



Australian Government
Australian Sports Commission

bowitgee

'bow-it-gee'



SCHOOL
YEARS
7-9

SCHOOL
YEARS
10-12

Post-school age

Background

The young men from parts of the Gulf of Carpentaria in the Northern Territory had a ball game they called *bowitgee* ('going about').

The ball was made of paper bark tied firmly with string and about the size of a tennis ball. A good-natured yell of derision greeted the unlucky player who dropped the ball.

Short description

This is a running-and-passing activity. There are no definite rules for the game, which simply consists of throwing from one player to the other very quickly.

Players

- Six to eight players per grid/area

Playing area

- A designated area perhaps 10 x 20 metres

Equipment

- A sponge, tennis or small rubber ball

Game play and basic rules

- Players pass the *bowitgee* among themselves while moving around in the grid area. The group counts the number of passes made in a designated period of time (for example, 60 seconds). The *bowitgee* must not be handed from player to player (passes must be at least 3 metres).
- Players can become quite proficient at keeping the *bowitgee* going. A player often just touches or taps the *bowitgee* and makes it glance or deflect off to the next player, or catches and throws it quickly.

Variations

- One group may challenge another group to find a winner, or a number of teams can compete against a time limit. The activity can be varied by having the pass count re-start if a pass is dropped.
- Two groups with a ball each.
- Use a soft inflated ball for players to hit/deflect to each other.
- Count the number of hits to each other the group can make before the *bowitgee* hits the ground.
- Have a 'defender' attempt to intercept the ball as it is being thrown, hit or deflected from player to player.

Comment

This is a good warm-up activity for ball-handling games.

Teaching points

- Ball ready. Spread out.
- Try to catch and pass as quickly as you can. Pass to different players.
- Deflect it if you can.
- Call for it so they know you are ready.
- All ready. Catch or deflect. No punching the ball. Tap it on if you can.
- Watch out for others. Hands up to catch. Reach towards the ball.
- Pass and move. Cover the whole area.

