

# Humanity

Inspiring the next generation using positive experiences of competition



**Humanity:** The Commonwealth Games' purpose and potential is inspired by athletes and citizens. This value complements the School Games Values of Respect and Honesty.

This virtual competition is linked to one of the Commonwealth countries – Australia and is inspired by its athletes taking part in an alternative sport. Aussie Rules Football is a contact sport played between two teams of 18 players on an oval field, (often a modified cricket ground). Points are scored by kicking the oval ball (similar shape to a Rugby ball) between the central goal posts, or between a central and outer post. These challenges will help players develop the skills needed to play Aussie Rules Football.

## School Games Value Challenges



Ayers Rock is a famous rock formation in Australia. Why do the Australians respect it so much? What do the Aboriginal people call it?



Whilst taking part in a challenge, players will improve if they practice and do not cheat. If something is too easy then it no longer becomes a challenge. How can players make the challenges easier or harder?

### Challenge 1



- In Aussie Rules Football, players score 6 points for kicking the ball between the two middle posts.
- Challenge players to kick a ball with accurate precision.
- Set up two posts on the floor. Aiming to kick a ball (any shape or size), between the two posts 20 times, earning 6 points for every accurate kick.

### Challenge 2



- In Aussie Rules Football, the only way you can pass a ball is to 'hand ball'. Place the ball in the palm of the hand. The ball is struck with the butt of the other hand clenched into a fist. Players cannot throw or slap the ball to perform a successful pass.
- Challenge players to 'hand ball' with accurate precision.
- Set up a target, for example a hoop or square marked on the floor. Players should place a ball of any size in the palm of their hand and then strike the ball with the butt of their other hand. Each player to hit the ball into the target hoop 20 times. Scoring one point for every successful ball landing in the hoop.

### Challenge 3



- In Aussie Rules Football, players can run with the ball, but must not run more than 15m without bouncing the ball or touching it to the ground.
- Challenge players to run with a ball at speed and bounce a ball to the ground whilst maintaining speed.
- Set up two cones. Players should run between the cones at speed whilst carrying a ball. Bouncing a ball every five strides and retrieving the ball again. Players should maintain their speed. Players should count how many lengths back and forth between the two markers they can do in 2 minutes.

## Virtual Competitions Top Tips

- Decide what your long-term intent is for the competition – what are you trying to develop in the child or young person?
- Utilise your virtual offer alongside a connected face-to-face offer.
- Ensure activities are simple.
- Use your virtual offer to develop physical literacy.
- Evolve your virtual offer regularly to utilise new virtual platforms and content.
- Consult young people from your target groups.
- Embed a variety of face-to-face and virtual exit routes.

## Remember for all 3 Challenges

- Players will only improve if they practice. See if they can get a higher score each time!
- Players could challenge others to see who can score highest.
- Humanity bonus points awarded to anyone who can inspire others to take part.

SCHOOL GAMES

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