

Today's lesson will focus on another game that anyone can play. It is not as popular as volleyball, basketball or soccer, but you might like it.

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Ringo, have you ever heard of it?

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Ringo is a Polish sports game of throwing a rubber disc so that it falls on the opponent's field. The game involves 2 teams, and the one which manages to be the first to score 15 points wins.

Slide 3 (calendar card)

Brief History

The game of ringo was invented in 1959 by a Polish fencer - Włodzimierz Strzyżewski.

Initially, the game was intended as an element of fencing training, but over time it gained popularity becoming both a fun and recreational sport.

In June 1989, the Polish Ringo Society was established, and in 1993 the International Ringo Federation.

Since 1973, ringo has officially become an individual and team sport through the the organization of open Polish Championships. In 1993, the first Championships were played European Championships, while in 1997 the World Championships were held.

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Rules of the Game

1. The playing ring

The ringo wheel is made of rubber, weighs 160-165 grams and has a diameter of 17 cm.

2. The court for the team game has the dimensions of a volleyball court (9x 18 meters). The ringo rope (rope or tape) has a minimum width of 1 cm, and along its entire length are attached colored ribbons with a length of not less than 25 cm and spacing of not more than 20 cm. The rope is suspended at a height of 243 cm.

The dimensions of the pitch for individual games are adapted to the age and categories of players.

3. Play!

- The players draw the side of the field.
- The game starts after the referee's whistle blows, and the teams confirm, that they are ready to play. The throw is made from behind the end line of the court.
- A player throwing from behind the end line may not cross it with any part of the body, as this will result in a loss of a point.
- The first throw is made by the team captain.
- The throw is made using any technique, but it must be made in the direction in which it was started.
- The change of serving occurs after scoring 3 points in individual game, 5 points in a team game.
- If the caster touches the line and falls on the opponent's valid field (net), the serve is repeated without loss of a point. Another such situation results in loss of a point.
- The change of fields takes place after one of the teams reaches 8 points.
- The players are spread out on the court in an arbitrary manner, and each plays his throws alone without passing to a partner or himself.
- Intentional bouncing of the hoop posing as dropping it results in loss of a point.
- The catch and throw can be made from outside the court, but the ring must fly over the ringo line within the boundaries defined by the antennas - otherwise a point is lost.

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How to use the wheel in the game? (rules cont.)

- The caster, when flying, should be close to a horizontal position to the ground or approach the opponent's field with the entire circumference in the frontal plane.
- During the throw, at least one foot must touch the ground, as the complete detachment of the player from the ground will result in loss of a point.
- The wheel can be grasped with only one hand and the same hand discarded.
- A wheel that falls when first grasped from the hand is allowed to be grasped a second time with the same hand, while the partner has the right to grab with any hand.
- Two players may grasp the wheel at the same time, but only one throws.
- The wheel may not touch one's own body.
- The caster must be grasped with at least one finger, as its falling out onto the hand or forearm results in a loss of a point.

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Steps in play

- -When grasping the caster on the spot or after stopping, it is allowed to detach the feet from the ground without the right to place it before discarding the caster.

- From the first touch of the caster when grasping, it is not allowed to gain speed or intentionally approach the opponent's pitch under the guise of "braking steps". Towards the opponent's pitch, only 2 steps of actual braking, that is, 3 contacts of the feet with the ground.
- In the direction parallel to the center line or when moving away from it - you are allowed to from the first touch of the grasped circle to perform any number of steps of braking, and then - without gaining ground perform a turn in the direction of the pitch opponent with the right to detach any foot when throwing.
- When grabbing the caster in the air and landing with a roll over the shoulder, one is allowed to stand up on both feet (2 contacts,) detach any foot before throwing the caster. If the topple occurred while moving away from the center line - after rising on both feet is allowed to make a turn towards the opponent's court without gaining ground – and detach any foot for the throw.
- Sliding the foot or feet on the ground (referee's command: "sliding") results in the loss of a point.

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For Whom and Where.

The game of ringo is a discipline in fact for everyone, regardless of age or skills. It is a great form of warm-up or recreational fun during family gatherings. The game also works well as an element of rounp integration, as it has a great effect on cooperation and competition.

You can play ringo anywhere. Great for this is an outdoor playground outdoors, but also in a sports hall. Recreationally, it can also be done in the backyard or in the park.

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What are the benefits of playing ringo?

Playing ringo is a great complement to training in many sports. It exercises accuracy, eye-hand coordination, perceptiveness, strengthens hand muscles and helps develop concentration, so it's a great warm-up before sports such as fencing, volleyball, soccer, handball or martial arts.

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Is this the sport for me?

If you want to answer this question, again consider whether you like movement, great fun and want to improve your marksmanship. If the answer is yes, then this is the sport for you.

In addition, you need to know that ringo is not an expensive sport.

Therefore, you should give it a try and see how you can have fun with it.

You can get your family involved in ringo. It's a great sport for the family. Teach them the rules, show them this lesson, and then enjoy a free day outdoors.

The good energy and endorphins (which you already know about from other lessons) will benefit everyone!

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Interesting facts

Ringo is the only sports game in which, to a significant extent, the size of the court and the height of the net depend on the physical and motor development of the practitioner, especially the child.

In the game of Ringo we distinguish as many as 32 age categories.

Test

1. Who is the creator of the ringo game? (**Włodzimierz Strzyżewski**)
2. For what purpose was the ringo game created? (**As an element of training fencing**)
3. When was the first Polish ringo championship held? (**In 1973**)
4. What are the dimensions of the ringo wheel and what is it made of? (**The ringo wheel is made of rubber and has a diameter of 17cm**)
5. What is needed to play ringo? (**Ringo wheel, rope, lines or cones marking the playing field**)
6. List 3 situations in which a point is lost. (**Complete detachment feet off the ground, falling of the ringo on the hand or forearm, intentionally bouncing the caster posing as a release**)
7. How does the ringo game begin? (**The game is started by the referee's whistle, after the players confirm that they are ready to play**).
8. What are the benefits of playing ringo? (**It exercises accuracy, eye-hand coordination, perceptiveness, strengthens hand muscles, and helps develop concentration**)
9. Are the dimensions of the ringo court always the same? (**No, they are adapted to the age and skills of the players**)
10. Justify why you think that playing ringo could/could not be your sport.