

## STUDIES AND DRAFTS OF PHYSICAL PLAYS AND GAMES IN POLISH TRADITION OF PHYSICAL CULTURE AT THE TURN OF XIX AND XX CENTURY

Karina KRÓL, Maciej KUCHCIAK, Patryk NIEWCZAS-CZARNY,  
Magdalena KUNYSZ-ROZBORSKA

Faculty of Physical Education, University of Rzeszow

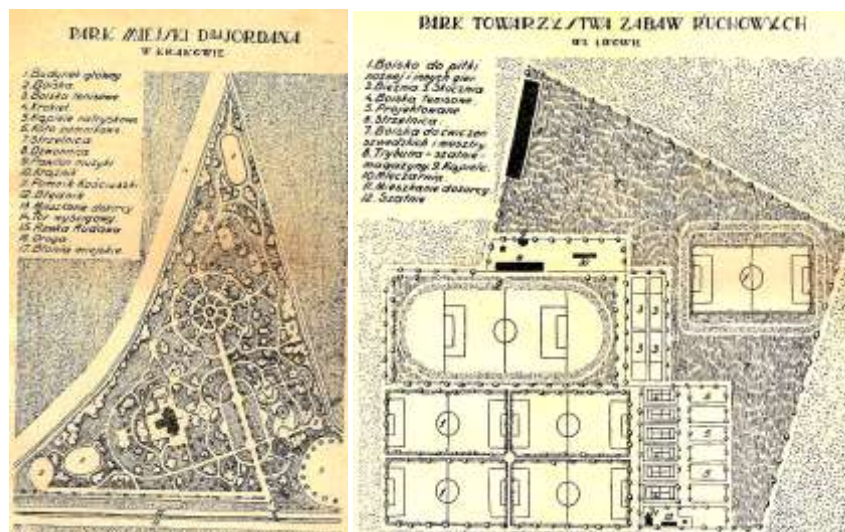
### Keywords:

- Health Promotion  
History of Physical Culture
- Physical Education and Sport
- Social and Humanistic aspects of Physical Culture

### Abstract:

Studies and drafts of physical plays and games in Polish tradition of physical culture at the turn of XIX and XX century, part II. Description was created in result of sources analysis, related with article subject, authors conducted query of newspapers. Based on reliable reports, in article was introduce evolution of physical play and games in Poland at the turn of XIX and XX century. In Poland at the turn of XIX and XX century, widespread were physical play and games, which gave beginning to the sports games incl. plant game, basketball, football.

From all physical games known in Poland, one of the oldest one is “palant” [*Palant* in Poland called wooden, stick 80 – 100 cm long - E. Piasecki]. According to W. Sikorski palant game: ...*is a Polish game, probably created in XIV century, proclaim is mentioned in “Album Wszechnicy Krakowskiej”, about stick structure, made for bouncing ball, called “pilaticus”. What is more, proverbs from XIV century, testify that playing in ball (then “galka” from verb “galić” meaning drop ball), was very prevalent. Name of this game had beginnings in Italian sources in XVI century, where was one of the most popular youths school game...* [*Palant* [edit.:] W. Sikorski: *Gry i zabawy ruchowe dla dziatwy szkolnej*, Poznan 1922, p. 152; W. Lipoński: *Rochwist i Palant. Studium etnologiczne dawnych polskich sportów i gier ruchowych na tle kultury europejskiej*, Poznań, 2004, *Encyklopedia Sportów Świata*, Poznan, 2008; Z. Dowgird: *Formy gry w Palanta na obszarze Polski*, (PhD thesis from WSWF Wrocław 1966)].



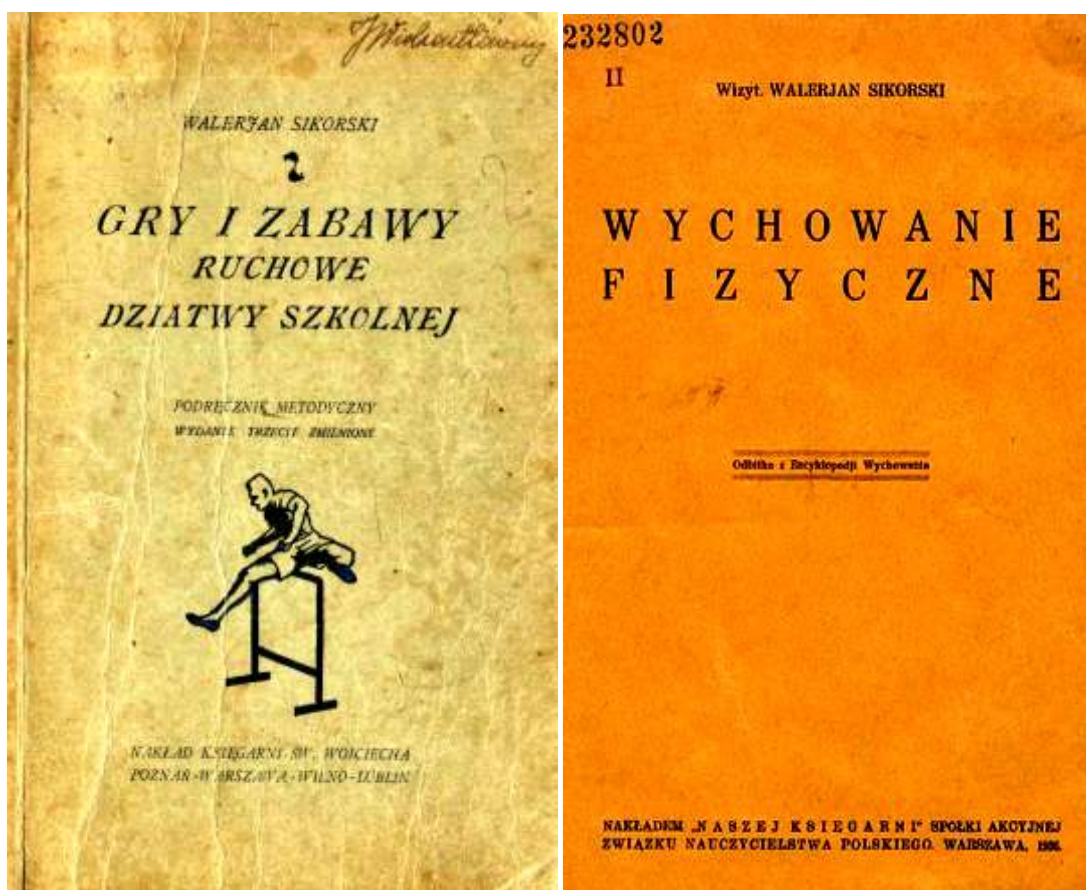
Plan of plays and games park of dr. H. Jordan in Cracow (picture on the left), plan of plays and physical games in Lviv (on the right), E Piasecki: *Gry i zabawy...*, pp. 233-235.

