

STUDIES AND DRAFTS FROM BEGINNINGS OF PHYSICAL PLAY AND GAMES IN THE WORLD BEFORE 1939

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Abstract:

Main purpose of this article is a demonstration of beginnings of physical games and importance of it in Physical Education and recreation in the World before 1939.

Football is one of the oldest national team game practiced in China, originally as tactical preparation for military, which later gets popularized as game in ancient Chinese society. Initially for playing, Chinese used ball filled with birse and from V century with air. On scheduled symmetric pitch it was made six dimples, where player should place ball to reach points.



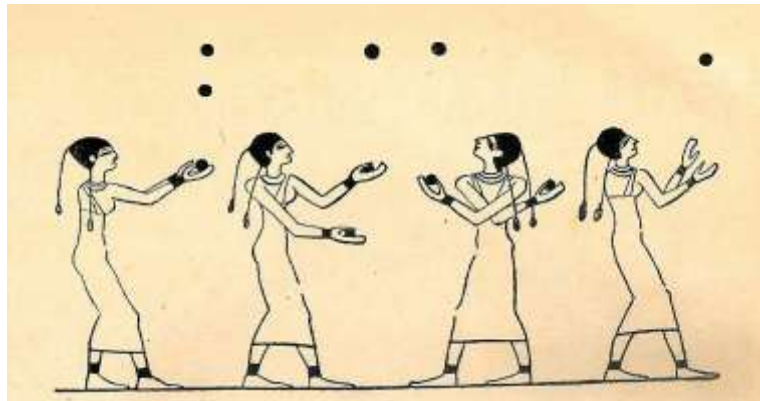
Playing ball by legs by ancient Chinese, by R. Wroczyński:
Powszechne dzieje wychowania fizycznego i sportu, Wrocław – Warsaw
– Cracow – Gdansk, 1979 p. 29.

During the game, teams were attacking or defending dimples (goals), dug out in the pitch. Within dynasty T'ang (618-906), dimples were changed into two half-arcs shape goals, what with time was changed into one goal with whole (place where player should shoot ball through) [M. Garnet: *Cywilizacja chińska*, Warszawa 1973, *passim*; C. P. Fitzgerald: *Chiny. Zarys historii kultury*, Warsaw 1974, *passim*; W. Rodziński: *Historia Chin*, Wrocław 1974, *passim*].

An evidence for the use of ball by Chinese people gives the game description of Chinese poet Li-Yu (54-130 C.E):

Round ball and quadrilateral wall,
Ball runs along like a moon,
While team stands opposite,
Captains are instituted and keep theirs places,
There is any affinity respected,
Under rigid statute,
It couldn't be any bias,
But must be master distinctly and calmness,
Without irritation from failure,
If this all is needed in football,

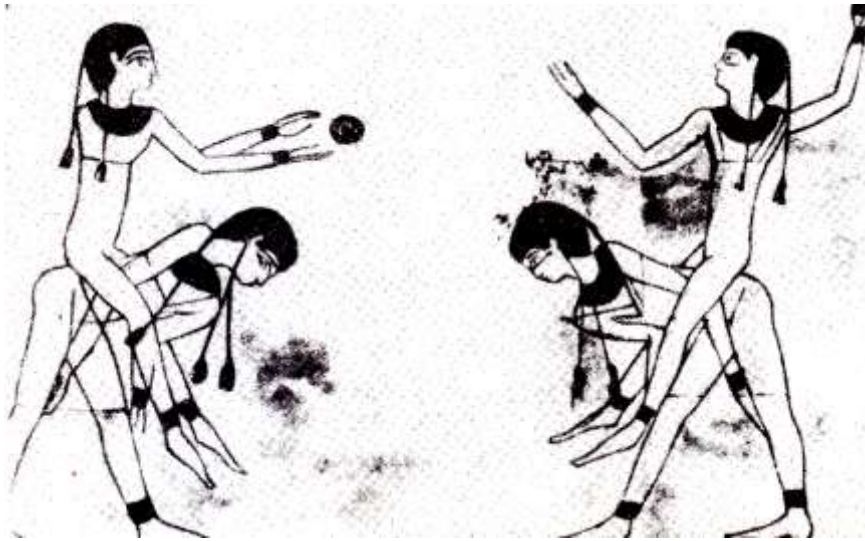
How much more is necessary in our live... [B. Dalen, D. Mitchel, A. Bennet: *A World History of Physical Education*, New York 1972, *passim*].



