / Hide and seek



Apodidraskinda. A player closes his eyes and the others run to hide. The player opens his eyes and looks for them. Every time he finds a player, he must run back to his original place first or else he loses.

Η αποδιδρασκινδρα

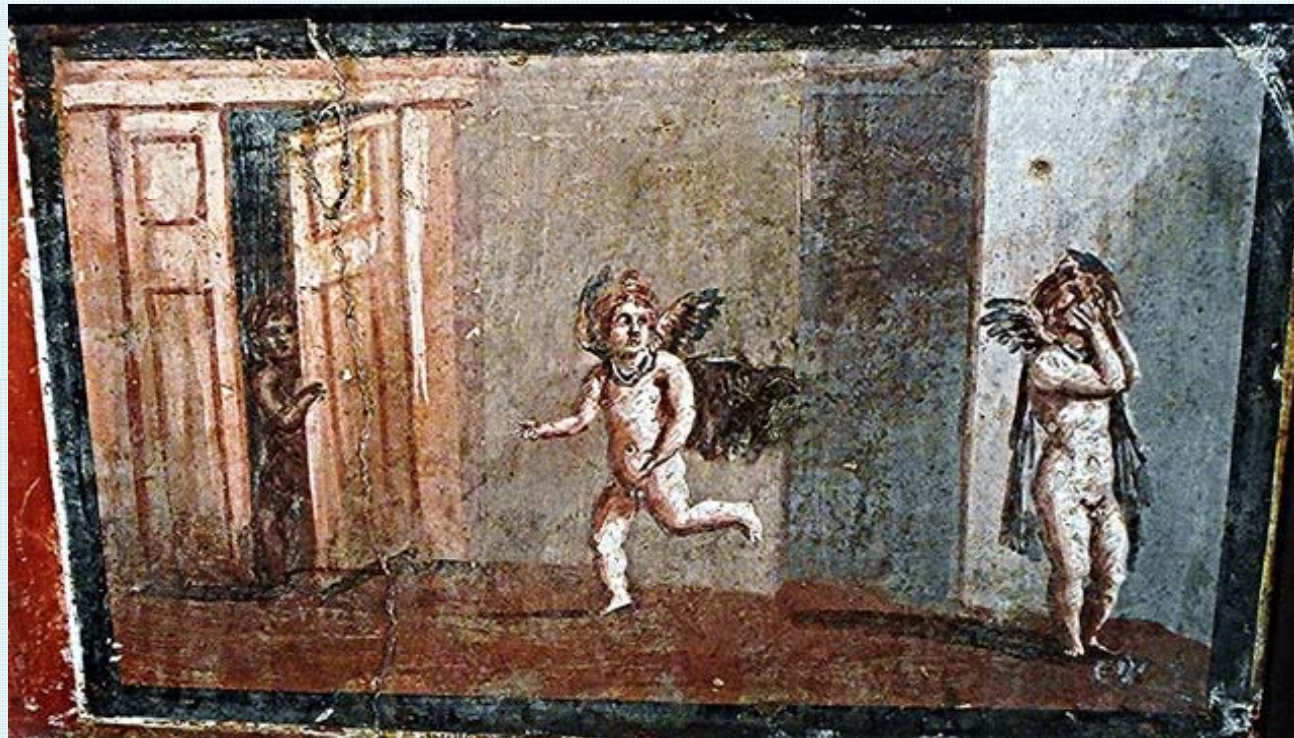


Ένας παίκτης κλείνει τα μάτια του και οι άλλοι τρέχουν να κρυφτούν σε ορισμένο χρόνο . Ο παίκτης ανοίγει τα μάτια του και ψάχνει να τους βρει.

Κάθε φορά που βρίσκει έναν, πρέπει να προλάβει να τρέξει πρώτος στη θέση του, αλλιώς χάνει .

Kryptinda/ Hide and seek

- A player closed his eyes and the others ran to hide at a certain time
- The player opened his eyes and was looking to find them
- Every time he found one he had to pretend running first in his position otherwise he was losing



Sklavoi / Abariza-Prisoner's base

- **Abariza:** The game is played by two groups.
- Each group draws on the ground an “abariza“, a 3-4 diameter circle and a square used as a “prison.” Between the two “abarizas“ there is a distance of 20-40 meters.
- A random player of the first team starts running between the two “abarizas“ and a player of the other team tries to catch him and put him in “prison.” The winner is the team that manages to imprison all the opponents.



