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Break shins

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Also known as "Lá vem o Rato" (Here comes the mouse), this Portuguese game has no clear origin.

This is a group game requiring attention, speed, coordination and balance.

Forming a circle of players, one participant is chosen to stand in the center of the circle and spin the "Quebra-Canelas" (tibia-breaker), using a rope. The other players must jump to avoid the sandbag or hoop touching or hitting their feet.

Each time the bag touches a foot, the player concerned must leave the circle. The winner is the player who reaches the end without being touched.

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