Egypt, Saggarah circa 2000 B.C., juggling balls by Egyptian women (relief from tomb in Saggarah) [W. Sikorski: *Gimnastyka. Podręcznik metodyczny dla seminariów i kursów nauczycielskich*. vol. I.

Methodology of gymnastics exercises with introduction of Dr Eugeniusz Piasecki, professor and director of University in Poznan, Lviv 1931, p. 54–55].

Ball was a tool, which was used by primitive people during games, for example in China, 4000 years ago, a ball was an equipment for physical exercises and military tactics.



Beni Hassan circa 2000 r. B.C., Egyptian girls while playing ball, (painting from tomb number 15 in Beni Hassan), Diem II, 624, 3; R. Wroczyński: *Powszechne dzieje wychowania fizycznego i sportu*, Wrocław – Warsaw – Cracow – Gdansk, 1979 p. 29.

In Mongolia, role of ball was played by performed animal urinary bladder, filled in by the air, in Japan it was played only by privileged- the members of imperium court and samurais.

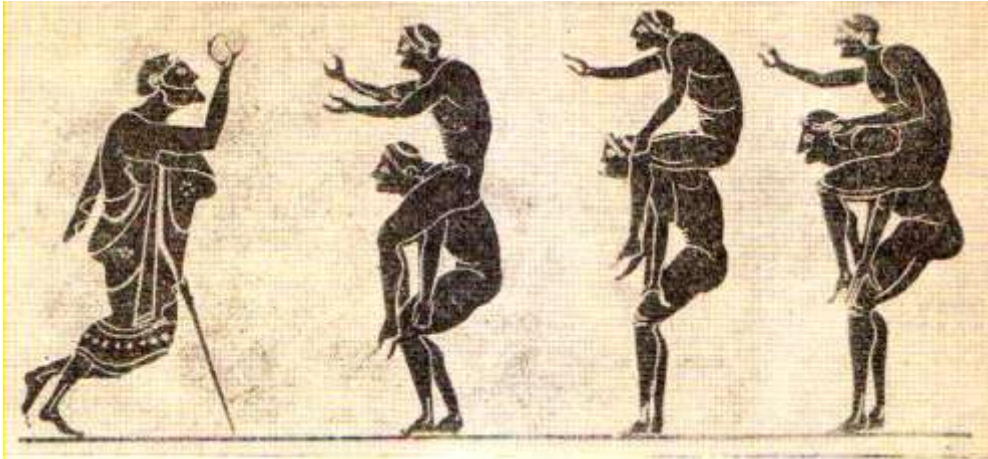
Ball for playing used ancient Greeks and Egyptians, as well as Aztecs, Incas and Mayans

[S. Favre: *L'arte e lo sport nell'antico Egitto*, Massa 1965; A. D. Touny, S. Wenig: *Der Sport im alten Ägypten*, Leipzig 1969, *passim*; M. Szymkowiak: *Pilka nożna*, [issued:] J. Cieśliński, K. Muszyńska (ed.): *Iskier przewodnik sportowy*, Warsaw 1976, p. 456–457; R. Wroczyński: *Powszechne dzieje wychowania fizycznego i sportu*, Wrocław – Warsaw – Krakow – Gdansk 1979, p. 20–35].



Inscription shows game of two “teams” of “Pharaoh Cup”, against teams Amen-Khetashen-Ba’s and Kheper-ka Ra’s in 3000 B.C., player guard goal on right, criticize (by hieroglyph) opponents hard game, „Sport”, 1923 no. 46, p. 1.

Ball was identified with “divine” sun, earth and also with youthfulness and vitality. Roman copied it from Greeks in IV century B.C. and introduced it to social games in their empire and conquered British island.



Black skater Attic from 500 year B.C. now in Ashmolean Museum in Oxford, presents three pairs of youths waiting, and one teacher throwing ball during game –*efedrismos*, inscription set next to players –*keleuson* (order) position mentioned game in bounds, by (Gardiner, figure 209), [in:] R. Gostkowski: *Sport w starożytności*, Warsaw 1959, p. 141.

