

BE A GUID SPORT!



Welcome to this workbook on some of the sporting activities associated with Scotland and Ulster.

Many of these sports—for example, golf—are played and enjoyed worldwide but others are almost unique to these islands.

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Team Games



The stretch of sea between Northeast Ireland and Southeast Scotland might seem like a barrier to us today. In ancient times, however, when roads did not exist and journeys across land were hard and dangerous, the short sea crossing was a much easier way to travel. As a consequence people have been moving backwards and forwards between these two areas for as long as we have knowledge.

Settlers from Ireland brought the sport of hurling to Scotland over 2000 years ago. Shinty appears in the legend—the Ulster Cycle— of the Celtic hero Cúchulainn but it has become associated with Scotland while Ireland is associated with hurling. Both games share some similarities to hockey and lacrosse and share historical roots with golf and ice hockey.

Shinty is played during the winter. In fact, traditionally whole villages with up to 80 players on each side would join in a game on New Year's Day. The modern game is governed by the Comann na Camanachd (Scots Gaelic). Although it is regarded as mainly a highland sport, it is also played in Edinburgh, Glasgow and even London and many Scottish universities field teams.

Because shinty shares its roots with hurling, an international match between the two codes is played annually. In 2006 the Scots won at Croke Park in Dublin.

In the 18th and 19th centuries shinty was also played in North America, taken there by Scottish emigrants. Today there is something of a revival and two teams—Northern California Camanachd Club and Morro Bay Shinty Club play on the Highland Games circuit in California.



Using the Internet see if you can find the answers to these questions.

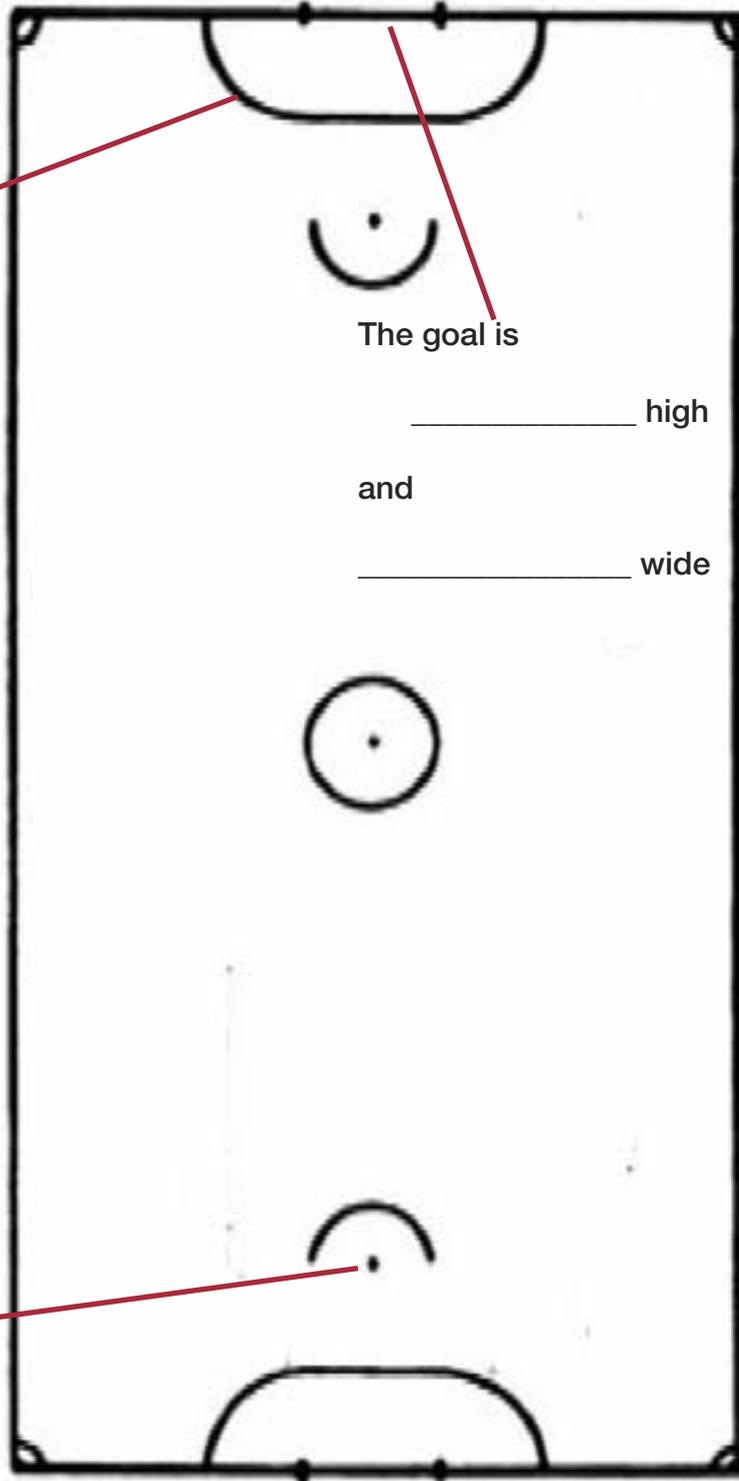
Here is a website to start : <http://shinty.com/history.htm>