In 1848 Jędrzej Śniadecki said words promoting plays and games during educational process of kids and youths: ... but why, someone can tell me, you can teach kid, without teaching? It causes presumption of teaching him only by games, The most important studies we are acquiring without books and bachelors.

Due to upbringing and drilled behaviour by it, we don't have it by studies, something what comes easy to us, without coercion and teachers, who will stand behind our neck. It's needed, that kids should learn by playing and frolicking; we have to conduct them to places where they can learn what we want.

Natural curiosity will render that for each thing they will ask thousand of questions, and we'll be true teachers when we answer cleverly, so those kids learn fairly. In that way by working on our body, we are educating mind, and not letting system away, but we are educating with natures law, but we are educating without health strain and envenoming first, sweetest moments of life... [quoted by: J. Śniadecki: O fizycznym wychowaniu dzieci... [eds.] M. Skierczyński, F. Krawczykowski: Zabawy i gry ruchowe. Podręcznik metodyczny, Warsaw 1948, p. 6]

In 1900 M. Rościszewski wrote about Palant game: ...game full of life and extremely applied for adolescent youths. It should be disinter form the dust of oblivion... [M. Rościszewski: Gry i Zabawy Towarzyskie, Podręcznik dla młodzieży płci obojga. Warsaw, 1900, passim].



Publications title pages, of W. Sikorski, on left: *Gry i zabawy dziatwy szkolnej*, Poznań 1929, on the right: *Wychowanie fizyczne*, Warsaw 1936.



Adam Sikora plays and games park, in Sibicz, near Cieszyn, E.Piasecki: Gry i zabawy..., op. cit., p. 236.

One of the first men in Poland, who described rules of palant game (the second most popular game, after football), were Ł. Gołębiewski and J. Kitowicz. They presented organization of the game as follow: ... *during palant game, players were divided into two teams, ball was throwing by sticks, not like before by hands; then ball has good course, when passing player gets along with pitcher, firstly passes politely, and secondly hits cleverly ...*

[J. Kitowicz: *Opis obyczajów za panowania Augusta III*, w opracowaniu R. Pollak, Wrocław 1961, p. 95].

At the end of XIX century and beginnings of XX century, there were presented first forms and rules of ball games in Poland. The football became the most popular game. This game found appreciation and purpose in physical education school programmes incl. by Palmsteins develops from 1888: *Zabawy i wycieczki* [R. Palmstein: *Zabawy i wycieczki*, „Muzeum”, 1888], and from 1889, H. Jordan: *O zabawach młodzieży* [H. Jordan: *O zabawach młodzieży*, „Przewodnik Higieniczny”, 1891 no 2].

H. Jordan proposed to subsume in physical exercises programmes, those plays and games which are ... connected with movement and body exercises, such as: game with ball in various way, in “ear ball” (Schleuderball) and football (fotball)... [Ibidem].