One used for games, 4 types of ball in ancient times. Diderot mentions about: *follis*, *harpastum*, *paganica* i *trigonalis*. They used ball made from beef urinal bladder, filled in by the air –*follis*. Bigger ball was thrown by arm, smaller by wrist. Those balls were similar to nowadays balls. To promote playing balls *follis*, Merral wrote ... *is good for kids and old* [*Gry w piłkę dla dzieci, młodzieży i starszych osób, według metody francuskiej*, Warsaw 1903, p. 2].



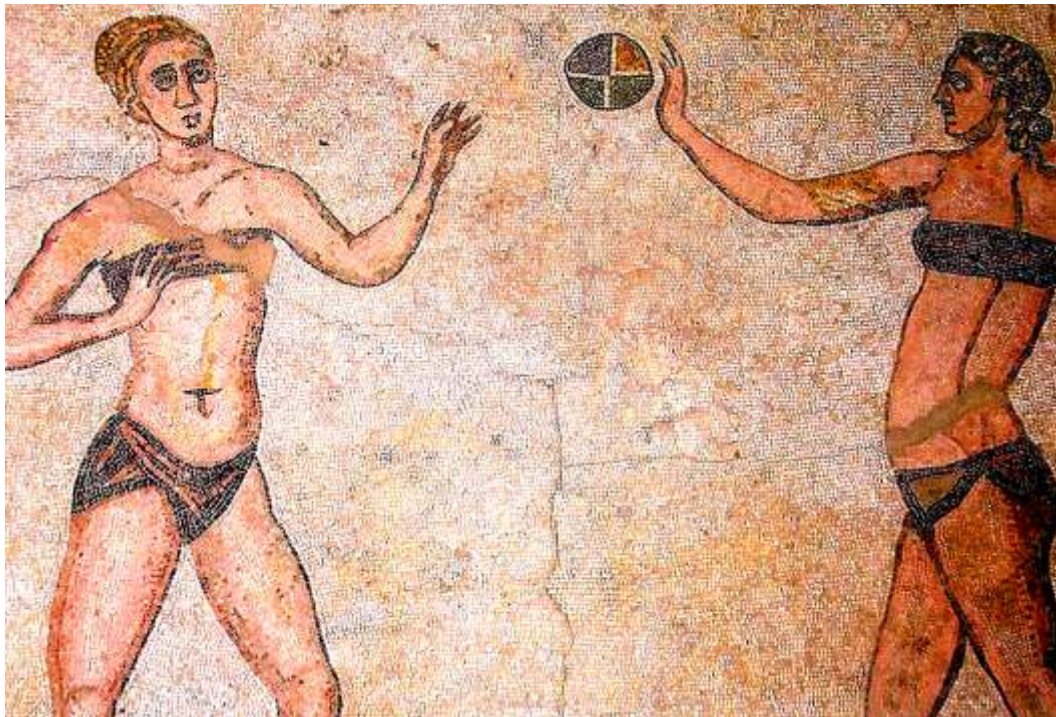
Two groups of three naked youths playing ball on marble relief from 510-500 B.C., founded in Athens, currently in museum in Acropolis., after (Bossert – Zschitzschmann, p. 293) [in:] R. Gostkowski: *Sport w starożytności*, Warsaw 1959, p. 93.

There were also used small (smaller to the mentioned) hard and heavy balls, made from skin, filled in by sand- *harpastum*. The ball was played by throwing in the air, the aim of game was to divest catcher of the ball. Third type of ball was *pila paganica*, small ball played mainly on rural territories [W. Rychter: *Die Spiele der Griechen und Römer*, Leipzig 1887; Th. Klee: *Zur Geschichte der griechischen Agone*, Leipzig 1918; L. W.: *Czy dawniej uprawiano sporty?*, „Dodatek Literacko Naukowy” to „Ilustrowany Kurier Codzienny”, 1927 no. 20, from 16th May, p. 5–6; B. Neutsch: *Der Sport im Bilde griechischer Kunst*, Willsbach 1949, p. 55–60; E. Wipszycka: *Antyczny przegląd sportowy. Gra w piłkę*, „Mówią Wieków”, 1958 no. 9, p. 47].



Medieval Ages exercises with ball by H. Mercurialisa: *De arte gymnastyka*, 1569.

It was a hard ball made of skin, filled in with feathers. Fourth type was a tiny ball— *pila trigonalis*, which three players set on tringle passes to themselves [*Spheristique* [in:] *La Grande Encyklopedie*]. In women took part in games in Roman Empire.



