



Australian Government
Australian Sports Commission



Wana

Wana is a striking and fielding game where the batter defends an object placed in the centre of the circle by hitting away balls thrown towards the object by the fielding team.

What you need

- > Tennis balls to throw – alternatively, coloured softball sized airflow balls work very well and are useful when several games are played side by side.
- > Rounders bat, racquet ball racket or small cricket bat as a wana.
- > A set of wickets, a skittle or large plastic bottle with some sand in the bottom as the nhoba (baby).
- > Large hoop (or alternative) around the nhoba – the batter may not step in this area.
- > Rope or markers to define a 3 metre circle which defines the batter's area.



What to do

- > Players are placed as shown.

FIELDERS

- > On the signal to start, a player with the ball attempts to hit the nhoba with an underarm or sidearm action – below shoulder height.
- > Players may throw the ball to another player to have a throw.
- > Throwers are allowed to baulk but cannot delay a throw.



- > Balls can be retrieved from within the batters circle but can't be thrown from there – they must return to the larger playing area.
- > The player who is able to hit or knock over the nhoba becomes the new batter.

Batter with wana

- > The batter with the wana attempts to hit or tap the ball away. The player's body cannot be used to block the ball.
- > The batter is out – if caught on the full (a variation is to require the ball to be hit above waist height) – the batter hits or knocks over the nhoba.
- > The game may be played with a set batting order and players are not out until they hit at least one ball.

Scoring

- > Play as an individual challenge with players rotating.
- > Play as a competitive game with two teams. Each player scores point for hits and these are added to the team total.

LEARNING INTENTION

Wana supports students to further develop catching, underarm throw and striking skills in an activity that requires accuracy and control.

SKILL FOCUS

CATCHING

STRIKING

THROWING

CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO61



change it...

Change it

- > Increase the challenge by introducing a second ball. Players should throw the ball as soon as they field it and must not wait until two balls are in hand.
- > Require a bounce on the ground if a wicket is used.

- > Vary these according to ability levels – size of the nhoba, size of throwing objects, distance of fielders from nhoba, type of bat.



Safety

- > If 2 balls are used, play must stop if a fielder wants to field a ball from the batter's circle. The fielder must signal an intention to field the ball and the game stops until the fielder is back in the playing area.



Aboriginal and Torres Strait Islanders histories and cultures

The young noongar (or nyungar) girls in south-west of Western Australia had many games they played just among themselves, because after a certain age they were not permitted to play with the boys of the camp. In one of their games a short piece of stick was placed on the ground to represent a 'nhoba' (baby). Each girl had to defend her 'nhoba' from the 'wanas' (digging sticks) of the other girls. The girl defending the 'nhoba' held her 'wana' between her thumb and forefinger and used it to hit away any incoming 'wanas' to prevent her 'nhoba' from being hit. In real adult fights women sometimes stood beside their husbands and warded off the 'kidjas' (spears) of their enemies.