The use of coloured circles/dome markers works very well. Each team may be assigned a colour (and a team name) and the gear for that colour is in one place — players take their own gear. The coloured circle/marker for a team may be taken to the playing area to be used and this makes it easy to identify teams.

The usual procedure in a workshop format (often for groups that come together at a camp, conference or sports session) would be to call groups in and explain the activity, with one group demonstrating the game/activity. Groups go to their designated playing area. Use a whistle to control the activity and explain any progressions.

In a traditional games event format it may be possible to arrange for people at each group to learn and conduct the activity — give the name, a brief explanation and demonstration followed by a short practice and question-and-answer session, then play. All groups could do the same activity at the same time or groups could rotate around six to eight activities, with about eight to ten minutes each.
Cross boomerangs: Use a number of foam boomerangs (sold as Roomarangs). These can be used by groups as a warm-up/introductory activity.

2 Gorri (this is a good ‘ice-breaker’): Players spread out behind a line. Each player has a tennis ball and each group uses a large ball. As the large ball is rolled across in front of the group (8–10 metres in front) players attempt to hit it. Gather the balls and repeat the turns. Variations of this activity include:

- varying the speed
- bouncing the ball
- using two balls at once
- using a woomera (thrower) and ball
- using balls of different sizes.

3 Kai: Use a light ball, such as a medium-sized gator skin ball. Use the palm of the hand to hit upward above head height.

Progressions:

- Players hit the ball around in a circle (either direction).
- Players hit it to other players who call out their name — attempt to work through the whole team.
- Players work as a team to hit the ball in the air and go through the letters of the alphabet. No player is allowed to touch it twice in succession or receive it straight back from another player.
- Give each player a number and work through the numbers in a set order.
- One player stands in the middle of the circle and the ball is deflected to the other players, who in turn hit it back to the middle player. Change the middle player each time any player makes an error — the aim is to keep the centre player in as long as possible.

4 Kalq: Players in a group of four to six stand in a circle 2–4 metres apart. Players have a paddle bat (plastic play bat) each and each group uses a unihoc ball. One player without a paddle bat starts with the ball and lob it underarm to the next player, who may use one or two hits to hit the ball — preferably underarm — to the next player, in an attempt to make the ball go around the circle and back to the thrower to catch. Change every couple of turns. Either score a point for every successful circuit or give one point for every player who hits the ball (use this for younger players).

5 Wuljini: Use a light ball, such as a sponge ball or a medium-sized gator skin ball. Divide the group of players into two teams, with players next to each other and facing the other team 3–5 metres away. Players use an underhand hit with the flat of the hand only.

Progressions:

- Allow each player two contacts and each team at least one and up to three player contacts before the ball is hit over to the other team.
- Aim to keep the rally going as long as possible.
- Hit the ball higher and try to make only one contact per player, and at least one and no more than three contacts for each group.

6 Wana: Use a large hoop and place a wooden skittle or plastic bowling pin in the centre. Players stand around the outside of circle (radius of 5–7 metres). The player in the middle has a Kanga cricket bat. Start with one softball-sized unihoc ball (in the team colour, if possible). The players around the circle throw the ball underarm so that it bounces off the ground outside the hoop in an attempt to knock the skittle over. The player in the centre with the bat may only tap the ball away and is ‘out’ if the ball is caught, the ball goes out of the playing area on the full, the ball is hit too hard, the batter steps inside the hoop, or the batter knocks the skittle over. Players may throw the ball to another player in an effort to hit the skittle.
Progression:
- Start the game using one ball and then add another.

7 Boogalah: Use a gator skin ball or slightly deflated size two soccer ball or similar. Divide the group in half. A player from one group throws the ball high up in the air and all the players in the other group attempt to catch it. The successful player scores one point. Play until the first player gains five points, or compile a ‘record team score’ after a set time. Physical contact is limited.

8 Kolap: Players line up behind each other. Each player in turn attempts to throw a beanbag (or fleece/koosh ball) into a small hoop 3–5 metres away. The thrower retrieves the beanbag each time. Count the number of throws that land inside the hoop. Allow 3–4 minutes.

9 Kee’an: Players line up behind each other and take turns to throw a foxtail ball (hold in the middle of the tail) over a set of cricket stumps and into a storage bin. Count one for each successful throw. Retrieve the ball for the next player. Allow 3–4 minutes.

10 Turlurlu: Play between two teams of one to five players. To start play, each team lines up facing each other 12–14 metres apart. The length of the line they stand behind varies according to the number of players — for five players the line is 5 metres long. Each player has a unihoc stick and one ball is used. A player from one team attempts to hit or underarm roll the ball along the ground towards or at the opposing team and within the reach of at least one player of that team, in such a manner that the opposing team cannot hit it or stop it before it crosses the line they are standing on. Scoring depends on the success or failure of the hitting team. A good hit, without being hit/ stopped before crossing the line, scores a point for the hitting team and a bad hit (off the ground/in the air, mis-hit, or misdirected) results in one point for the receiving team. Teams attempt to score 11 points to win the game.