Roman mosaic from wall in villa nearby Piazza Amerinia in Sicily, showing women playing ball game (public domain).

After Romans conquest of British Island in 217, balls assimilated with local people. From III century ball games significantly spread, being more and more popular. Their popularity and presence on city streets was accompanied with brutality (fights) and turmoil. Probably frequency and huge number of participants were awkward, such an extent that in 1314 English King Edward II, issued an edict which prohibited playing in the city under penalty of prison or even the rope [*Gry w piłkę dla dzieci...*, op.cit. quot., p. 2]. Soon after that similar ban were mandated in Scotland.



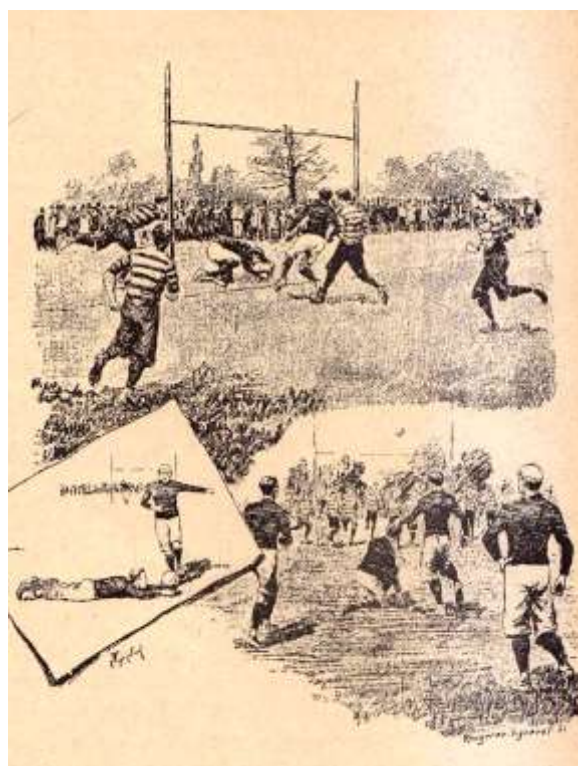
XVI century, street football in England.

Supporters of playing ball had to move games outside the city. Passion for fun and games was almost stopped by Puritan revolution. Ball was played secretly and far away from city. Presence of games in a certain XVII-century English schools was shown in Misson's diaries from England in 1697, where he mentioned: *diversified of game was characteristic thereby; two partners throw rubbery ball, filled in with air. Falling ball is kicking by one of the players, which after that is substituted by other one, when first skid. Other exercises, except ability, the beautiful game does not need* [ibid. p. 3]. In the kept diaries there are notes that "playing in football" in XVII century, might equal the corse (on player) [ibid.]

Along with time, townspeople and people from province, changed purpose of military exercises for recreation. Their physical activities moved to: parks, avenues and city streets, on dry fosse in front of walls around the castle, riverine grounds and also to special prepared built rooms for playing ball. Ball was so universal, that once appeared dominated other equipment (popularity of ball in that period of time caused establishment of factories in Italy and France, that produced balls).



Ball game on street in XVIII century London (illustration from 1791).



Forms of ball games in the middle of XIX and XX century, from booklet *Ball games* for kids, young and adults, according to French method, Warsaw 1903, p. 18.

Game with ball was rivalry of two groups, both of them tried to possess ball and connect ball into goal or into arranged place, or throw into opponents ground. There were the following goals chosen: wall, game ground line, church doors, dried pond, etc. Terms of competition were set before, there were no rules. To score goal, for possession of ball players were using legs or hands. There were in use different sizes of ball, depending on the chosen type of game, players moved (ball) by hand, leg, racket, special stick or hammer, etc.

Method of being ball into a game, made that first rules and names of game were created. In the Middle Ages Europe the following forms of game appeared:

- bouncing ball by hand (paume), then racket [Trattato del giuoco della palla di messer Antonio Scaino da Salo, divisi in tre parti, (eng. Tract about ball games), Venezia 1555; K. Schwalm: pt. I, Fußball ohne Aufnehmen, Wien 1898; K. Schwalm: vol. II, Deutscher Schlagball mit Einschenker, Vienna 1898; K. Schwalm: vol. III, Schleuderball, Wien 1898; K. Schwalm: vol. IV, Lawn-Tennis, Vienna 1898].