- What is the proper name for the “stick” used to play shinty?
- What is it made of?
- What would you find inside a shinty ball?
- What size is the ball used in the game of shinty?
- How much does it weigh?
- How many players are there on each team in a game of shinty?
- How long does a game last?
- What is the maximum number of substitutes a team may use during a game?
- How many officials are needed for a game of shinty?
- How many players may handle the ball?
- On the next page is a diagram of a shinty pitch. Fill in the missing information.

A Shinty Pitch

This is the

_____ area



The goal is

_____ high

and

_____ wide

long

This is the

long

Similarities and Differences

As we have seen the games of hurling and shinty are closely related.

Fill in the similarities and differences between the two games.

SHINTY	HURLING
S A M E	
D I F F E R E N T	

Team Games: Shinty



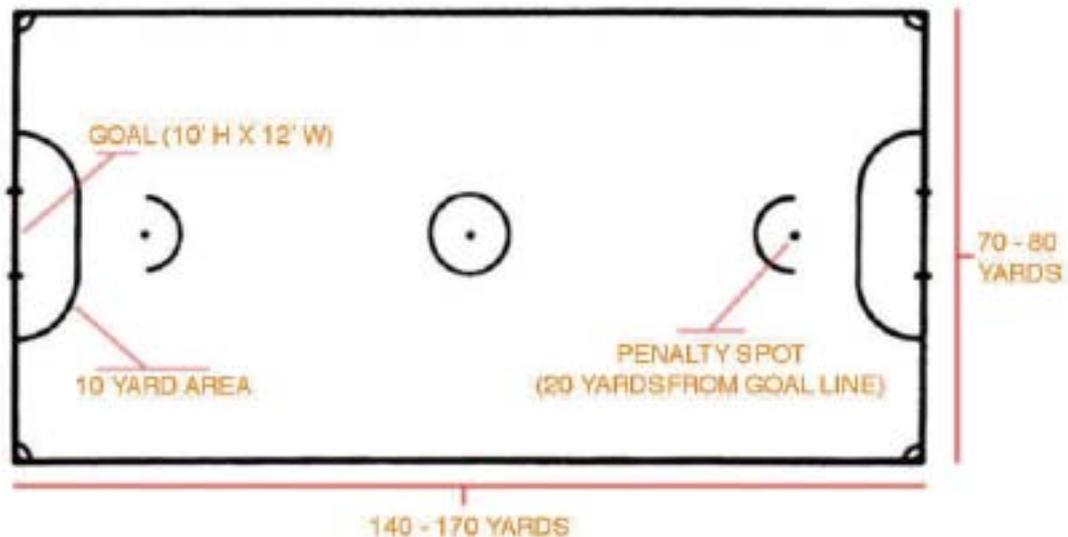
A Ladies Shinty team

Shinty is played by both men and women.

You can look up the history and rules of Shinty on this website:

<http://shinty.com/history.htm>

THE SHINTY PITCH



A Shinty Pitch

A Brief Guide to Shinty

The game is similar to games such as hockey and lacrosse. As with lacrosse shinty is a fast-moving aerial game where the physical fitness of the players is tested to the limits. However, different from both hockey and lacrosse, feet can be used to stop the ball but not the hands (unless you are the goal-keeper). You can carry the ball on your caman which can also be swung above shoulder height.....a skilful eye and a sense of survival are necessary!!