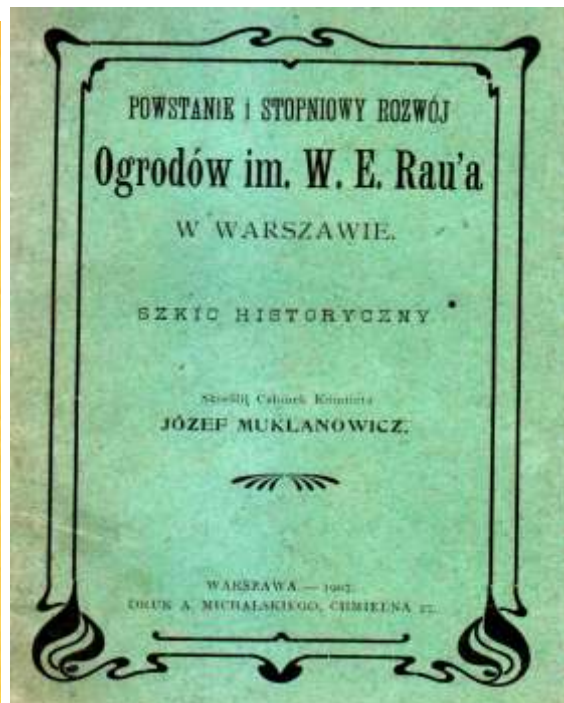
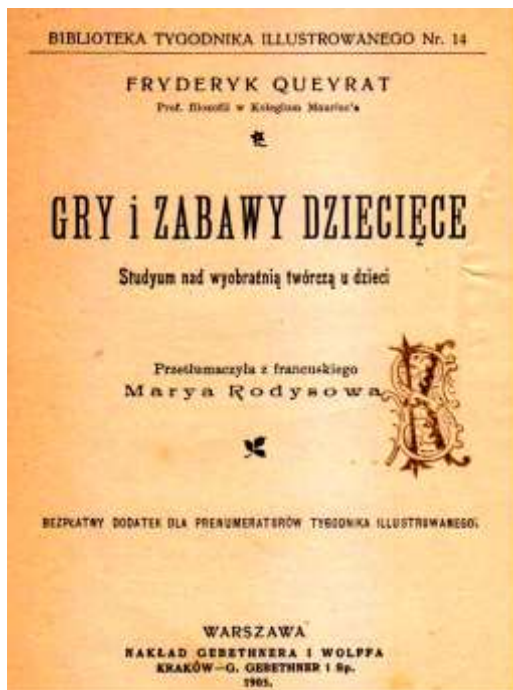
H. Jordan wrote about ball kicked by legs in 1894 in the following way: ... football is: strong caoutchouc ballon, covered with leather, to avoid splitting on rock. Foot-ball distend has around 30 cm diam... [H. Jordan: *Miejski Park dra Jordana w Krakowie*, Cracow 1894, p. 31].

In 1883 that ball was played in H. Jordan park on pitch (number VIII), squares were described as follow: ... ellipse shape, which bigger axis has 71m, smaller 50 m. Ground on it's packed [...] On both fringes of this pitch are stick goals, necessary to play football.

On 13<sup>th</sup> of May, 1898 in Warsaw, faculty of Hygienic Association on Engr. Tadeusz Balicki application, had conscripted initiative of source ... *from municipal office of city Warsaw [...] squares and gardens for kids play...* [Gry i zabawy dla dzieci, „Tygodnik Ilustrowany” 1900, no 41 p. 800; Dr S. Urban: *Rozrywka i wypoczynek. Zabawy*, [ed.] *Szanujmy zdrowie! Główne zasady higieny przystępne zebrane*, Warsaw 1902, p. 156; J. Muklanowicz: *Powstanie i stopniowy rozwój Ogrodów im. W. E. Raua w Warszawie*, Warsaw 1907, p. 5].

Initially *Commission of plays and games for kids* was institute, the first manager was pr. Provost Jan Gralewski. In organizational and practical tasks he was supported by: Engr. T. Balicki, prof. S. Karpowicz, Helena Kuczalska, dr S. Markiewicz, dr H. Nausbaum, dr. J. Polak, Leonia Rudzka, Stefania Sempołowska, Aniela Szyc, dr J. Tchórznicki i Maria Weryho [B. Filiński: *Park Dra Jordana i kilka uwag o wychowaniu*, Cracow 1891; *Park Jordana. Ogrody Raua*, „Biblioteka Warszawska”, 1901 vol. III, pp. 583–584;

*Ogrody dla dzieci*, „Biesiada Literacka”, 1901 no 33, p. 234; Dr Tchórznicki: *Zabawy i gry dzieci w ogrodach warszawskich*. „Kraj”, 1901 no 1, no 40, pp. 468–469; no 42, pp. 492–493; Dr K. S. *Park Jordana i zabawy dla młodzieży*, „Ilustracja Polska” 1902, no 39 pp. 918–923; S. T. Tokarski: *Zabawy i gry ruchowe w Parku Jordana*, Kraków 1902; *Ogrody im. Raua*, „Ruch” 1906, no 2, p. 25; W. R. Kozłowski: *Zasady prowadzenia zabaw i innych zabiegów w ogrodach im. W. E. Raua*, „Zdrowie”, 1908 z. 1, pp. 16–33; M. Guttman: *Znaczenie parku Jordana w Krakowie dla sprawy rozwoju fizycznego*, Wiedeń, „Zdrowie”, 1908, z. 5, pp. 335–337; Waldost: *Ogród dziecięcy*, „Dziecko” 1913, vol. I, p. 65–66; J. Gażyńska: *Ogrody im. Raua*, „Dziecko”, 1914 no 6, pp. 356–361].



Title page of F. Queyrat publication: *Infant play and J. Muklanowicz: Creation and gradual development of games*, transl. Marya Rodykowa, Warszawa 1905 W. E. Raua Gardens in Warsaw. Historical draft, Warsaw 1907.

