



# Dis+abled

S P O R T P R O J E C T



## GAME 7 - KUBB

TRADITIONAL AND ADAPTED **GAMES**  
**FOR SOCIAL INCLUSION AND INTEGRATION OF**  
**PEOPLE WITH DISABILITIES AND ABLE-BODIED**

<https://disabled-erasmus.org/>



### INTRODUCTION (HISTORY):

Kubb is supposed to be created and developed by the Vikings in the middle ages. The legends say that they were supposed to play with bones and skulls of their enemies. However, historical sources say that kubb was played in the early 20th century in Scandinavian countries. In the 1980 and 1990, this sport was developed by creating manufactured equipment to play it. Kubb was also moved to the USA and other countries.

### DESCRIPTION OF THE GAME:

Kubb is an interesting and engaging, throwing game from the Swedish island of Gotland.

We need 11 blocks to play (you can use wooden or plastic blocks or other equipment, e.g. plastic bottles, bean bags, boxes etc.) – including 10 smaller ones and one larger – the so-called “King”. We also need something to throw at these blocks – that can be wooden sticks, batons, but also bean bags, tennis balls or other, useful equipment.

We need to place the smaller blocks (bottles, bags or boxes) in two rows of 5 – opposite to one another and to put the “King” between them – in the middle.



There are usually two teams playing, but at home or in the garden, you can also play one-to-one. Each player or a team stands behind their 5 blocks – opposite to each other. Their task will be to knock the opponents' blocks down, by throwing at them with their sticks or bean bags.

### THE ORDER OF PLAYING KUBB:

- first, all members of one team throws their sticks or bean bags at the opponents' blocks,
- after that, the second team throws all their blocks,
- then, if there are still blocks standing, the first team picks up their sticks and throws again and so on – until all the figures are knocked over,
- the last task is to knock over the King – a heavier and more difficult figure to overturn, but standing in the middle, closer to the players,
- the first team, which manages to knock.

### YOU CAN ALSO TRY TO PLAY KUBB A BIT DIFFERENTLY:

- one player begins the game by throwing only one of his/her wooden sticks or bean bags at the opponents' blocks, trying to knock over one of them,
- then, the player of the other team takes the throw, trying to knock over one of the blocks from the opposite side,
- next, it is the turn of the first team again and the game continues until all 5 opposite blocks and the King are knocked down.

There is also the more complicated version of kubb. After each turn of the throws, the already knocked down blocks are thrown by the players to their opponents' half of the playing field, picked up and put back on the ground, becoming the first "defenders".



In the next turn, the opposite team has to start from knocking over the “defenders” of their counterparts and only after that they can try to hit the other blocks from the end line (and finally “the King”).

### **INTEGRATION VALUES AND POSSIBLE ADAPTATIONS**

Kubb is a calm but engaging game – a good form of entertainment for everyone, regardless of age, gender, strength or physical fitness level.

You can play kubb almost everywhere, including at home or in the garden. You need only a small space, free from any obstacles, to play it. You can play indoors or outdoors.



Kubb is a game without any age, gender or other restrictions – a sport for everyone. The “power” of this game is its simplicity. It gives you a lot of joy and fun!

### **THE POSSIBLE ADAPTATIONS FOR PLAYING WITH PEOPLE WITH DISABILITIES:**

#### **A. FOR PEOPLE IN WHEELCHAIRS:**

1. You can easily reduce the size of the pitch, by placing the blocks closer.
2. Organise it on a flat surface, without any obstacles.
3. They can have assistants, helping them picking up the blocks after each thrown.

#### **B. FOR VISUALLY IMPAIRED PEOPLE:**

1. Use sticks and/or blocks in bright colours and/or add colourful elements, such as scarves, strings etc.
2. Use sound elements, like bells, which can be attached to sticks and/or blocks.





# Dis+Abled

S P O R T P R O J E C T



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

**<https://disabled-erasmus.org/>**