

ENERGISER ACTIVITY	WEEK 3 & 8	EQUIPMENT
		<ul style="list-style-type: none"> • 1 football per Superkicker plus 10+ extras • A stack of cones • 1 helper per group
<h3>HOW TO PLAY</h3> <ol style="list-style-type: none"> 1. On “Go!”, players attempt to roll their footballs at the balls in the centre and knock them out of the circle. 2. Players must stand behind the line. If they hit or miss, they collect their ball and start over. 3. First team to clear their circle wins! 4. After a few rounds, introduce handballing to knock the footballs. <p>SUPERCHARGE THE ACTIVITY (LEVEL 4)</p> <ol style="list-style-type: none"> 1. One member per team moves to the centre and becomes the defender. 2. Defenders aim to return any footballs that have been knocked out of the circle. 3. If players can knock all footballs out of the circle first, they win! 		<h3>SET UP</h3> <ul style="list-style-type: none"> • Set up square playing area. • Set up line of cones at each end of the activity area to be used as bases. • Set up small circles and place footballs inside. • Divide the group into two teams, and in half again. • Players to face each other from either ends and start with one football, before introducing one per player.
<h3>TEACHING POINTS</h3> <p>Traditional First Nations’ activity, origins: Walbiri People of Central Australia.</p> <p>The activity is named after a word from the Eastern Arrernte language of Central Australia, which refers to ‘throwing something at something else and hitting it’.</p> <p>Handballing: Ensure body is facing the target, aim towards target, swing and strike the end of the football, catch your fist as the you follow through.</p>		<h3>CHANGE IT UP</h3> <ul style="list-style-type: none"> • Increase distance between teams and centre circles. • Try handballing with non-dominant hand. • Increase number of footballs in the centre circle.