The Game

Shinty is a fast moving skilful sport that is thrilling to watch.

It is played between 2 teams of 12 players.

Each player is "armed" with a curved stick called a Caman.

Each game lasts 90 minutes.

Shinty is a community game played in some of the most remote parts of Scotland.

The Rules

The fundamental difference between hockey and shinty is that in the game of shinty there is no restriction on the swing of the caman. Players can strike the ball with both sides of the stick - like ice hockey. However, handling and reaching for the ball is not allowed.

True or False

Below are 10 statements about shinty.
Cut them up and then make two piles —
one True and one False.

Shinty is played with
a team of 10 players

Shinty was brought to
Scotland about 1000
years ago

A shinty match lasts
one hour

A shinty ball weighs
about 3 ounces

Camanachd is the
Gaelic name for
shinty

The goals are six
feet high

Players may use
their feet to stop
the ball

Players may use both
sides of the caman

Teams may use as
many substitutes as
they wish

Goalkeepers may
catch the ball

Team Games



The Gaelic Football team from St Patrick's College, Cavan in 1937.



The RBAI Rugby team celebrates their 2003 victory in the Schools' Cup.



Enniskillen Collegiate Netball Team.

How many different team games can you think of?

Join with a partner and make a list.

Which pair had the most games on their list?

TASK

Either

Take part in a classroom debate.

Or

Write a discursive essay on:

“Playing team games is old-fashioned and should not be part of the curriculum.”



Highland Games



Highland Games

Many sports which involve throwing heavy objects over a distance are popular in Scotland. Competitions to find champion throwers often take place at events known as Highland Games. On these occasions many aspects of Scottish culture, including music, food and dress are celebrated.

Tossing the hammer, the shot, the weight and the caber, which you can see in the picture across, are also very popular events. Exercise like this requires a high standard of fitness and very well developed muscles. Team events like tug-of-war also feature at Highland games.



Planning a Highland Games Meeting

Highland Games are very popular in Scotland but there is also a Highland Event each year in Ulster. This takes place in Ballycarry in County Antrim and is known as the Broadisland Gathering.

The Broadisland Gathering commemorates the village's links with Scotland and many interesting events in its history. It was first held in 1993 and is organised by the local people—the Ballycarry Community Association. It normally takes place in early September and includes a Junior Highland Games, Scottish Country Dancing, a fair and lots of music.

- Why don't you organise a Junior Highland Games in your P.E. class?
- Can you think of alternative events which you could take part in which would require similar skills to actual Highland Games?
- What equipment would you need? Use the planning sheet to help you get organised.
- You could take a class or even a whole afternoon and hold your 'Highland Games'



Highland Games Planning Sheet

You will need to undertake some research to find out about the original events.

Title of Event	What happens in this event	What we could do instead
Stone Put		
Tossing the Caber		
Throwing the Weight		
Scottish Hammer Throw		
Sheaf Toss		
Running		
Cycling		
Jumping		
Tug-o-war		

street Games



Traditional and Street Games

In the early twentieth century most children did not have expensive toys and games. Technology was not available even for wealthy families, so young people had to devise their own games and ways of passing the time.

Traditional games played in Ulster-Scots areas were:

- Hie Spy
- Dingle Dinnie
- Spinning Peries
- Barney's Bridge
- Apples and Oranges
- Dab-at-the-hole
- Trencher
- Post Office
- Hunt the Ring
- Tom Fool in the Middle
- Blin' Barney
- Tops
- Hoops
- Scotch Hop
- Duck at the Table
- Leap Frog
- Cutchie-cut-choo
- Skipping Games
- The Jolly Miller
- The Farmer's in his den
- Nievny Navy Nick Nack



These games were well-known in Ulster at the end of the 19th and beginning of the 20th centuries. Most would have been played in the street or school playground. They are all mentioned in the Byers Collection held at the Ulster Folk and Transport Museum.

