



Australian Government  
Australian Sports Commission

# wana wana

'wa-na wa-na'



SCHOOL  
YEARS  
4-6

SCHOOL  
YEARS  
7-9

## Background

This is a version of a game played by the young Noongar girls in the southwest of Western Australia. A girl used her wana (digging stick) to stop the other girls hitting a short stick placed on the ground.

## Language

A wana (or wanna) is a digging stick in the language of some Noongar people of the southwest of Western Australia. This game version has been called wana wana to reflect the name repetition that younger players often call in their play.

## Short description

Players practise their throwing, catching and hitting skills. (This is a practice activity version of the game called wana.)

## Players

- Groups of four to eight players

## Playing area

- A designated indoor or outdoor area suitable for the activity

## Equipment

- Tennis balls or unihoc balls and Kanga cricket or other bats

## Game play and basic rules

- Players in the groups form a circle (finger-touching distance apart or further) and have one player in the centre of the circle with a bat.
- Each player in the circle takes turns to underarm throw (lob) the ball to the centre player (batter). The ball is hit — not too hard — by the centre player to the person on the thrower's left. If the ball is not caught the player retrieves the ball and the throwing, hitting and catching continues around the circle of players.

- Practise with every player in the circle having a turn to bat.

### **Variations**

- Bowl/throw different types of balls, and the hit balls can be along the ground, fly-ball and 'bunts'.
- Groups compete and the group that successfully finishes a round first is the winner.
- Each player has a ball; as soon as the previous ball is hit, he or she bowls or underarm throws a ball to 'pressure' the batter.
- Older players may bowl the ball to the batter.
- If a catch is missed the throw is replayed.
- The batter may deflect the thrown ball to any player in the circle. Change the batter after a set number of turns.

### **Suggestion**

This game could be used as a warm-up activity for Kanga cricket, softball or as a hitting and throwing activity for physical education as well as a playground game.

### **Teaching points**

- Form a circle. Player in the middle.
- Thrower ready. Go.
- Good throws. Watch the ball batter.
- Field the ball. Next thrower.
- Catch the ball if you can. Hands ready to catch.
- Reach for the ball.
- Keep going. A fast game is a good game.
- Quicker.