Running Games

ANCIENT

- Kriptinda/
Apodidraskinda

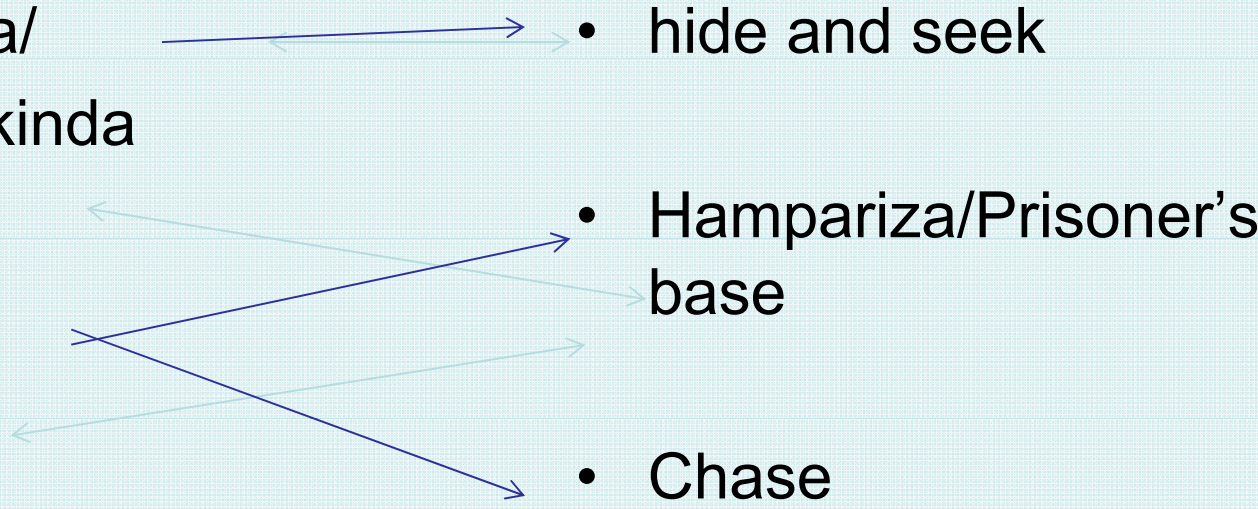
- Sklavoi

TRADITIONAL

- hide and seek

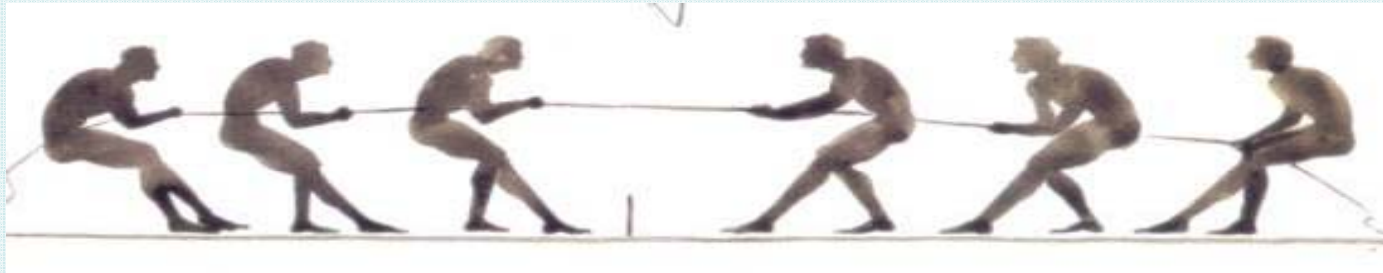
- Hampariza/Prisoner's
base

- Chase



Team games

Dielkistinda- Skaperda-Tug of war



a contest in which two teams pull at opposite ends of a rope until one drags the other over a central line.



The players nail a pole with a hole in the middle into the ground. They put a rope through the hole and two players tie its ends round their waist so that they cannot face each other. Pulling hard they try to make their opponent come close to the pole. This game can be played with more players tied to each end of the rope.

