



Dis+Abled
SPORT PROJECT



GAME 15 - BULL IN THE RED SEA
TRADITIONAL AND ADAPTED **GAMES**
FOR SOCIAL INCLUSION AND INTEGRATION OF
PEOPLE WITH DISABILITIES AND ABLE-BODIED

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



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INTRODUCTION

It's a funny, traditional, Danish play with a rope. You can also play without any equipment.

DESCRIPTION OF THE GAME:

Participants make a circle and grab the tied rope (or without a rope – they hold the hands of the players next to them). One person goes inside. He or she is a Bull. Her/his task is to catch one of the players from the circle. They must avoid it – nobody should be caught. To do this, they need to cooperate. How? Holding the rope (or themselves by the hands), they must move together away from the Bull, who cannot go beyond the circle they form. While playing with a rope, the rope must not fall to the ground.

In the version without a rope, you cannot let go of the hand of the person next to you in a circle. If this happens, the Bull can chase the participants throughout the entire play area. If we have little space at home or in the garden, we can resign from this element.

If the Bull manages to catch or touch someone – this person takes his/her place and becomes a new Bull and the former Bull takes the place in the circle.



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INTEGRATION VALUES AND POSSIBLE ADAPTATIONS

The possible adaptations for playing with people with disabilities:

A. For people in wheelchairs:

1. If a Bull is an able-bodied person, he/she could be blindfolded and the people holding the rope have to make noise, so that a Bull can recognise where to go. A Bull could only walk 3 steps ahead or towards the sound and then go back or return and again he could make 3 steps changing direction towards another sound till he/she can hit somebody. That would enable people with disabilities (especially wheelchair users), holding the rope, to escape more easily.
2. Organise it on a flat surface, without any obstacles.
3. They can have assistants, helping holding the rope and/or escaping more easily.

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.





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



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