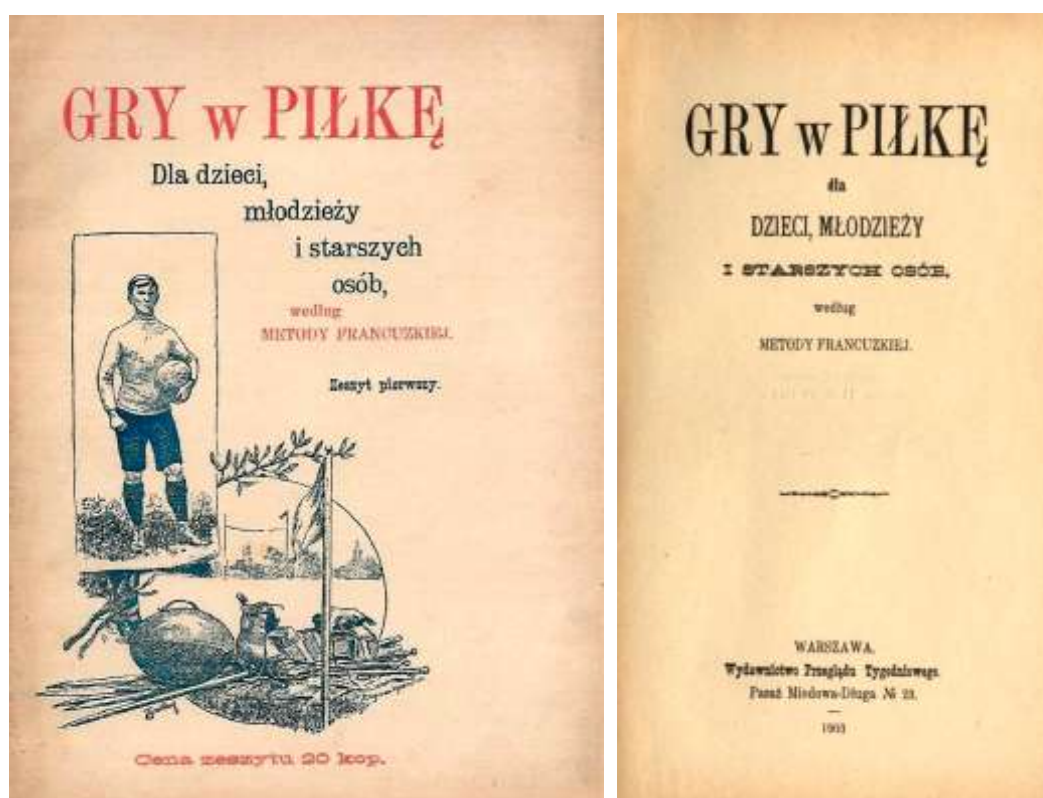
Within 1903- 1906 the following number of pupils attended to W. E. Raua Gardens in Warsaw:

- I. Agrykoła 122 471 kids, including 49 763 girls,
- II. Czerniakowski, 82 024 kids, including 41 396 girls,
- III. St. Florian on Prague, 183 643 kids, including 105 004 girls,
- IV. Górczewski, 60 761 kids, including 29 198 girls,
- V. Jerozolimski, 74 868 kids, including 35 471 girls,
- VI. Kościelny, 95 730 kids, including 40 023 girls,
- VII. Marszałkowski, 53 293 kids, including 24 519 girls, also activities in “winter hall” 80 132 kids ( lack of data about girls),
- VIII. Mokotowski, 41 058 kids, including 21 354 girls,

- IX. Nowowiejski, 108 030 kids, including 55 922 girls,
- X. Okopowy, 65 451 kids, including 21 734 girls
- XI. Przemysłowy, (at years 1903–1904), 13 324 kids, including 7 371 girls,
- XII. Pod Sobieskim, lack of data,
- XIII. Ogród Saski, 174 117 kids, including 79 955 girls,
- XV. Tarczyński, (at years 1904–1905), 59 738 kids, including 27 880 girls [J. Muklanowicz: *Powstanie i stopniowy...*, op.cit, pp. 34–41; *Klasyfikacja zabaw dziecięcych*, [ed.] F. Queyrat: *Gry i zabawy dziecięce. Studium nad wyobraźnią twórczą u dzieci*, transl. M. Rodysowa, Warsaw – Cracow, 1905, pp. 75–104].

Organizational level of performed plays and games in Warsaw gardens, was about employing staff, guaranteeing medical care for kids and youths and also supervision and imparting advices for employed staff, in terms of anatomical, physiological, hygienic and also medical first aid.

Medicine doctors who looked after the programme of plays and games were members of Gardens Pedagogical Council. In first years of Gardens activity, within 1903- 1905, one doctor was taking care of two Gardens. In 1905 one doctor was looking after three Gardens, his duty was to visit them at least twice a week. The mentioned doctors were: Drabczyk, Kotarski, S. Rottermund, Smoniewski i Szpot. At beginning of 1906, doctor Stefan Rottermund was in charge, according to new statute of W. E. Rau Gardens Pedagogical Council, that included one doctor [J. Muklanowicz: *Powstanie i stopniowy...*, op. cit.].



First two pages of rules and regulations ball playing for kids, youths and seniors, according to French method, Warsaw 1903.

Under Austrian annexation huge influence in development of plays and games put the Gymnastic Society “Falcon”. During I Reunion of “Falcon”, in 1892 in Lviv first presentations of plays and games for ... *not acrobats*... took place [*Kurs gier i zabaw w Skolem*, „Przewodnik Gimnastyczny >Sokół<”, 1910 no 9, p. 78].