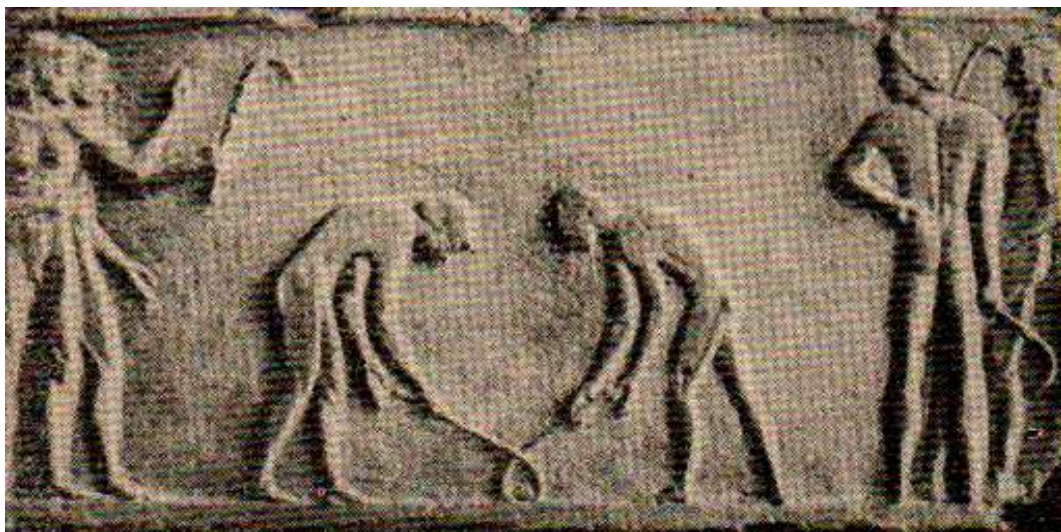
Booklet with instructions of game with ball by Karla Schalm: vol. I *Pilka nožna i Aufnehmen*; vol. II, *Dutscher Schlagball mit Einschenker*; vol. III, *Schleuderball*; vol. IV, *Lawn-Tennis*, issued in Vienna-Leipzig in 1898, (owned by the author).

-bouncing ball by leg (*calico*) [A. Scaino da Salo: *Tract about ball game*, Venice 1555, passim; J. de Bardi: *Thesis about Florence ball game*, (it. *Discorso sopra il giuoco del calcio fiorentino*), Firenze 1550, passim]. Giovannii Bardi, XVI century proponent of *calico* game, in 1550 wrote scheduled establishments and demandings of physical exercises, as follows: *in spring- ball game, in summer-swimming, in autumn- hunting, in winter- jumps, fights, football, horse riding, fencing...*



Game in mail, by: R. Carita: *Lo sport nell'arte*, Bergamo 1960.

- using stick (crosser) [*Crosser* –ball game using curve stick, known already in 1478, in France in the end of XVI century known in England as a cricket, W. Gniewkowski: *Rozwój głównych europejskich systemów WF i ich wpływ na kształtowanie się systemu WF w Polsce*, Warsaw 1972, p. 163], barette, houle, sule, melle [*Gry w piłkę dla dzieci...*, op.cit. quot., p. 8]- ball game using special hammer, played on even ground [*Golf* – game known in XIV/XV century, in 1457 golf and ball games were forbidden for the subjects by Scottish parliament, by E. Major: *History of Physical Education*, London 1938, *passim*; H. Simon: *Der Stockball (Hockey – Golf – Polo)*, Stuttgart 1922, *passim*], *croquet*- ball through the goal, *krikiet*- ball into a goal, *hockey*- ball playing on ice, *pool*, *palant*- bounced ball) [*Crosse* [in:] *Beckmanns Sport Lexikon*, p. 593–594].