Hopscotch was a popular street game in Victorian times. The game has many different names depending on where you live. In Scotland it was known as 'peeveer' or 'beds'. There are also variations on the rules and the layout of the hopscotch board.

Here is one way of playing hopscotch.



- You can either play alone or with a group of friends.
- We have used a hopscotch board with 8 squares.
- Draw the hopscotch board onto the ground with piece of chalk (ask permission). You can also use masking tape to do this.
- The marker for the game was traditionally a flat stone or a flat tin.
- The first player throws the marker onto the first square.
- They then hop over the square and land on two feet.
- If there are two squares side by side, they have a foot in each square.
- If it is a single square, they hop onto the square.
- They then hopscotch up to the top, turn and hopscotch back down.
- When they come to the square with the marker on it, they pick it up, then hop or jump onto that square.
- Then the next player has their turn and does the same thing.
- The first player then moves onto the next number....and so on.
- If you throw your marker onto a square and it misses...the other person gets a shot.
- If you stand on a line or put both feet down, when you are meant to be hopping, the other person gets a shot....and you have to repeat that number.
- The winner is the first player to complete the game.
- The game is quite easy to play and a lot of fun.
- Why don't you find out what this game was called in your area, and the type of board and rules your grandparents (or great- grand parents) played?

cutchie - cut - choo

This photograph was taken in 1929 during a school sports day at Methodist College in Belfast.

As well as organised Physical Training classes, children liked to play many different street games.

Cutchie-Cut-Choo was a favourite game for Ulster playgrounds many years ago.



Cutchie-cut-choo your bread's a burnin'.
Cutchie-cut-choo it's ready for turnin'.

How to play this game:

- Squat on hunkers (haunches).
- Clasp hands under knees in sitting position.
- Jump about while singing the rhyme.

The person who can keep this up for the longest time is the winner.

In parts of Lothian, Scotland, children used to play a game of sliding down a hill sitting on their hunkers. It was called Huckie Buckie Down the Brae.

The Jolly Miller



The game is played with two circles. The boys are in the outside circle and the girls are in the inside circle. The Jolly Miller stands in the centre of the inner circle. They walk around him arm in arm singing the rhyme:

*There was a jolly miller who lived by himself
As the wheel went round he made his wealth
One hand in the hopper and the other on the bag
As the wheel went round he made his grab.*

At the word 'grab' everyone changes partners. The girls move to the boy immediately in front of her. The miller tries to grab a girl during the changeover. If he succeeds then the boy left becomes the miller.

Nievy, navy, nick, nack

One player hides a small article in one hand behind his back. The other player must guess which hand it is in. Here is the rhyme used:

*Nievy, navy, nick, nack
Which han' will ye tak
The right or the wrang
I'll beguile ye if I can*



SKIPPING and Ball Rhymes

In 1906 the girls of Ballymiscaw School in Holywood, County Down, collected this list of rhymes which they used when skipping or playing ball against the wall:

- Round about the punch bowl
- Thread the long needle and sew
- Three Lords from Spain
- The poor woman from Sandyland
- Jenny Jo
- Green Gravel

On 3rd May 1918 some girls from 3rd standard class in a workhouse school collected these rhymes:



*Pounds, shillings and pence
The mouse jumped over the fence
Pence, pounds, shillings and pence*

*Churn your buttermilk thick, thick, thick
For I'll have none of your watery milk.
Churn it sweet, churn it sour,
Churn it for a half an hour.*



THE POOR WIDOW

*There was a poor widow she's left her lone
She hasn't a daughter to marry but one
Come choose to the East, come choose to the West
Come choose to the very one you love best.
Now she's got married wish her good joy
Every year a girl and a boy
If that doesn't do, two -oh-two
A pretty young couple to kiss together.*



SKIPPING and Ball Rhymes



THE OLD WOMAN FROM SANDYLAND

*There was an old woman from Sandyland
With all her children by her hand
One can knit and one can sew
One can make a lilywhite bow
Please take one in. Goodbye.*

GREEN GRAVEL

*Green gravel, green gravel, as green as grass grows
When all the freemasons around the red rose
Dear Bessie, dear Bessie, your true lover's dead
He sent you a letter to turn round your head.*



