

BE A GUID SPORT!



TEACHERS BOOK

Be A Guid Sport!

This workbook “Be a Guid Sport” covers a range of sporting and leisure activities associated with Scotland and Ulster which could be used either by P.E. teachers or by teachers of other subjects as an extension to work on some of the other Ulster-Scots booklets. The Pupil Booklet includes research tasks, classroom-based work and also some physical activities.

The Pupil Booklet is divided into 5 sections: Team Games; Highland Games; Street Games; Winter Sports and Golf. “Be a Guid Sport” is a companion to the “Birlin roon tha Flair” booklet on Scottish Country Dance.

In this Teachers Book some additional information is provided along with answer sheets and also assessment grids. Some of the activities will enable P.E. teachers to address aspects of Communication and I.T. and to contribute to pupil assessment of these skills.



The purpose of this section is to introduce the game of shinty and to encourage pupils to see its links with hurling.



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.

Finding out Task

The pupils are directed to use the internet to find the answers to these questions. They are given a web address to start with :

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

- What is the proper name for the “stick” used to play shinty?
caman
- What is it made of?
Originally of ash or hickory from a tree with a natural bend in it but now from strips of wood glued together
- What would you find inside a shinty ball?
Inside is cork and worsted while the outer cover made of leather
- What size is the ball used in the game of shinty?
Roughly the same size as a tennis ball
- How much does it weigh?
Between 2¹/₂—3 ozs.
- How many players are there on each team in a game of shinty?
12 (with 3 substitutes allowed)
- How long does a game last?
45 minutes each half—total time 1 hour 30 minutes
- What is the maximum number of substitutes a team may use during a game?
3
- How many officials are needed for a game of shinty?
5— a referee; 2 linesmen who watch the sidelines and 2 goal judges
- How many players may handle the ball?
Only the goalkeeper may use his hands and he is not allowed to catch the ball only to use his open palm to hit it away
- On the next page is a diagram of a shinty pitch. Fill in the missing information.