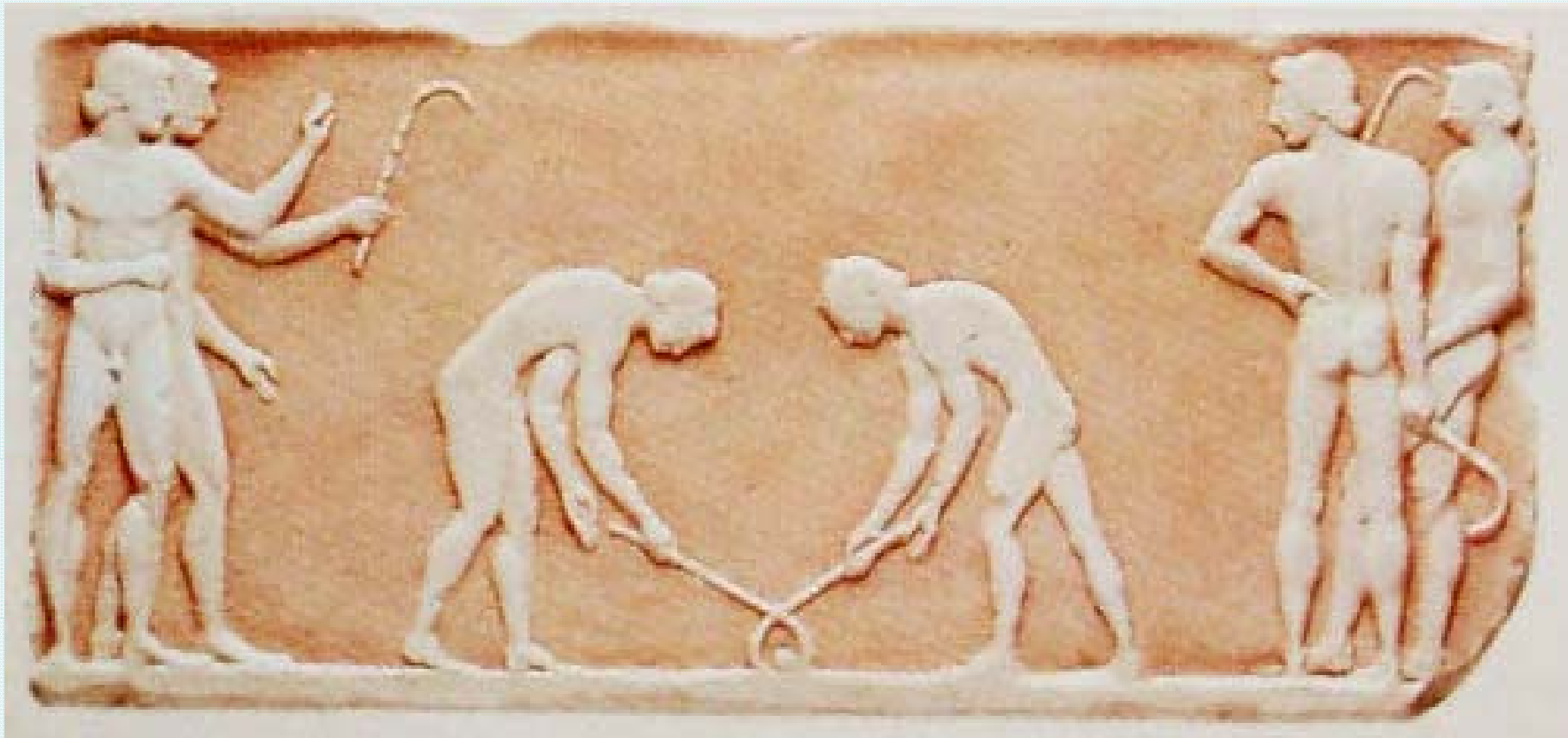


Οι παίκτες καρφώνουν στο χώμα ένα δοκάρι που στο μέσο του έχει μια τρύπα από όπου περνούν ένα σκοινί. Στις δύο άκρες του, δένεται από ένας παίκτης, έτσι ώστε ο ένας να μην κοιτά τον άλλο, και προσπαθούν τραβώντας με δύναμη, να φέρουν ο ένας τον άλλον κοντά στη δοκό. Το παιχνίδι αυτό παίζεται και με ισάριθμους σε κάθε πλευρά παίκτες.