UP THE HEATHERY MOUNTAIN



*Round about the Punch Bowl
One two three
The last time they catch in time
They'll not catch me
Lizzie made a pudding so nice and so sweet
Saying, taste love, taste love, don't say nay
For next Sunday morning to church we will go
Rings on her fingers and bells on her toes
With her baby on her knee and through the world she goes
Up the heathery mountain and down the rushy glen
We darna' go a hunting for Corner and his men.*

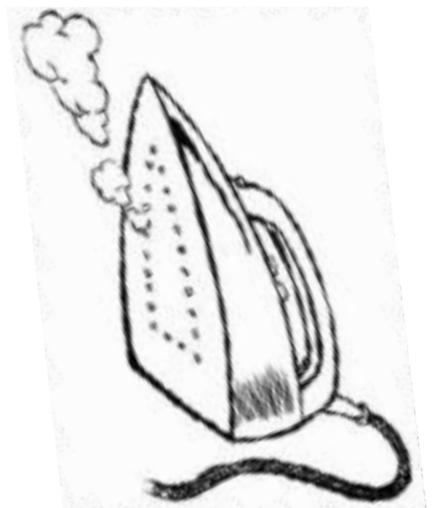
SKIPPING and Ball Rhymes

This skipping rhyme obviously must have had a lot of actions for the skipper to do. See if you can think what these actions might have been.

JEANIE JO

*Ladies and gentlemen come to see Jeanie Jo
Jeanie Jo is she at home?
Jeanie Jo's washing clothes, can't see her today.
Ladies and gentlemen come to see Jeanie Jo
Jeanie Jo is she at home?
Jeanie Jo's starching clothes, can't see her today.
Ladies and gentlemen come to see Jeanie Jo
Jeanie Jo is she at home?
Jeanie Jo's ironing clothes, can't see her today.
Jeanie Jo let the hot iron fall on her foot today
Ladies and gentlemen come to see Jeanie Jo
Jeanie Jo is she at home?
Jeanie Jo's worse, can't see her today.
Ladies and gentlemen come to see Jeanie Jo
Jeanie Jo is she at home?
Jeanie Jo's dead, can't see her today.
What shall we dress her in—red?
Red is for the red man and that won't do.
Blue?
Blue is for the blue man and that won't do.
Green?
Green is for the green man and that won't do.
White?
White for the dead man, yes.*

What actions
would you do
for each line
of the poem?



What's In A Name?

These are the names of the girls in the 3rd standard class on 3rd May 1918. They compiled a list of rhymes for playing ball or skipping.

Jane Williams
Lizzie Thompson
Emily Keenan
May Moore
Mary Magee
Eliza Craig
Maggie Cassidy
Jennie Bush
Martha Kerr
Sadie Wilson
Annie Mayward
Annie Officer
Kathleen Semple
Cassie Williams
Jennie Glenholmes
J McBratney

- Do you know anyone with these Christian names or surnames?
- Are there some of these names which you do not expect young girls to have today?
- Compile a list of all the surnames in your class. Can you find out their origin? Are some of them Scottish? Italian? Chinese? Are they associated with a trader e.g. Tanner; Miller?
- Compile a list of all the Christian names in your class. Design a survey to find out the most popular name and present your findings using a chart or diagram.

More SKIPPING and Ball Rhymes

*Crack Jack broke his old back
Double Jack double crack double back
His double back*

*Hen hen lay an egg
Hen hen lift your eggs*

*Front bobsy
Back bobsy*

*Wash, wash your face
Comb, comb your hair
Wash, wash your hands
Ring, ring your dishcloth
Scrub, scrub your floor
Milk, milk your cow
Cut, cut your vegetables*



BARNEY BRIDGE

*How many miles to Barney Bridge?
Three score and ten.
Will I be there by candlelight?
Yes if your legs are long.*

*A curtsey to you
Another to you
If you please will you let the King's
horses go through?
Yes but take care of your kinsman.*

**DID YOU
KNOW**

The game of leap frog used to be known as 'Leap the Bullock' in Counties Antrim and Down.

Winter sports



Winter sports

Is it possible to have a skiing holiday in any of these countries?

