

**TITLE**

ZOŚKA



**TITLE IN ENGLISH**

Footbag

**OTHER COUNTRIES WHERE THE GAME WAS/IS PLAYED**

Italy (Footbag/Palla di stoffa),

**ORIGIN:**

Footbag-like activities have existed for many years. The game is similar to traditional Asian games of kicking the shuttlecock, known as jianzi or chapteh.

The game of hacky-sack remained popular throughout the mid-1990s among the hippy, stoner and grunge crowds, but experienced a falling-out with the turn of the century. Hacky-sack was a popular game played during free-periods at schools around the world in the 1990s and early 2000s.

In Poland it is known as ZOŚKA. It was popular before the second world war.

**MINIMUM NUMBER OF PARTICIPANTS**

2

**MAXIMUM NUMBER OF PARTICIPANTS**

20+

**MATERIAL AND BUILDING INSTRUCTIONS**

ZOŚKA - little bag with peas inside, about 10 cm in diameter.

**SETTING:**

Indoor or outdoor, in an open area.

**DESCRIPTION OF THE GAME:**

The main objective of ZOŚKA is to keep the sack in the air and preventing it from touching the floor, passing it between the players.

**RULES:**

ZOŚKA can be played in many ways:

- a child can exercise alone by kicking up the sack by foot;
- it can be played in groups and the winner is the one who kicks the sack the most times;
- the players can also stand in a circle and kick the sack one to another without letting it touch the ground. The one who is not able to kick the sack up having let it touch the ground must leave the circle;
- play the ZOŚKA as a normal football match.

**LEARNING OUTCOMES | COMPETENCES TO BE DEVELOPED THROUGH THE GAME:**

Psychomotor abilities: body coordination, agility, balance, coordination, speed, spatial perception, speed, foot-eye coordination.

Social skills: Social interaction, competitiveness.

Intellectual abilities: strategy, decision making, problem solving, observation, concentration.

**ILLUSTRATION:**

Illustration by Hubert Wencel