Kerretzein



The *kerretizein* (from the word *Keras* which means bat) was played with a bat and is the forerunner of field hockey.

Το κερρητίζειν
(κέρας ήταν το μπαστούνι)
παίζονταν με την χρήση ενός μπαστουνιού και αποτελεί
τον πρόδρομο του χόκεϊ σε χορτάρι.





Hockey





Gourouna



Akinetinda /Statuettes

Akinetinda. Once the players hear the cue they have to stay still in whichever position they are. The first to move is expelled from the game.



Statuettes



Team Games

ΑΡΧΑΙΑ

- Dielkistinda

- Kerretizein

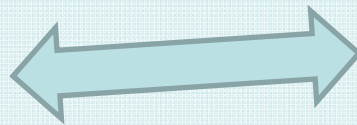
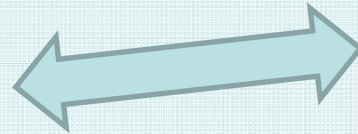
- Akinitinda

ΠΑΡΑΔΟΣΙΑΚΑ

- pulling of the rope

- Pig game

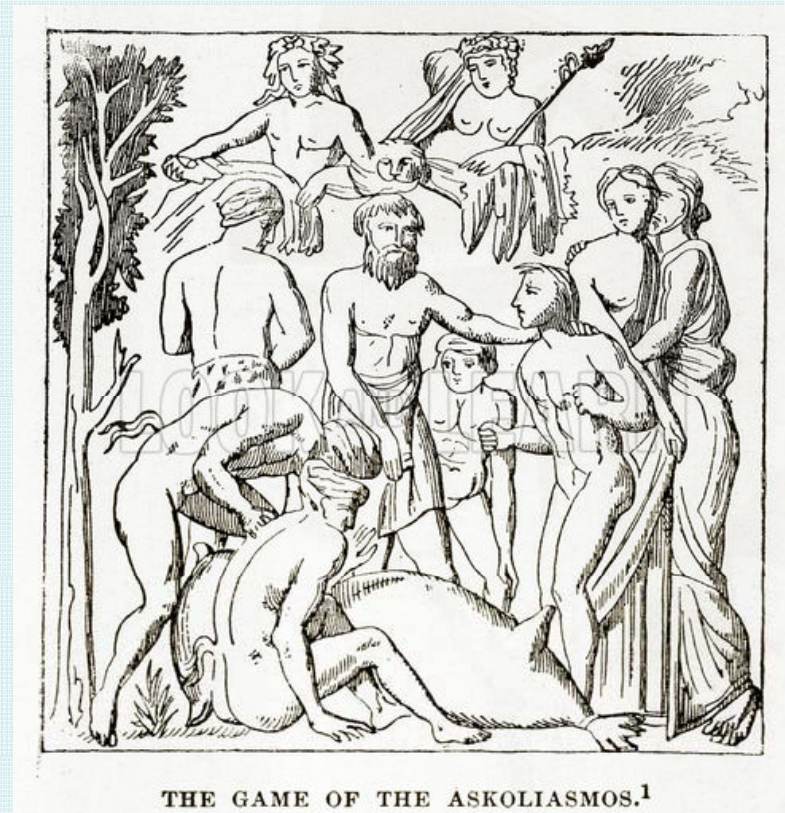