A Shinty Pitch

This is the
10 YARD AREA

The goal is

10 FEET high

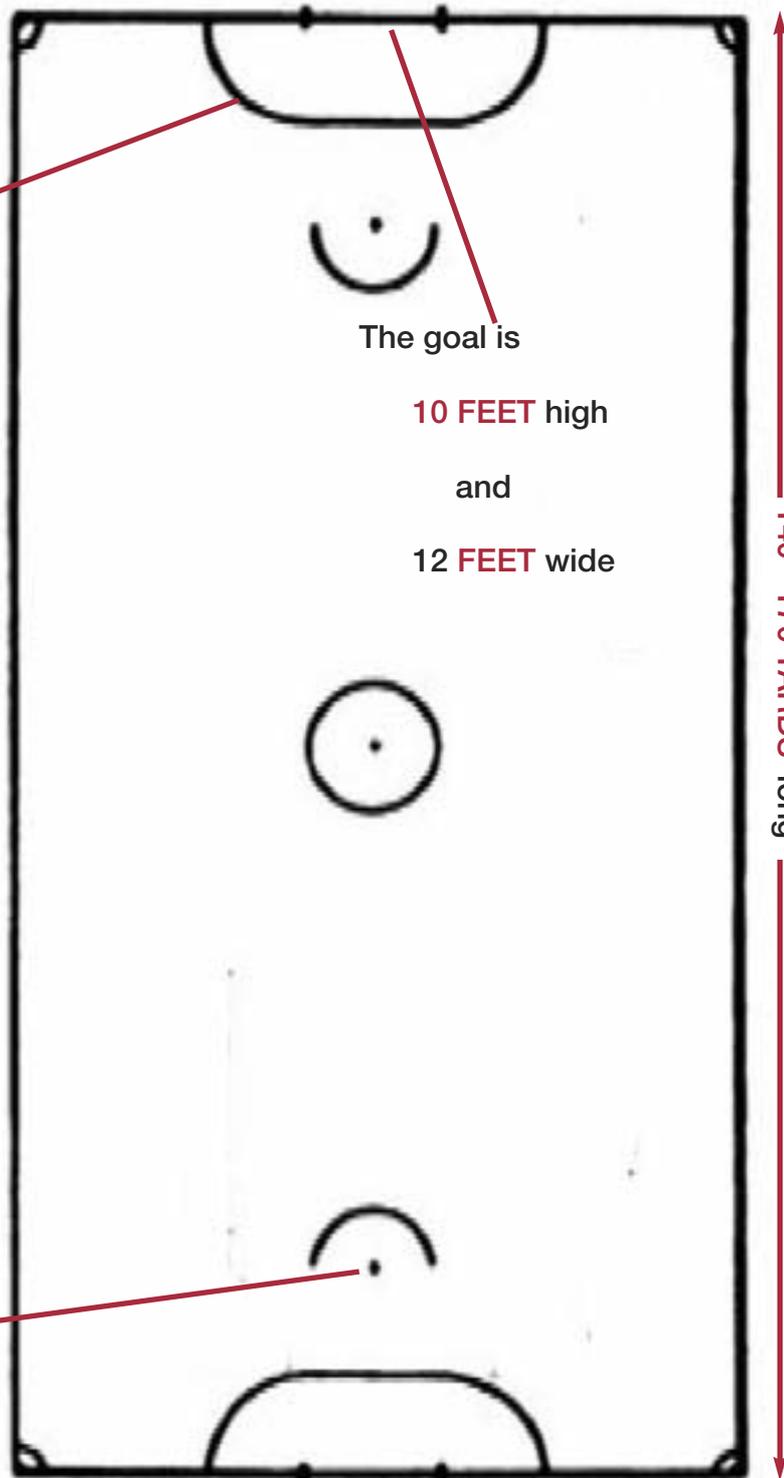
and

12 FEET wide

140 - 170 YARDS long

This is the
PENALTY SPOT

70 - 80 YARDS 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	<ul style="list-style-type: none">• Played on grass pitch• Off-side rule : no attacking player is allowed to enter the goal area before the ball• Played with a ball and wooden stick• Up to 3 substitutes are allowed to be used during a game	
D I F F E R E N T	<ul style="list-style-type: none">• 12 players per team• The stick or camán has no blade• No player may catch the ball• Games last 90 minutes (45 per half)	<ul style="list-style-type: none">• 15 players per team• Players may pick the ball up in their hand and take up to 4 steps• Games last 1 hour (30 minutes per half) at club level and 1 hour 10 minutes (35 minutes per half) at inter-county level

True or False

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

YELLOW = TRUE

Shinty is played with a team of 10 players

A shinty match lasts one hour

Camanachd is the Gaelic name for shinty

Players may use their feet to stop the ball

Teams may use as many substitutes as they wish

RED = FALSE

Shinty was brought to Scotland about 1000 years ago

A shinty ball weighs about 3 ounces

The goals are six feet high

Players may use both sides of the caman

Goalkeepers may catch the ball

DISCURSIVE ESSAY TASK MARKING GRID

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

Street Games

This section of the booklet explores some of the traditional street games played in Ulster in the 19th and early 20th centuries.

It provides opportunities for pupils to:

- Engage in meaningful and purposeful conversation/interviews with older relatives/neighbours about their experiences as children in order to compile a record of local games
- Take part in physical activity playing some of the games
- The “What’s in a name?” sheet provides an opportunity to discuss issues of identity and cultural diversity and also issues relating to immigration and citizenship



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.