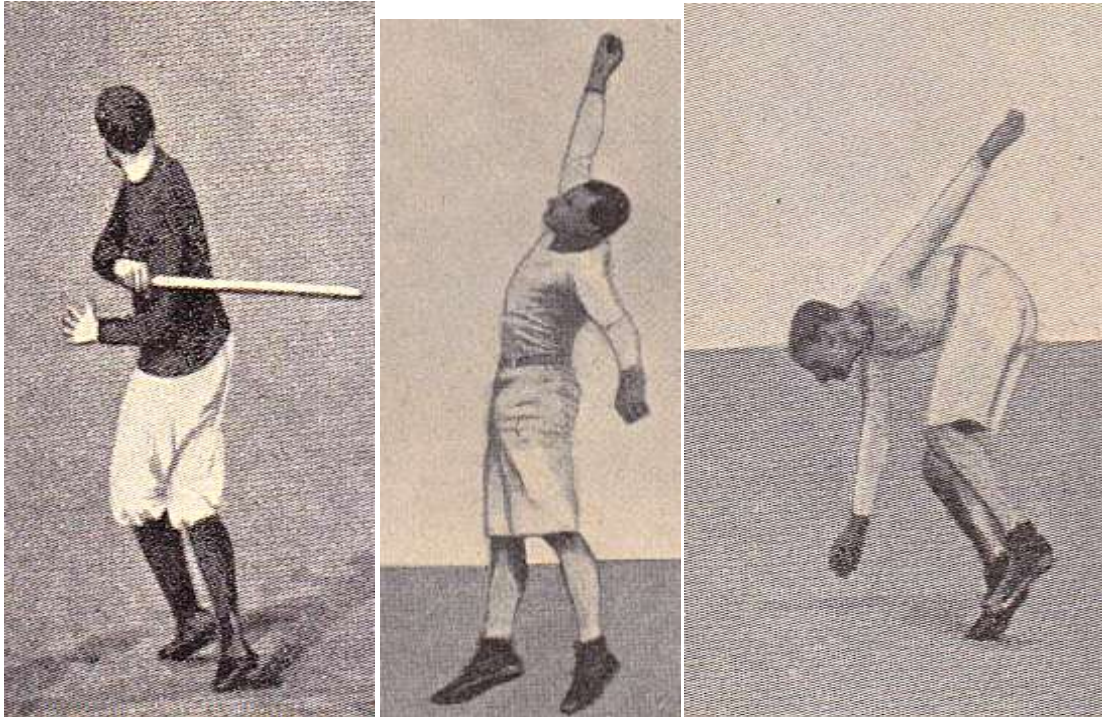
While II Polish nationwide Reunion of the Gymnastic Societies “Falcon”, which took place in 1896 in Lviv, significant importance for popularity of football had the organization of match between Cracovian falcon team and representation of teachers from Lviv falcon [Ibidem].



Eugeniusz Piasecki – Physical Education professor of University in Poznań      Lt Col. Walerian Sikorski-Polish teacher of Theorist, Physical Education, lecturer of Poznan University.  
pict. H. Schabenbeck, sig file. 1-N-449

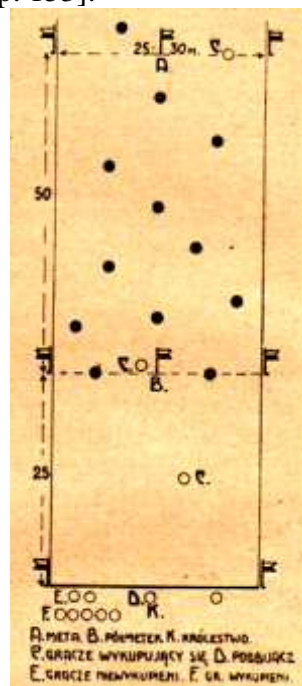
In the beginnings of XX century dr E. Piasecki mentioned that “palant” is a traditional and dominative form of games used in Poland. In XIX century, it was the most popular game under Austrian annexation [E. Piasecki: *Gry i zabawy...*, op. cit., pp. 211–223; *Ankieta w sprawie zabaw i gier ruchowych polskich*, „Wychowanie Fizyczne”, April 1928, notebook 4; id.: *Dalsze badania nad genezą ćwiczeń cielesnych: palant polski*, odbitka z „Wychowania Fizycznego”, 1932 no 10, pp. 71–73; tenże: *Zabawy i gry ludowe w Polsce*, „Wiedza Polska”, 1932 vol. III, pp. 335–344; id.: *Dalsze badania nad genezą ćwiczeń cielesnych: palant zagranicą*, Print from newspaper „Wychowanie Fizyczne”, 1934 R. 15 notebooks 9–10 i 11 pp. 443–452, notebooks 11–12 p. 531–566; idem: *Ku unarodowieniu gier sportowych*, [ed.:] *Złota Księga Sokola Poznańskiego Towarzystwa Gimnastycznego „Sokół” in Poznań*, 1936 p. 110–113; tenże: *Tradycyjne gry i zabawy ruchowe oraz ich geneza* [Ed.:] M. Godycki (ed.): *40 lat od Katedry Wychowania Fizycznego UP do Wyższej Szkoły Wychowania Fizycznego w Poznaniu*, Poznań 1959, *passim*].