- statuettes

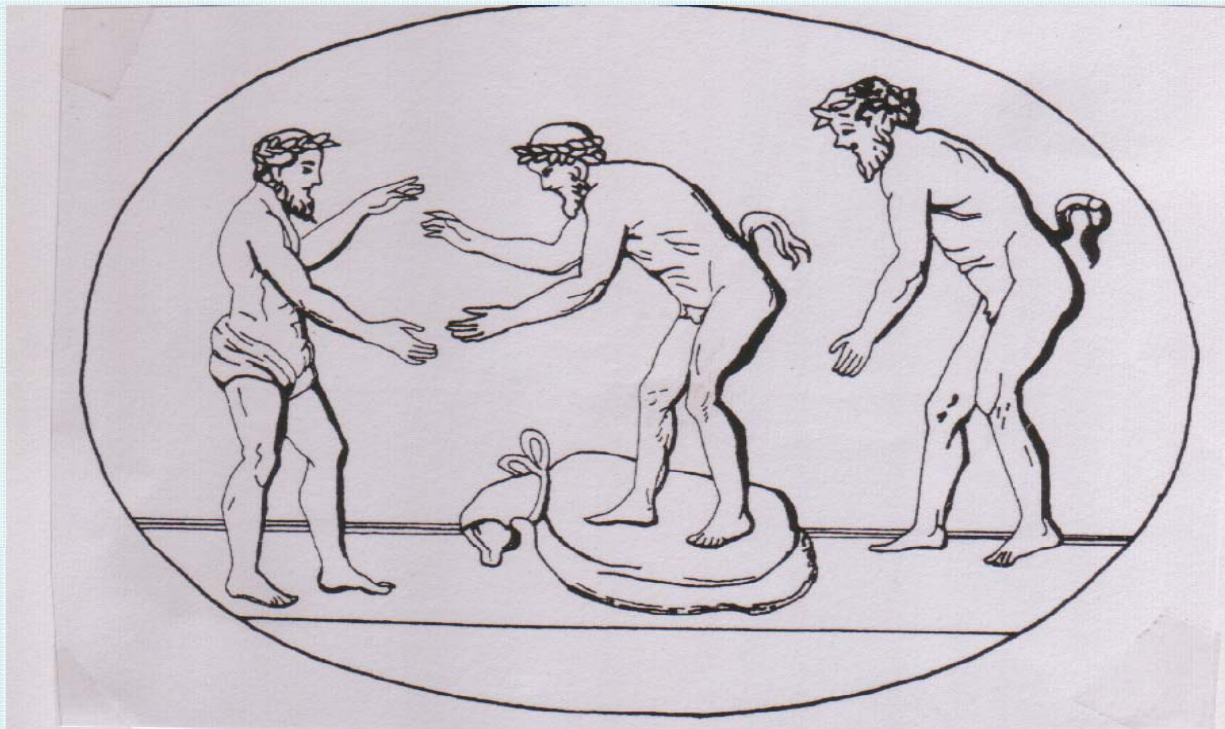


Skill games

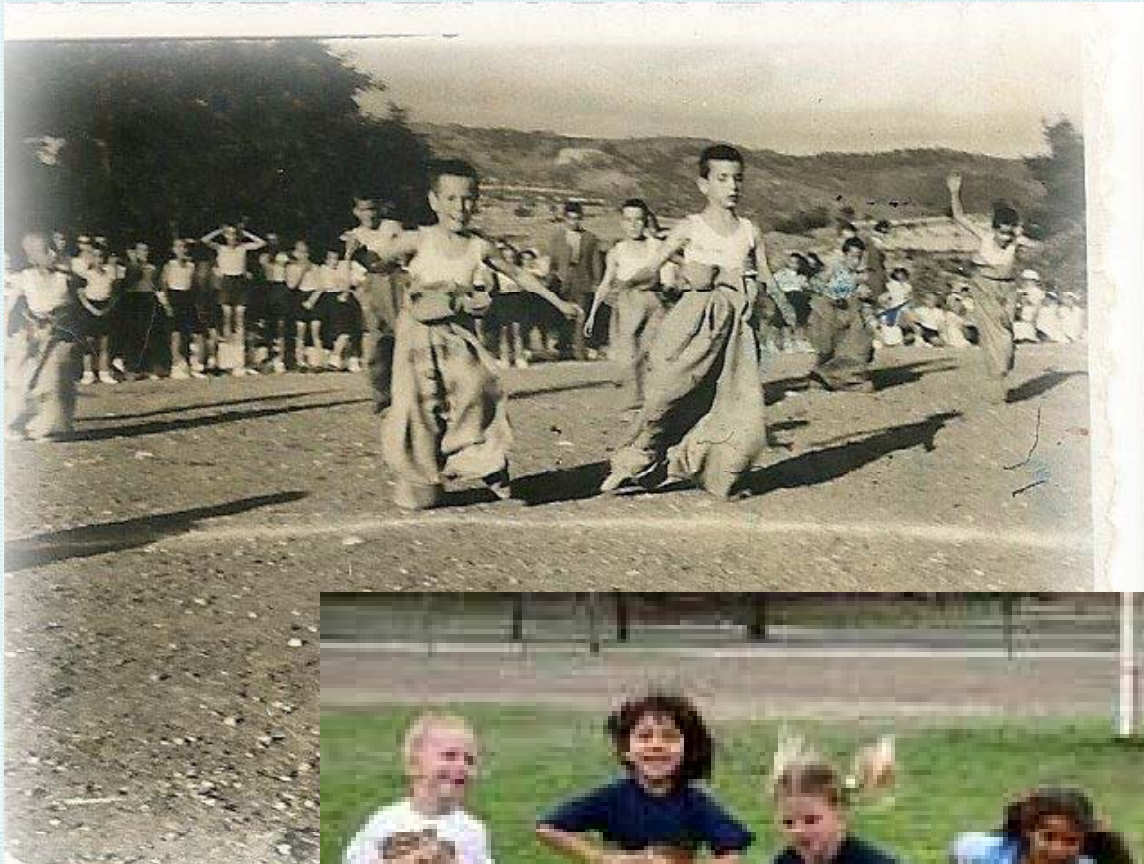
Askoliasmos

The players jumped on an oiled, stuffed sack on one leg and tried to keep their balance. This game was playing in honour of Dionysos





Askoliasmos



Sack running



Holos Tragiskos/ Koutso

Askolismos. They used to play several variations.

They compete in

Who will jump farther on one leg

Who will achieve more jumps on one leg

A player chases the others jumping on one leg





Hopscotch





Krikilasia-Hoop rolling



KRIKILASIA

Krikilasia or wheel (modern-day hoop) was a very popular game. The hoop was often wooden and rolled after being hit with a stick.