11 Taktyerra: Two teams of four to eight players. Use a volleyball court. Players have a number of balls (paper, fleece balls or socks). They stay in their own half of the court and behind the spiking line of the volleyball court. On a start signal players throw the balls and attempt to hit the players of the opposing team. Any balls in the middle area of the court (between the spiking lines) are retrieved when there is a stoppage in play.

12 Koolchee: Players form two teams behind the base line, at opposite ends of a tennis or badminton court. Each team has a supply of tennis balls. Players roll one tennis ball at a time underarm towards the other end of the court. A player must have one foot behind the base line before rolling a ball. Balls that stop on the court may be retrieved but care must be taken to avoid any interference.

Progressions:
- Teams roll the tennis balls towards each other — no scoring.
- Each player has a tennis ball. Place a set number of pins in the centre of the area and both teams attempt to knock them over in a cooperative activity — perhaps timed with several attempts to set the best time.
- Place five pins about 3 metres in front of each group and the teams attempt to hit the pins in front of the team at the other end of the area. A class competition with four to six players in each team on a badminton court works well for younger players — matches are the best of three games. (Competition matches on a tennis court to the best of 11 or the first to 11 games work well with older players. Change ends every five games.)

13 Keentar: Form two teams of four to six players in an area about the size of half a tennis court. Use a size 2 soccer ball. The ball is thrown from one player to another player of the same team — to
pass the ball a player must jump into the air and pass. The players of the opposing team attempt to intercept the ball while they are off the ground. The ball is only gained if it is caught while the catcher is in the air. If the ball is dropped or knocked to the ground by a player attempting to catch it the other team gains possession.

A change of possession also occurs when a thrown ball falls to the ground untouched or is dropped by the receiver. No physical contact is allowed. Players cannot stop opposing players from moving around the area — no interference is allowed. Passes must be a minimum of 2–3 metres.

The player in possession of the ball may run around the playing area for up to 10 metres. The player with the ball cannot be guarded or obstructed while he or she is attempting to pass the ball — the defender must be at least 1 metre away. A player may not hold the ball for longer than three seconds. The ball must remain inside the playing area.

**Practice**

Before playing, both teams practise running around the area, jumping to pass the ball and jumping to catch it. Feet must be off the ground by at least 20 centimetres.
ATHLETICS EVENTS

4 Boomerang-return contest: Players stand in a circle with a 1-metre diameter and throw a boomerang at least 20 metres away (mark a circle). They see how close it lands to the centre circle. Players get five attempts each.

5 Weet weet throwing: Use a gymnastic club or small skittle as a weet weet. Players attempt to throw as far as possible — they get three attempts. Mark where the weet weet lands.

6 Koolchee: Players stand next to each other behind a line. Place five wooden skittles 1 metre apart, along a line about 10 metres away. Players roll five tennis balls to attempt to knock over the skittles. Play three rounds in a competition for a total out of 15.

7 Possum pushing: Mark a circle with a 3–5-metre diameter, or use a centre circle on a basketball court. Players start in the centre of the circle and attempt to push/pull their opponent completely outside the circle. Players must place their arms on the upper arm and shoulder of their opponent and hold on while they push — no hitting, throwing or tripping is allowed. Conduct a round-robin or elimination tournament. The best of three turns is played.

8 Jillora: Use upturned discs and billiard balls. The game may be played by several players at once. On the signal to start all players start their balls spinning with their thumb and first two fingers. The last ball left spinning is the winner.

Language

Riawena means ‘fun (sport)’ in the language used by the Aboriginal people of the Oyster Bay area of Tasmania.

Description of activities

A number of the games and activities can be conducted as athletic events. Examples include:

1 Spear throw for accuracy: Use a ‘ball thrower’ and a tennis ball with a large wheelie bin as the target (10–20 metres away). Each player has five to ten attempts. Conduct two rounds and add the scores of both rounds for a total.

2 Spear throw for distance: Use a ‘ball thrower’ and a tennis ball. Players get three attempts to throw as far as they can.

3 Tarnambai: Players line up behind a starting line, with a tennis ball in one hand. On the signal to start players roll their ball past a line 20 metres away and run out to retrieve it. The first player to cross the starting line is the winner.
DISPLAYS AND SKILLS GAMES

1. Weme: Use two markers 5–10 metres apart and two to four bocce balls. Roll to hit a ball out of a centre circle.
2. Kolap: Two small hoops or large carpet squares 4–6 metres apart and four wooden blocks or beanbags. Throw into the hoop.
3. Koolchee: Use two to four wooden skittles 5–10 metres apart. Have a supply of tennis balls. Attempt to knock the skittles over.
4. Gorri: Use sponge or tennis balls and a large ball. Throw the smaller balls at the large balls (either stationary or rolled).
5. Woomera: Use a ‘ball thrower’ and tennis balls. Throw at a target such as a large gym ball or other target.
6. Jillora: Use a number of billiard balls and discs. Spin the balls as long as possible.
7. Kalq: Players with a paddle bat each stand 2–3 metres apart in a circle. Attempt to hit the ball around the circle or as a group (keep it in the air as long as possible).