COUNTRY	YES	NO
Switzerland		
Australia		
Ireland		
Norway		
New Zealand		
USA		

It is also possible to go skiing nearer home.

Scotland has five main skiing areas as the map shows:

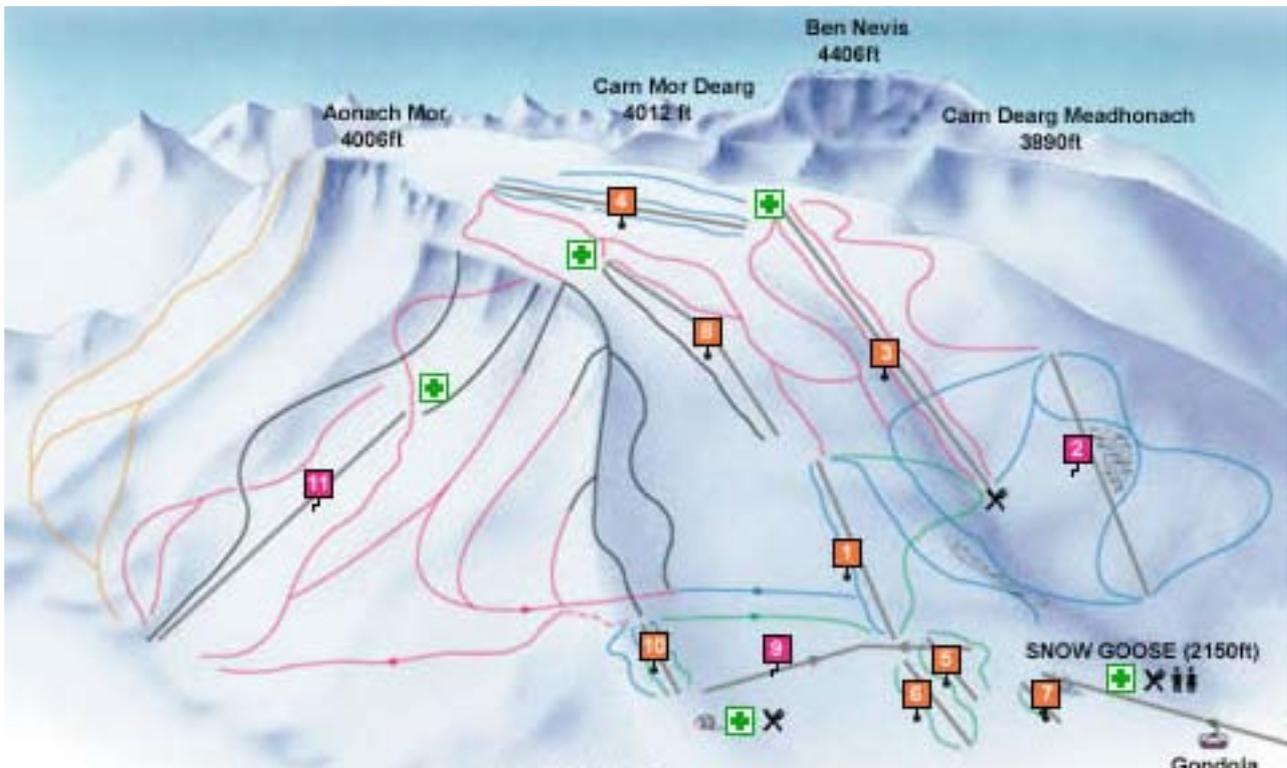


Which would be easiest for travellers from Ulster to reach?

.....

.....

Winter sports



This map shows the different routes skiers may take in the Nevis Range. The routes are coloured according to the level of difficulty.

Do you know which colour is which? Find out what each colour represents.

Black:

Red:

Blue:

Green:

Yellow:

Winter sports



Go to <http://www.visithighlands.com/aviemore/> and read the details about Aviemore. This website was created by Scotland's National Tourist Board to attract visitors to come to Scotland.

Advertisements, whether they are in a magazine, on a billboard or on TV or the Internet all have the same purpose. They are trying to sell something—maybe a product e.g. a new car or breakfast cereal; maybe a way of behaving e.g. giving up smoking or eating 5 pieces of fruit and vegetables each day; or encouraging the reader to do something—in this case visit the Highlands of Scotland.