Hoop rolling



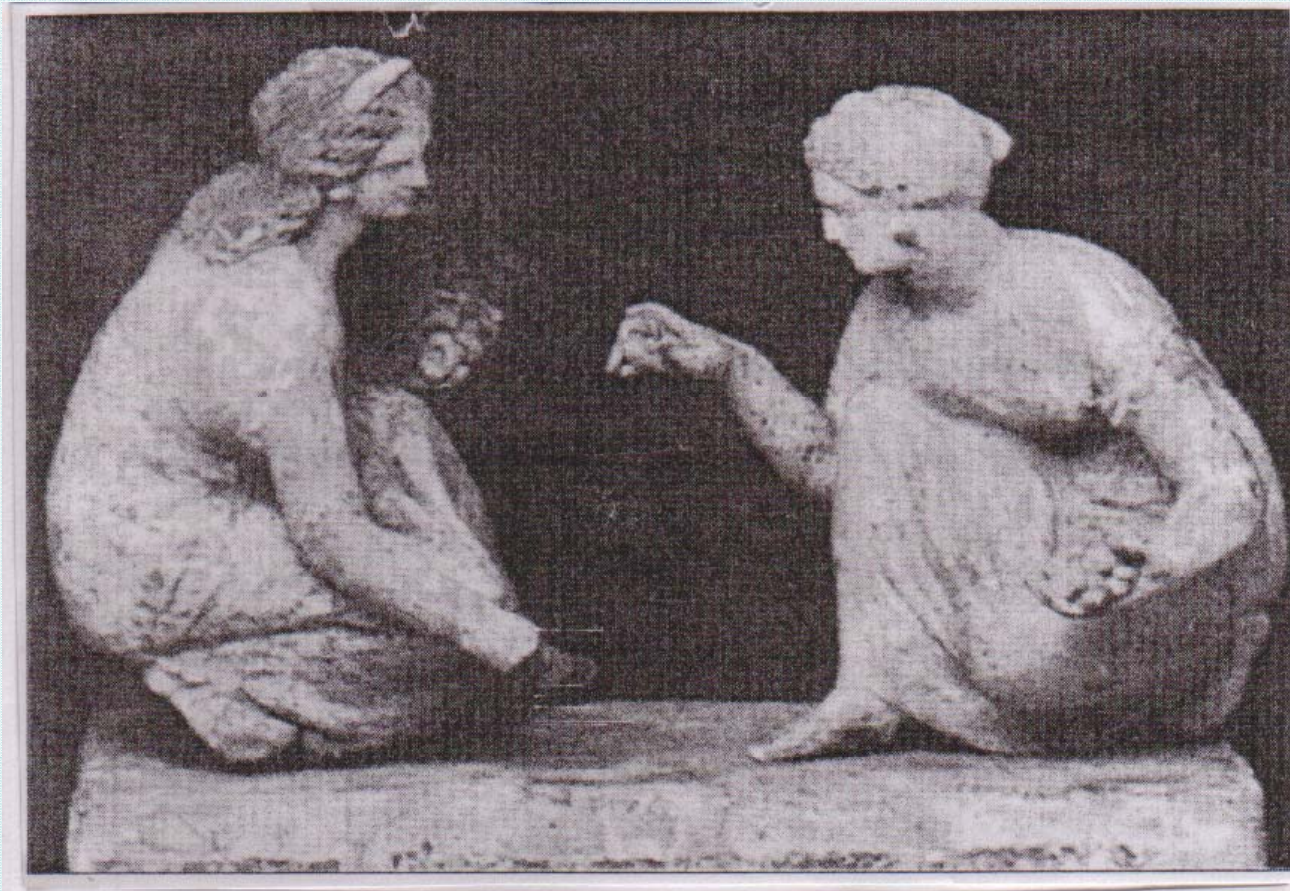
Krikilasia/Tserki



PENTELITHA

This game was for limitless participants. Each child had five pebbles near his feet. The players threw a pebble up in the air and had to pick up another pebble from the ground before catching it.



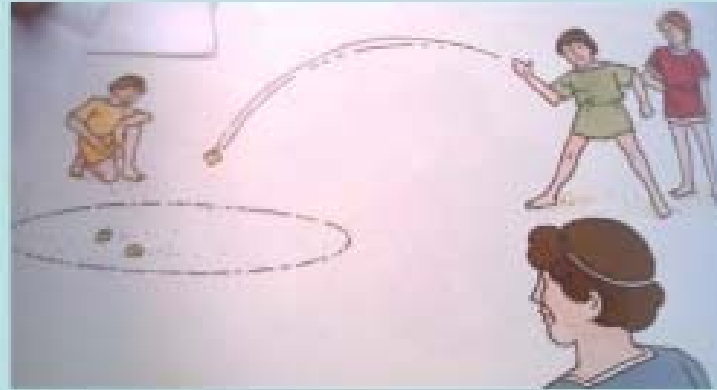


Astragaloi/Knucklebones

Pentelitha- Astragaloi/Knucklebones



Είς ώμιλλαν



Οι «μεγάλοι» της παρέας έπαιζαν το εις ώμιλλαν, τις ομάδες. Είχαν χαράξει έναν κύκλο στο χώμα και προσπαθούσαν, σημαδεύοντας από ένα ορισμένο σημείο, να στείλουν τον αστράγαλο τους μέσα στον κύκλο. Είχαν ορίσει από πριν ότι ο καθένας είχε δέκα βολές. Ο νικητής σχεδίαζε το κύκλο, αποφάσιζε τη διάμετρο, καθώς και το σημείο βολής.

EIS OMILLAN

The older boys of the gang played the *eis omillan*, namely teams. Having drawn a circle on the ground and standing on a specific point they tried to throw their knuckles in the circle. They had agreed beforehand upon having ten attempts. The winner got to draw the circle, decide on its diameter and the point of throw.

Amades





Jumping rope



TEETOTUM –SPINNING TOP

Another toy involving movement is the teetotum. The Ancient Greeks called it *strombo* and *strovilos* or *rhombus* (because of its shape) and *vomvykia* (because of the sound it produces while spinning).





Skill games

Ancient

- Askoliasmos
- Holos Tragiskos

- Krikilasia

- Pentalitha

- Skoinaki

- Strombos

Traditional

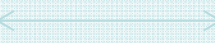
- Sack running- Aski
- Koutso-Hopscotch

- Hoop rolling

- Knucklebones

- Jumping rope

- Teetotum



**Most popular ancient Greek games
compared to traditional games of
nowadays**

- We have to accept that it's about having a continuing heritage from generation to generation through time.
- In many occasions this is more than obvious since even the names of the games are alike.