E. Piasecki in edited in 1904 Rules of Physical Education wrote the following things about palant game: ... in our tradition, where palant reigned indivisibly, other games were put on the back burner, serving only as variation or preparation to playing in palant... [ J. Kitowicz: *Opis obyczajów...*, op. cit., p. 95; E. Piasecki: *Zasady...*, op. cit. p. 32; E. Piasecki: *Zabawy i gry ruchowe dzieci i młodzież...*, op. cit.; Ibidem: *Z dziejów rozwoju zabaw ruchowych*, „Wychowanie Fizyczne”, vol. 2, z. 5–8, pp. 53–59; idem: *Zabawy i gry ruchowe dzieci i młodzieży*, Lviv 1922, *passim*; W. Sikorski: *Gry i zabawy ruchowe*, Poznan 1923, *passim*; Z. Nożyńska: *Ćwiczenia piłkami*, „Wychowanie Fizyczne” vol. 10 notebook 11, pp. 313–315].

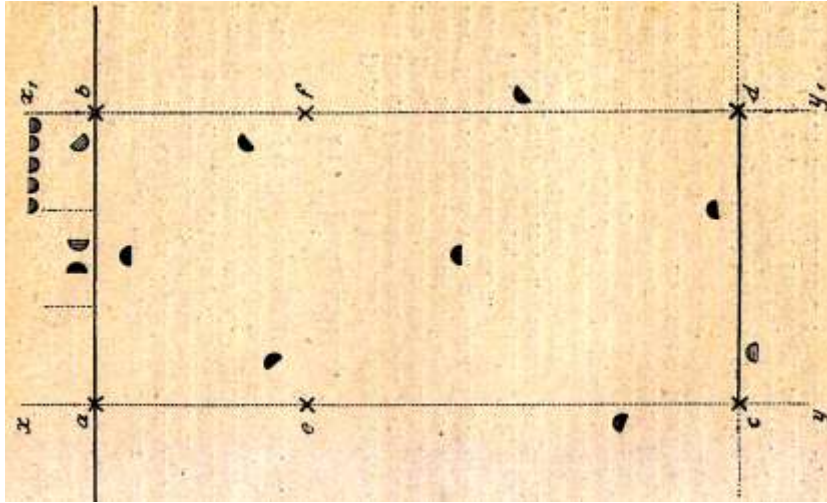


Positions of players in palant, from the left: 1. After drive ball (by stick), 2. During catching high ball (known as *kampa*), 3. During catching lower ball, pict. E. Piasecki: *Zasady...*, op. quot., pp. 35–36.

The knowledge about palant game, including information about technology of producing ball and stick (for this game), was described in newspaper “Spektator”, which was showed in gymnasium environment in Krzemieniec: ... *Palant is a knighthood game, with a huge artistry, strength and courage are required; small boys from two lower classes are not always able for it (game), youths between 15 and 20 years old are appropriate, and neither of them from game coast, considering it as denigrate for their dignity...* [Palant [ed.:] W. Sikorski: *Gry i zabawy...*, op. cit., p. 153].



Pitch for palant game, with *mothers* and scheme of placing players, the post, half-post and *kingdom*;  
W. Sikorski: *Gry i zabawy ruchowe*, Poznań 1922, p. 165.



Plan of pitch and players placing, described in Karl Schwalm publication entitled- *Bewegungsspiele in Einzelbeschreibungen für Schüler Und Studierende, für Turner Und Ausflügler, wie für Familien Und gesellige Kreise, Helt II: Deutscher Schlagball mit Einschenker*, Vienna – Lipsk, 1898, p. 7.

W. Sikorski mentioned advantage of playing palant, such as youths' faith in the following publications: *Kwadrant* [*Kwadrant* – see: W. Sikorski: *Gry i zabawy...*, op. cit. pp. 154–155; W. Sikorski: *Kwadrant – palant – piłka latająca – piłka koszykowa*, Poznań 1926, *passim*], *Pilkę egipską* (Egyptian ball) [*Pilka egipska* – see : W. Sikorski: *Gry i zabawy...*, op. cit. pp. 160–163], *Palant prosty* (*Straight Palant*) [*Palant prosty* – see: W. Sikorski: *Gry i zabawy...*, op. cit. p. 163–164], *Palant z matkami bez galenia* (Palant with” mothers” , *galenie- tossing a ball, frequently by opponent (podgalnym), who team is in “kingdom” area*) [W. Sikorski: *Gry i zabawy...*, op. cit. pp. 173–174], *Palant without “galenie”...*

The rules of playing palant arrived to Polish youths, living on the territory under Austrian annexation, addressed to students, tourists, fans and organizations of Palant.

Establishments of game are presented in a brochure written by Karl Schwalm in 1898, entitled- *Bewegungsspiele in Einzelbeschreibungen für Schüler Und Studierende, für Turner Und Ausflügler, wie für Familien Und gesellige Kreise, Helt II: Deutscher Schlagball mit Einschenker*. (brochure of K. Schalm with library of gymnasium in Rzeszów seal).

