



KAPELA

Introduction (History):

The name of this game comes from an Italian word *capella* (Eng: the Chapel).

In the past, shepherds used to play it at Kociewie (Pomerania region at the seaside in northern Poland). They had many field stones in this area, which they were using to play. Over time, this game was forgotten but in recent decades it has been reactivated in some villages of the Kociewie region by local authorities. Then, it was spread, among others, to Wielkopolska (Greater Poland) region where it was further popularized.

This sport has also been shown in many places in Poland and abroad, among others at the World Sport for All Games in Lithuania (2012), at the First European Week of Sport in Belgium (2015) and at the I European Sport for All Games in the Netherlands (2018). It has also reached China where it was introduced to the activities of small children by Zhu Qian, after he had read about it on the blog: www.inspirowanysportem.pl/en



Description of the game:

Kapela consists in playing a kind of a duel between two players. One person, acting as a so-called “Chapelmaster”, stands in the middle of the field with a hat / a cup on his/her head (you can also use bean bags instead of hats) and puts a small construction of stones (one on another) next to him or her. It resembles a chapel – hence the name of the game.

Around the “Chapelmaster”, there are usually 8 players (their number can of course be changed) who form a circle. Each of them has a wooden ball in his hand (it was a stone in the past).

One of these players starts the game by throwing or rolling the ball towards the stone chapel so that it falls over. If he or she succeeds, he/she runs for the ball and returns with it (the same path) to his/her place.

At the same time, the task of Chapelmaster is to rebuild the chapel and then to throw a cap / a hat (from his/her head) at the player running after the ball. If he hits him/her, before he/she returns with the ball to his/her place, the hit person becomes the new Chapelmaster. If Chapelmaster misses or fails to rebuild the chapel (or the stones fall during the game), Chapelmaster remains in his/her place and another player from the circle tries to knock down the stone chapel, by throwing or rolling his/her ball.



There are basically no winners or losers in this game. After each turn, the Chapelmaster either changes and becomes one of the players from the circle or not and he or she continues to play his/her role until he/she successfully rebuilds the chapel and hits someone with a hat. You can play until the game gets bored or spontaneously come up with another way to end it.

It is a simple, joyful, running game, derived from Polish pastoral traditions and now returning as an attractive physical activity for children, adults, whole families, the elderly and everyone interested.



Integration values and possible adaptations

Kapela is a cheerful, traditional game, very good for the whole family and many other target groups. It gives a lot of joy from the duel – a running competition between the Kapelamaster and the consecutive players from the circle.



There are no special needs to adapt this game to play it together with people with disabilities. The possible adaptations are:

- for people in wheelchairs – they can have able-bodied assistants, who can push their wheelchairs, while running for the ball or chasing the runner,



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- for people in wheelchairs – organise on a flat surface, without any obstacles,
- for visually impaired people – use balls and a chapel construction in bright colours or add colourful elements, such as scarves, strings etc



“Dis+Abled SPORT” - sports and games designed to be played by people with physical & visual disabilities alongside with able-bodied; an innovative approach to increase Social Inclusion and Equal Opportunities in Sport.



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