Advertisers will use many different methods to persuade their readers. One of the most important methods is their use of persuasive language.

Read through this first page on the website and make a list of all the persuasive words you can find.

Now explain **WHY** the writer has chosen these words and **HOW** they are persuasive.

Planning a Skiing Holiday

You are going to plan a one-week skiing holiday in Scotland either for your family or for a group of friends.

You will need to decide and budget for:

- **Travel**
Think about the various ways you could travel. Which is the most economical? Which is the quickest?
- **Accommodation**
Where do you want to stay? Consider hotels, guest houses, hostels and self-catering apartments.
- **Insurance**
Should you take out insurance? Where would you get it? How much would it cost?
- **Equipment**
Will you buy skiing equipment or hire it? What factors, other than cost, might convince you to buy rather than hire?
- **Lessons**
Will you need to take some lessons either before you go or when you first arrive?
- **Clothing**
Will you need to buy or rent specialist clothing?
- **Spending Money**
How much spending money will you need to take?



The total cost per person for my trip would be:

£

GOLF





Golf is a very popular sport. It is played all over the world by both men and women; by young and old. How many people in your class have ever played golf?

How many of the famous golfers below can you recognise?



Did you recognise the golfers?



Jack Nicklaus was born in 1940 and became a professional golfer in 1962. He was the first golfer in the world to win all four professional major tournaments twice and played his last tournament in July 2005 at the British Open at St Andrews in Scotland.



Michelle Wie was born in 1989 in Hawaii and became the first female golfer to qualify for a national men's tournament in America. She only left school in May 2007 and intends to go to university.



Many celebrities also enjoy playing golf. Did you recognise the actor James Nesbitt (from *Coleraine*) and Matt Dawson (the former Wasps rugby player and team captain on BBC's *A Question of Sport*)?

Golf appeals to a wide range of people. But do you know where it all started?

The generally accepted birth place or origin for golf is Scotland. So, not surprisingly, Scotland boasts some of the finest natural golf courses in the world.



Royal Dornoch



From Royal Dornoch in the North to the Turnberry links in the South, Scotland remains a paradise for visitors who seek a true golf challenge.

Turnberry Golf Course

The Royal and Ancient golf club of St Andrews, located in the town of St Andrews in Fife, is the headquarters of golf, outside of the US and Mexico. The magnificent old building beside the 'Old Course' at St Andrews is the clubhouse of the Royal & Ancient, and many of you will be familiar with the great clock at the first tee box that is a feature of television outside broadcasts at the 'Open Championship'.



The R&A, as it is now known, is golf's world rules and development body and represents the interests of some 28 million golfers world wide.

The first ever Open golf championship was not held at St Andrews but in Prestwick in Ayrshire. This course is less than 20 miles from the County Antrim coast. In fact some of the holes on the Prestwick course have fine views over to the Ulster Coast and most afford a view out to the Ailsa Craig rock, sometimes known affectionately as 'Paddy's milestone'.



Ailsa Craig or Paddy's milestone.

One of the explanations for this description is that in times when regular movement of population from Scotland to Ireland occurred by boat, every sea captain would use the huge granite rock to confirm their correct course and heading.

There are lots of reasons why golf was so popular in Scotland, but perhaps one of the main reasons was the suitability of the land for golf course design.



A game of golf at St Andrews in 1798

All the early golf courses in Scotland were laid out over sand dunes, close to the sea shore. Sand based ground or links land was ideal raw material on which to play golf. It could be shaped to create golf holes with little need to use heavy machinery to move large mounds of soil around. The shape of the land was simply used to best advantage.

Fairways were created between the sand dunes while tee boxes and greens were made from the sand dunes themselves. Because the land was mostly sand-based, rain water naturally soaked away and there was little need to introduce expensive underground drainage schemes for playing throughout the winter. The types of grasses found in these links lands were also very hardy and did not grow too thickly. This type of grass required very little maintenance or cutting and for the most part, course maintenance amounted mostly to cutting grass on the greens. Even today some courses allow sheep to graze over the fairways, removing any need to cut grass at times of peak growth.