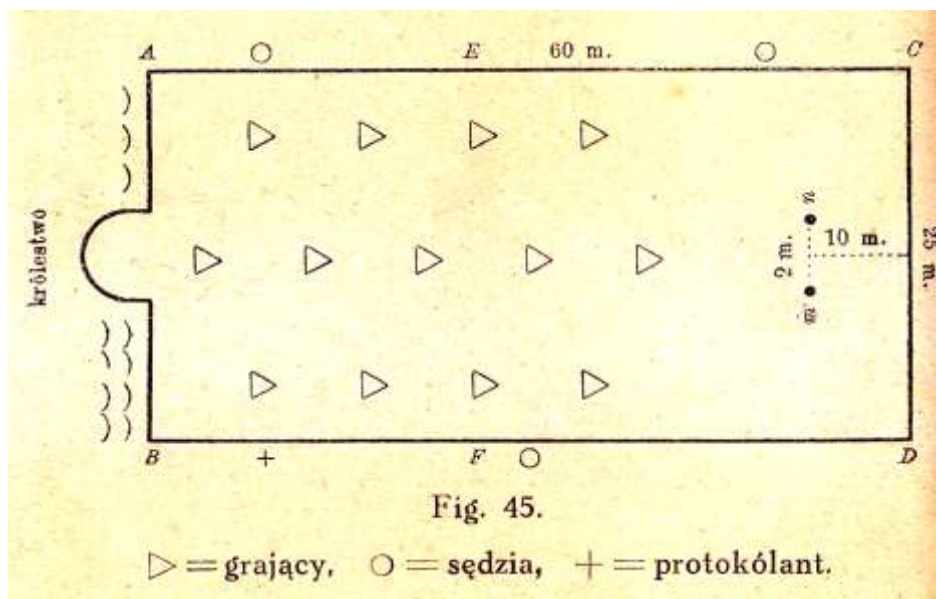




Title page of brochure, Karl Schwalm *Bewegungsspiele in Einzelbeschreibungen für Schüler Und Studierende, für Turner Und Ausflügler, wie für Familien Und gesellige Kreise, Heft II: Deutscher Schlagball mit Einschenker*, Vienna – Leipzig, 1898, p. 7.

Pitch plan and positions of players were similar to popular under Prussian annexation—the so called *sznellowski palant* [Karl Schwalm: *Bewegungsspiele in Einzelbeschreibungen für Schüler Und Studierende, für Turner Und Ausflügler, wie für Familien Und gesellige Kreise, Heft II: Deutscher Schlagball mit Einschenker*, Wien – Lipsk 1898, pp. 6–8].

On the areas under Prussian annexation, before the I World War, people were playing in *sznellowski palant* (from H. Schnell's surname) [Description of game was published in I part of textbook written by dr H. Schnell "*Handbuch der Ballspiele*", Lipsk 1899, (R. Voigtländers Verlag)], which rules, based on German textbook (*Handbuch der Ballspiele*), were described by W. Sikorski in his book "*Gry i zabawy ruchowe dla dziatwy szkolnej*", published in 1922 in Poznań [*Palant sznellowski* [ed.:] W. Sikorski: *Gry i zabawy ruchowe dla dziatwy szkolnej*, Poznań, 1922, p. 181].



Plan and dimensions with players placing in *sznellowski palant*, W. Sikorski: *Gry i zabawy...*, op. cit. p. 182.

During time of ruling annexation (1772-1918), the mentioned game's statute was adopted by Polish students at all education levels under Prussian annexation territory, managed by German administration.

E. Piasecki in his studies pointed that availability of palant game for young girls. The author advices, to ease the game, to change stick (used in male palant) into racquet. Interest of introducing physical exercises for girls showed up at the end of XIX century.



Lviv 1909, women playing basketball.

The Gymnastic Society "Falcon" had a huge influence on development of women exercises. The Society promoted it by the following slogan ... Healthy woman- healthy nation...! In the beginning of XX century, women started to compete in disciplines like: gymnastics, ice hockey, field hockey, tennis, palant...



Lviv 1911, pitch of Movement Game Association, first Polish women with sticks on hockey field. *Pół wieku z laską*, „Sportowiec” 1956 no 37, p. 11.



Skole 1910, memorial photograph of first plays and games PE teachers course participants „Przewodnik Gimnastyczny >Sokół<”, 1910, p. 78; (Currently, the town is located in Ukraine).

Football game in “Falcon” society was continued after Grunwald Reunion, which took place in Cracow (6-27<sup>th</sup> of August 1910). There was organized the first of this kind, three week course of plays and games in Skole town. It arises from the course description that at 6 o'clock in a morning... *starts effortless plays and games, of regard to effort and system (body), so prepared for the youngest ones... [...] from 3:30 to 5:00 in the afternoon, theoretical lectures of plays and games took place, sports hygiene, methodology of using plays and games, adjusted to age, gender, pitch preparation, results grading, first aid...* [Ibidem].