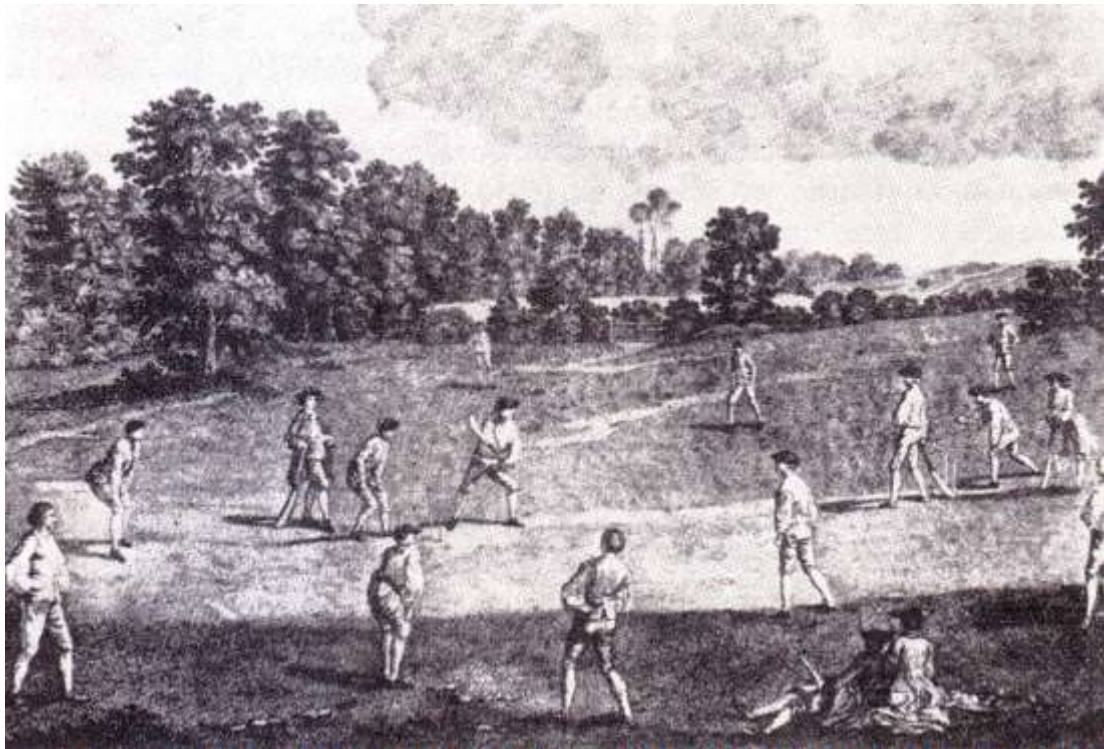
Relief from VI century B.C., presents youths probably playing in *keretidzein*, relief excavated nearby Athens in 1922.

In equivalent to that hockey Europe was game called *bandy*. This game due to contacts with Canadian ice hockey players, disseminated form of game similar to nowadays rules. [*Hokej na lodzie*, [in:] „Przewodnik Sportowy”, Warsaw 1933, p. 69].



Copperplate R. de Hoegh'a from VI century, stored in National Museum in Copenhagen.

- with fist and leg (*soule* or *choule*), two teams tried to move ball and score (by the ball) into previously prepared goals.



Cricket game in 1748, by: *The English Game a Cricket Antology*, Compiled by Gerald Brodribb, London, on photo we can see two players and goals behind them, (two sticks).

Details of ball preparation, statutory requirements of game (including ball game on string), also games on short closed terrain (*jeu de courte paume*) and on long open terrain (*jeu de longue paume*) which were used in France in 1901, in chapter 2, vol. II, are described by J.J. Jusserand in study titled *Les sports et jeux d'exercice dans l'Ancienne France* [J.J. Jusserand: *Les sports et jeux d'exercice dans l'Ancienne France*, Paris 1901, p. 249].



Image of Florence ball game in XVI century, by R. Wroczyński: *Powszechnie...*, op.cit. quot., p. 109.

The author advised players to prepare physically for playing football in the Middle Ages, to pursue: ...runs, jumps, wrestling, the discus, pugilism, horse riding, fencing, tournaments, bar as they are given in football for its usefulness ...[J. de Bardi: *Rozprawa...*, dz. Quot.]. The same author demanded from players to keep good physical efficiency in: ...fleetness of legs, ability in jumps and wrestling and accuracy of throws..., lack of these abilities in players, was resulted in: ... can't miss by arm opponents attack, if he isn't skilled in fencing, he will not be able to chase ball, if his breath won't be formed by swimming, [...] he will not defend ball from danger, if he isn't certain in his jumps... [ibid.]. In that way author indicated on necessity of comprehensive preparation for playing ball.