



Australian Government
Australian Sports Commission

kungirruna

'kun-gir-run-a'



SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

Background

Various types of running and stepping games were played in many parts of Australia.

Language

The name of the game is taken from the language of the Dieyerie (Diyari) people of South Australia, which is an area where this running-and-stepping activity was observed. *Kungirruna* means 'playful' or 'merry'.

Short description

This is a running-and-stepping activity in which players step on (or over) markers.

Players

- Groups of two to six players for each marked area

Playing area

- Any flat outdoor area suitable for this activity

Equipment

- Mark lines or use flat markers of any size that will not cause a player to slip.

Game play and basic rules

- Four or more markers are placed in a line on the ground about a half a metre apart. This distance can be varied according to the age, height and ability of the players.
- Players run and step on or over each of the markers. The markers may be moved further apart for more challenge.

Variations

- In a traditional form of the game the players attempt to run and step on a line of flat rocks. This can be imitated by using a line of small hoops (up to ten) and have the players run at speed and step in each of these. The distance could be varied or small circles of different colours could be marked on the ground at set distances for the players to step on according to their ability. Care must be taken that players do not slip on the hoops or markers used. Different coloured lines could be used in place of hoops.
- Each player has their own set of markers and attempts to step the longest possible distance in four steps. The competitive aspect between players is not encouraged.
- Players step with alternative legs over the first three markers and then jump (to land on both feet) as far as they can over the fourth. The fourth marker is then placed where the player landed. Players should choose to better their personal best distance or have a friendly competition to see who covers the longest distance. The activity can be organised so that the final jump is into a sandpit.
- If a player touches any of the markers when attempting to step over them this turn does not count.

Teaching points

- Markers in line. Ready.
- Run and step over the markers. Try to improve each time. Spread them apart.
- Go. Run fast. Step and step.
- Well done. Try it again. Next.
- Be careful not to try to step too far.