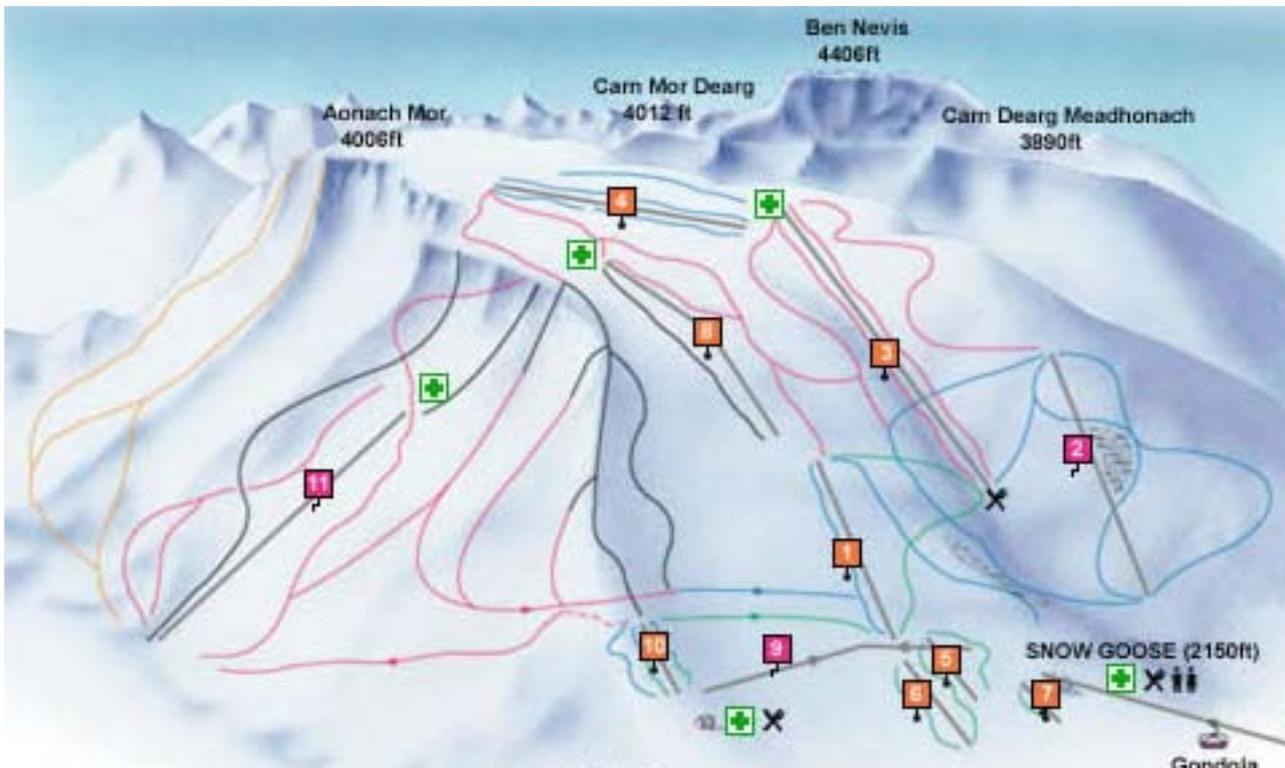
Scotland has five main skiing areas as the map shows:



Which would be easiest for travellers from Ulster to reach?

Probably the Lecht because there are flights between Belfast and Aberdeen.

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:** **VERY DIFFICULT (ADVANCED/EXPERT)**
- Red:** **DIFFICULT**
- Blue:** **INTERMEDIATE**
- Green:** **BEGINNER/EASY**
- Yellow:** **OFF PISTE**

Winter sports



Left hand side bar:

Newest **Use of superlatives in the description.**

Largest

Welcome **Encouraging readers by offering a welcome.**

Best

Success

Middle Section:

pine-clad

Very distinctive

Backdrop

Ever-changing

Stronghold of the ancient Caledonian pinewoods

Extensive

Huge range of activities

Attractive

Discover

Huge choice

Even includes

World's highest distillery

Arguably

Best views

Words emphasise the beauty of the natural environment and especially its size e.g. huge/extensive.

Even includes gives the impression that it has so much to offer and you would not expect it have this as well.

Arguably shows they are admitting that there are other steam railways with good views but this one is special.



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?



MICHELLE WIE



JACK NICKLAUS



DARREN CLARKE



TIGER WOODS



SEVERIANO BALLESTEROS



JAMES NESBITT & MATT DAWSON