Some people refer to Scottish seaside courses as being 'natural golf courses'. I suppose that is why this expression is used in this instance. Not surprisingly, the early experts in golf course design were all Scottish. As a result many Scots golfers and green keepers at this time were engaged in golf course design across the world. One of the first locations to make use of this expertise was Ireland and in particular, Ulster.

The short sea passage across the north channel allowed easy access to counties Antrim, Down and Donegal. Many links land courses in these counties were designed by Scots who found similar terrain to that which they were used to in Scotland. An good example of one of these courses is the Rosapenna links in Downings in Co Donegal.

ROSAPENNA, AN AMAZING GOLFING PEDIGREE

The hands of golfing greats have shaped and moulded the links at Rosapenna. In 1891, while guests of Lord Leitrim at his nearby estate, Old Tom Morris of St. Andrews, a winner of four British Opens in the 1860's took a drive to enjoy the Donegal scenery. Morris was quick to see the potential of this fine stretch of Donegal coastline and before returning home he had staked-out the first Rosapenna links, incorporating wide rolling fairways amidst the undulating terrain and of course those delightful greens.



Sandy Hills, Rosapenna

Back at St. Andrews, Old Tom was quick to tell of his discovery and so it was that Rosapenna became a place of pilgrimage for golfers at the turn of the century. Amongst those following in Tom's footsteps was the great Scottish golfer James Braid. He added length and more detailed bunkering to the course but made few alterations to the natural greens.

So good was their design that the links today still provides a demanding challenge for golfers of all standards.

SCOTS LANGUAGE IN GOLF

Golf equipment today is highly engineered and very sophisticated. Great golfers such as Darren Clarke from Northern Ireland are able to drive a ball over 300 yards from a tee box. At the time that golf was being developed in Scotland in the early 19th century, things were not so sophisticated. Instead of steel or carbon shafts, clubs were made with wooden hickory shafts.

Early Scots golfers gave names to their different golf clubs. Today a full set of clubs is numbered to indicate the potential distance that a ball could travel being hit by that club. In the time of James Braid, Scots names such as mashie and cleek described the potential of each club.



Old Tom Morris



*Rosapenna Golf Course —
designed by Scots.*

On the next page there is a simple comparison between these Scots words and the club numbers that are used today.

THE IRONS

CLEEK DRIVING	IRON
MID MASHIE	3-IRON
MASHIE IRON	4-IRON
MASHIE	5-IRON
SPADE MASHIE	6-IRON
MASHIE NIBLOCK	7-IRON
PITCHING NIBLOCK	8-IRON
NIBLOCK	9-IRON
JIGGER	WEDGE

THE WOODS

BRASSIE	2-WOOD
SPOON	HIGHER LOFTED WOODS
BAFFING SPOON	APPROACH WOOD

Scot, Donald Ross, transformed the American golf scene in the first half of the 20th century. By the time of his death in 1948 he had designed over 400 golf courses. He also designed his own golf club—a 'spoon'.



As well as the traditional game of golf, another 'sport' modelled on golf has also been developed. It has been called miniature golf, mini golf or crazy golf. The first miniature golf course in the world was developed by the Ladies' Putting Club of St. Andrews in 1867.

Courses for this type of golf may be either 9 or 18 holes long, however they are much shorter than a traditional course and consist only of what would be the 'green' or putting area on a full-size course.

The aim of the game remains the same—to get the ball into the hole in the smallest number of shots. Since the 1930s another difference between this form of golf and the traditional form is that obstacles have been added to make it more difficult.

Structures such as mini castles or windmills were placed in the way of the hole and balls had to be negotiated through pipes and around bends.

Another important difference is that crazy golf may be played indoors.



A crazy golf course

Crazy Golf Task



A TV Production Company has decided to create a new gameshow for Saturday night viewing. It will use Crazy Golf as the theme for the show.

Your task is to:



Decide on a good name for the show



Design the game of Crazy Golf, remembering it must fit in to a television studio



Explain the rules of the game show—how will someone win? What do they have to do?



What the prize(s) will be



Who should present the show



Storyboard a 30 second TV advertisement previewing the show the week before it is first shown