Language

Yulunga means ‘playing’ in the language of the Kamilaroi (Gamori) people from the northwest of New South Wales.

Explanation

The following games and activities may be organised as part of a display of Aboriginal and Torres Strait Islander games. People come and try some of the activities and move on. Select around eight to ten activities.

It may be useful to have a person stationed at each activity to explain and control it. In some cases it may be possible to have an explanation (diagram or information sheet) for people to follow. (Refer to the respective outline of games for more detail.)

It may be useful for students to learn and practise the games, and perform them as a display for other groups.

Yulunga
‘yu-lun-ga’

All school-age groups (K–12) Post-school age

Post-school age

1. Weme: Use two markers 5–10 metres apart and two to four bocce balls. Roll to hit a ball out of a centre circle.
2. Kolap: Two small hoops or large carpet squares 4–6 metres apart and four wooden blocks or beanbags. Throw into the hoop.
3. Koolchee: Use two to four wooden skittles 5–10 metres apart. Have a supply of tennis balls. Attempt to knock the skittles over.
4. Gorri: Use sponge or tennis balls and a large ball. Throw the smaller balls at the large balls (either stationary or rolled).
5. Woomera: Use a ‘ball thrower’ and tennis balls. Throw at a target such as a large gym ball or other target.
6. Jillora: Use a number of billiard balls and discs. Spin the balls as long as possible.
7. Kalq: Players with a paddle bat each stand 2–3 metres apart in a circle. Attempt to hit the ball around the circle or as a group (keep it in the air as long as possible).
8 *Kee’an*: Use three foxtail balls (or a tennis ball in a stocking), a set of cricket stumps and a storage bin. Throw over the stumps and into the bin.

9 *Takttyerrain*: Place large carpet tiles 5 metres apart. Use sponge or fleece balls. Players stand on the carpet tiles and attempt to hit their opponent.

10 *Kai*: Use a medium-sized gator skin ball. Players use the palm of their hands to hit the ball around in a circle, in the air, or back and forth to each other as many times as possible.

11 *Wana*: Use a large hoop, Kanga cricket bat, cone marker, unihoc balls and a marked 5-metre radius circle. Players attempt to hit the cone marker being protected by a batter as in French cricket.

12 *Cross boomerangs*: Use a number of foam boomerangs (sold as Roomarangs).
**Language**

Gugiyn means ‘fast’ and nahri means ‘play’ in the Bundjalung language of northeast New South Wales and southeast Queensland.

**Tabloid activities**

1. **Kalq**: Players with a paddle bat each stand in a circle 2–3 metres apart. Players hit (underhand) a unihoc ball around the circle. Count one for a hit by each player.

   Number of hits:

2. **Koolchee**: Players divide into two groups, 10 metres apart. Arrange marker cones 1 metre apart in the middle. Players in each group take turns to attempt to roll a tennis ball between the markers. Players in each group take turns to attempt to roll a tennis ball between the markers.

   Number of good rolls:

3. **Gorri**: Players line up behind each other. A hoop-sized target is marked against a fence or wall 5–7 metres in front of the group. Players take turns to attempt to throw a ball ‘through’ the hoop. Balls must hit inside the circle to count.

   Number of good throws:

**Explanation**

The activities outlined are examples of how the games can be modified to be used in a tabloid event. Groups of four to six players over a two to three-minute time period are recommended. Groups are taken around each activity and the rules are explained. Groups are then assigned an activity to start with and the rules are quickly revised. After each rotation, and while the scores are being recorded, one player from each group stays behind to explain the activity to the next group before rejoining his or her own group. Allow a short practice time.

Student leaders may be used where mixed age/ability groups are involved — these leaders remain at each activity and explain the activity to each group and are responsible for scoring.
4 Boogalah: Players are in two groups either side of a goal post crossbar or volleyball net. A ball is thrown back and forth over the bar/net. Count the number of successful catches.

Number of catches:

5 Kee’an: Players line up behind each other and take turns to throw a foxtail ball — held in the middle of the tail — over a set of cricket stumps and into a storage bin. Count one for each successful throw. Retrieve the ball for the next player.

Number of good throws:

6 Tamambai: Players line up behind each other. Each player in turn rolls a tennis ball out past a line 5–7 metres away and runs out to retrieve it. Count one for each time the ball is returned.

Number of returns:

7 Kolap: Players line up behind each other. Each player in turn attempts to throw a beanbag or small soft ball into a small hoop 3–5 metres away. The thrower retrieves the beanbag each time. Count the number of successful throws that land inside the hoop.

Number of good throws:

8 Kai: Players stand in a circle about 2 metres apart. Use a light ball such as a medium-sized gator skin ball. Use the palm of the hand to hit the ball upward towards the next player. Players hit the ball around in a circle (either way). Count the number of players that hit the ball.

Number of hits: