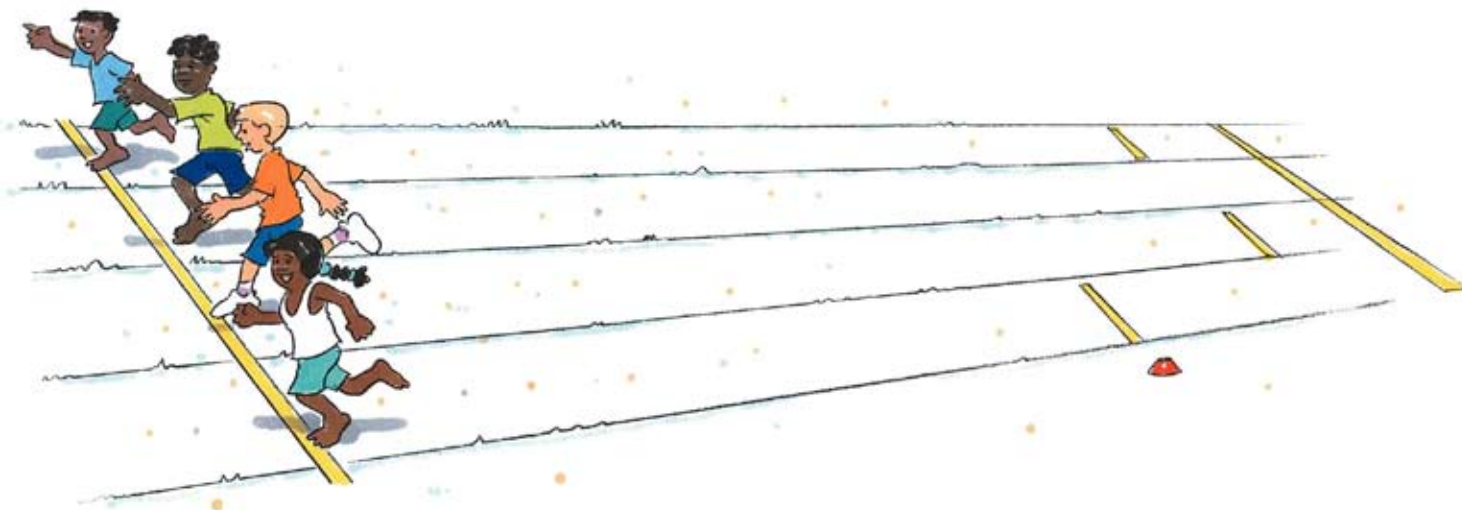




Australian Government
Australian Sports Commission

Inkanyi

'in-kan-yi'



SCHOOL
YEARS
K-3

SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

Background

Although not a universal activity, athletic events were common. In a part of central Australia the children would have running races together. The race was a cooperative effort. According to age, running speed and fitness levels, runners started at different distances and all players attempted to finish together.

This activity is a more 'recent' observation.

Language

The word *inkanyi* means 'play' in the language of the Pitjantjatjara/Yankunytjatjara of central Australia.

Short description

This is a running activity whereby all players attempt to finish the race together. In some respects it is a cooperative activity.

Game play and basic rules

- Players in this activity attempt to run as fast as they can and attempt to finish together.
- Use a set distance or a set time to 'organise' for a final race where all players attempt to finish together.
 - A. Players run for a set distance of 50 to 100 metres. A quick method of determining a starting place in the final race is to have the players all run in a couple of trial races and work out roughly where they finish. By taking into consideration the distance between the runners at the finish of the race, the places where they start are set accordingly. (This is a fairly imprecise method and depends on the cooperation of the runners.)
 - B. Instead of a set distance players, run for a set time and see how far they can run. If a time is used the idea is to measure how far someone can run in a set time, for example 12 seconds. Players have a few attempts to

see how far they run. After all players have worked out their average distance, a race is organised where players are placed at various points along a running track. If a player can run 80 metres in 12 seconds he or she starts at a 20-metre mark. If another player can only run 60 metres in 12 seconds he or she starts at 40 metres. When all players are organised along the running track a race is held.

Players should be encouraged to try their best. The fun comes from running as fast as they can but all attempting to finish at the same time. (Adjust the starting positions to fine-tune the results and run the race a second time or on another day.)

Variation

- Players can all run the same distance or start from different places but adjust their running speed so that they all finish together. There should be no 'winner'.

Comment

This activity may be more practical for younger age groups in a physical education lesson.

Teaching points

- Practise your runs. Time your distance.
- Work out where you will start.
- Run. Try to finish together but run hard.
- Let's try again. All run hard and work to finish together.