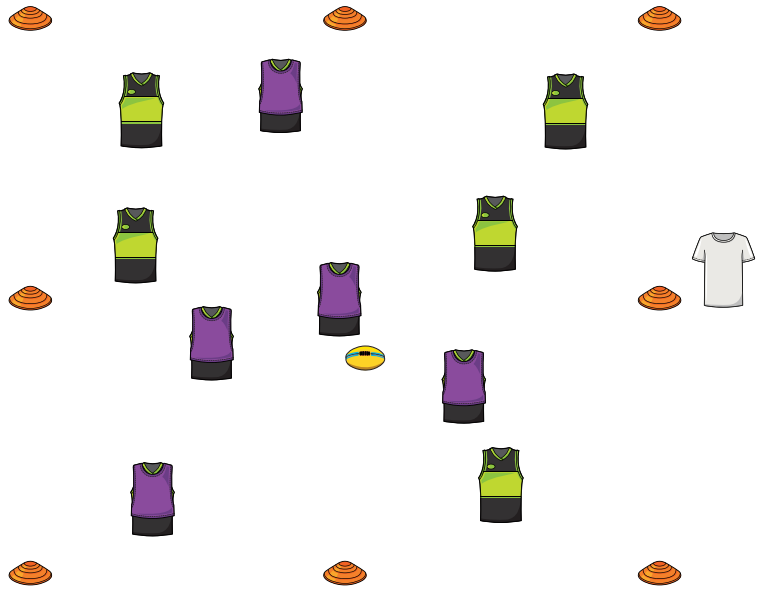
PULYUGGE

[PULY-UGG-E] TRADITIONAL FIRST NATIONS GAME

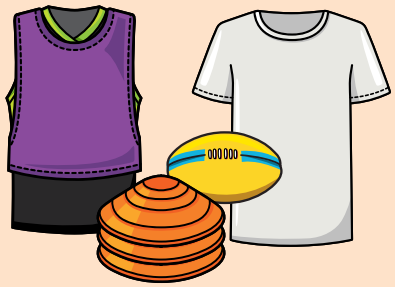
LEVEL 3 4

ACTIVATOR ACTIVITY | WEEK 3 & 8



EQUIPMENT

- 2-3 footballs
- Bibs
- A stack of cones
- 1 helper per group



HOW TO PLAY

1. On "Go!", the team with the football begins to handball the ball to teammates, keeping it away from the opposition.
2. If the opposing team intercepts the ball, it is now their turn to keep the football away from the other team.

SUPERCHARGE THE ACTIVITY (LEVEL 4)

1. Each team starts with a football at the opposite end to where their 'goals' are.
2. Teams must work the football from one side of the square to the other, and finish with a handball to their 'goals'.
3. Players can try to defend/intercept the football. If intercepted, the team must reset and start again.
4. One point per score – continue as required.

SET UP

- Set up square playing area and divide Superkickers in two teams, one wearing bibs.
- Teams spread out inside the playing area, and one starts with the football.
- For larger groups, you may need two activity areas.

SUPERCHARGE

- One player from either team stands at opposite corners of the square – these players are now the goals.

TEACHING POINTS

Traditional First Nations' activity played between selected teams of **different groups in the Lake Alexandrina/Lake Albert areas of South Australia.**

Handballing: Ensure body is facing the target, aim towards target, swing and strike the end of the football, catch your fist as you follow through.

Marking: Players should use their voice to communicate who is going for the mark and ensure eyes remain on the ball, hands out like a big 'W', and they grab it at the highest point.

CHANGE IT UP

- Introduce additional footballs.
- Introduce simple modifications: i.e. no running with the football, hot potato, bounce.
- Player with the football must walk, all others may run.
- **Supercharge**: Minimum five handballs before scoring.