Course classes with 25 participants under Stanisław Biega's leadership (federation clerk) were conducted by:

- K. Wyrzykowski: sports and games hygiene, first aid, breath lesson, massage advices
- Zygmunt Wyrobek (director of Jordan Park in Cracow): ... plays and games for the youngest, games organization, preparation of pitch for it (games) and necessary theoretical knowledge...;
- Walerian Sikorski (from Brodów): ... gymnastics on pitch without equipment connected with games, fencing and swimming...;
- Franciszek Kapałka (from Lviv): ... athletics, higher level games, results grading, starts... [Ibidem, p. 79; W. Sikorski: *Gimnastyka. Podręcznik metodyczny dla seminariów i kursów nauczycielskich*, Lviv 1931, p. 44]

The participants took part in practical demonstration classes of plays and games in the end of the course, with kids from school in Demnia. The square for classes was facilitated by Groedl family, who also bought accessories for plays and games classes for school in Demnia.

First plays and games course graduates, organized in Skole by Teachers Gymnastic Society "Falcon" in Lviv were:

- from I Cracow district: Józef Dychton (Ostrawa Morawska), Jan Madej (school TSL in Biała) and Henryk Boryczko (School TSL in Biała),
- from II Tarnów district: Stanisław Michalik (Nowy Sącz) i Stanisław Dubielski (Tarnów),
- from III Rzeszów district: Józef Aleksander Radoniewicz (Pilzno), Adam Kowalski (Rzeszów) i Jan Dziopek (Głogów);
- from IV Przemyśl district: Jan Edward Theobald (Przemyśl) i Franciszek Kublin (Turka over Stryj river);
- from V Lviv district: Tadeusz Bienkowski (Lviv), Teodor Dąbrowski (Lviv), Edward Turzanski (Lviv), Jan Tymecki (Lviv), Czesław Pieniążkiewicz (Lviv), Władysław Jarocki (Sokal), Stanisław Jańczewski (Stryj), Jan Piątek (Stryj), Jan Andruchów (Skole), Henryk Legerlutz (Skole), Stanisław Czernski (Zółkiew), Jozef Głowacki (Żółkiew);
- from VI Tarnopol district: Stanisław Romański (Tarnopol) and Mieczysław Zytkiewicz (Trembowla);
- from VII Stanisławowski district: Mazur Józef (Buczacz) i Stanisław Romański (Stanisławów) [Ibidem, p. 77].

## BIBLIOGRAPHY

1. Demeny G.: *Wychowanie fizyczne w Szwecji*, tłum. Gawrońska, Warszawa
2. Dowgird Z.: *Formy gry w Palanta na obszarze Polski*, Wrocław 1966
3. Gażyńska J.: *Ogrody im. Raua*, „Dziecko”, 1914 no 6
4. Godycki M.: *40 lat od Katedry Wychowania Fizycznego UP do Wyższej Szkoły Wychowania Fizycznego w Poznaniu*, Poznan 1959
5. Guttman M.: *Znaczenie parku Jordana w Krakowie dla sprawy rozwoju fizycznego*, Wiedeń, „Zdrowie”, 1908
6. Jordan H.: *O zabawach młodzieży*, „Przewodnik Higieniczny”, 1891
7. Kitowicz J.: *Opis obyczajów za panowania Augusta III*, w opracowaniu R. Pollak, Wrocław 1961
8. Kozłowski W.R.: *Zasady prowadzenia zabaw i innych zabiegów w ogrodach im. W. E. Raua*, „Zdrowie”, 1908
9. Lipoński W.: *Rochwist i Palant. Studium etnologiczne dawnych polskich sportów i gier ruchowych na tle kultury europejskiej*, Poznan, 2004
10. Mosso A.: *Wychowanie fizyczne młodzieży*, Altemberg 1899, transl. Brzozowski Lwow

11. Muklanowicz: *Powstanie i stopniowy rozwój Ogrodów im. W. E. Raua w Warszawie*, Warsaw 1907
12. Nożyńska Z.: *Ćwiczenia piłkami*, „Wychowanie Fizyczne” tom 10 zeszyt 11
13. Palmstein R.: *Zabawy i wycieczki*, „Muzeum”, 1888
14. Queyrat F.: *Gry i zabawy dziecięce. Studium nad wyobraźnią twórczą u dzieci*, transl. M. Rodysowa, Warszawa-Krakow, 1905
15. Rościszewski M.: *Gry i Zabawy Towarzyskie*, Podręcznik dla młodzieży płci obojga. Warsaw, 1900
16. Schwalm K.: *Bewegungsspiele in Einzelbeschreibungen für Schüler Und Studierende, für Turner Und Ausflügler, wie für Familien Und gesellige Kreise, Helt II: Deutscher Schlagball mit Einschenker*, Wien – Lipsk 1898
17. Sikorski W.: *Gry i zabawy ruchowe dla dziatwy szkolnej*, Poznan 1922
18. Sikorski W.: *Gry i zabawy ruchowe*, Poznan 1923
19. Sikorski W.: *Kwadrant – palant – piłka latająca – piłka koszykowa*, Poznan 1926
20. Sikorski W.: *Gimnastyka. Podręcznik metodyczny dla seminariów i kursów nauczycielskich*, Lviv 1931
21. Skierczyński M., Krawczykowski F.: *Zabawy i gry ruchowe. Podręcznik metodyczny*, Warszawa 1948
22. Tokarski St. M.: *Zabawy i gry ruchowe*, Kraków 1902
23. Dr Urban S.: *Rozrywka i wypoczynek. Zabawy Szanujmy zdrowie! Główne zasady higieny przystępne zebrane*, Warsaw 1902
24. Waldost: *Ogród dziecięcy*, „Dziecko” 1913, vol. I