

UWA

KIDS SPORTS HOLIDAY

PROGRAM



GLOSSARY



UWA
PERTH · AUSTRALIA

SPORT



Glossary of **SPORTS**

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1. All Abilities Football (AFL)

All Abilities Football runs these sessions with trained coaches. The sessions use Australian Rules Football, or 'footy' as a medium for building each child's independence, wellbeing, self esteem and teamwork skills. The premise of All Abilities Football is that children of all ability levels can be involved and participate in a safe and collaborative environment.

2. Archery

Archery is the art of using a bow and arrow to hit targets with accuracy. Our archery sessions are delivered by fully trained experts and allow participants to learn the fundamentals of archery in a safe and enjoyable environment. Basics taught include how to hold a bow, how to aim, and how to fire an arrow at a target.

3. Athletics

One of the most versatile sports, athletics encompasses a range of sprinting, throwing and jumping events. We aim to capture the breadth of the Athletics discipline, by utilising mini hurdles, vortex and shotputs, jumping sacks and relay batons.

4. Badminton

An indoor racquet sport, badminton focuses on hand-eye coordination with the aim of hitting a shuttlecock back and forth over a net. We focus on introducing participants to the basics of the game: the ability to hit the shuttlecock over the net and begin to start controlling shots. Beginning with skills drills, shuttle runs and relays, sessions culminate in Champion-of-the-Court style games.

5. Ball and Tag Games

Ball and tag games focus on the key fundamental movement skills which are important for children's development and attainment of sports skills in the future. These primarily focus on catching, throwing, jumping and balance. This skills are focused on by skills-based games, which maximise fun and engagement.

6. Basketball

In basketball, players attempt to shoot the ball through the hoop at the end of the court, moving the ball by throwing and dribbling. Skills circuits, dribbling relays, shooting practice, and passing drills are utilised to assist participants in learning the basics. Sessions culminate in games of bump, golden child, or scratch matches.

7. Boomerang

Traditionally a hunting weapon, the Indigenous Australian art of boomerang involves throwing a curved, flat object of the same name, with the goal of it returning to the thrower. Our sessions are run by the WA Boomerang Association, who teach participants basics, such as how to hold the boomerang, throwing positions, and the importance of throwing angle to assist in the boomerang's successful return to thrower. The boomerangs used are soft to ensure safety and allow children to try and catch the boomerang upon its return.

8. Capture the Flag

The aim of capture the flag is to take the other team's flag from their base and get it across the mid-line into your team's area. This game encourages, and requires a combination of, teamwork, strategy and athleticism.

9. Cricket

Cricket is a team sport played on a grassed area, where two batters attempt to protect their wickets and score runs, while the fielding team attempts to get them out. Key skills that our sessions focus on involve bowling, batting, wicket keeping, catching and throwing.

10. Dodgeball

As the name suggests, dodgeball is as much about dodging your opponent's projectiles as throwing accurately. The aim of the game is to get all opponents out by either hitting them with a ball, or catching a ball that they have thrown. The balls used are filled with foam, and successful hits must hit the opponent below the shoulders. This game focuses on throwing, catching and dodging skills.

11. Football (AFL)

Officially known as Australian Rules Football but more commonly referred to as 'football' or 'footy' in Australia, involves attempting to kick a ball through a set of goals at the end of the field. These sessions outline the fundamentals of moving the ball via either handballing or kicking. A variety of skill drills, relays and games are delivered during these sessions.

12. Fencing

Fencing is a martial art, which focuses on the use of a sword and footwork to outmanoeuvre an opponent. Run by the UWA Fencing Club, our sessions focus on the fundamentals of footwork and basic swordplay. Special plastic swords with softened tips are used to ensure a safe learning environment.

13. Futsal

Futsal is a scaled-down court form of soccer, where the aim of the game is to score more goals than your opponent, at the goals located at each end of the court, by moving the ball down the court, without using hands or arms. Drills focusing on skills such as trapping, dribbling and kicking the ball. As futsal is within a confined area, it also encourages participants to learn control of the ball and their motions.

14. Hybrid Hockey

A modified version of hockey and floorball that utilises plastic floorball (double-sided) sticks and plastic wiffle balls on court and grass surfaces. Skills focused on during these sessions include trapping balls, passing (using pushing technique), hitting targets, and basic defensive technique.

15. Indigenous Games

This involves introducing participants to the history and background of games from Indigenous Australians. As well as being engaging and fun, this normalises learning about those who came before us and enriches our experience. Skills involved in these games include improving fundamental movement skills such as jumping and running.

16. Interactive Wall

Our Program is proud to feature the only Interactive Wall (Multi-Ball) System in the Country. Games are projected onto a wall and respond to physical stimuli such as throwing balls at the digital objects displayed on the screen. Participants therefore interact with the wall and the range of games available. These sessions assist participants with throwing accuracy and broadening their vision.

17. Lacrosse

Lacrosse involves using sticks with a netted head at the end to move a ball across a field. Points are scored by getting the ball into the goal at the end of the field. We focus on improving familiarity with the stick and ball, with drills for throwing, catching and retrieving the ball from the ground.

18. Netball

In netball players attempt to shoot the ball through the hoop at the end of the court, moving the ball by throwing only. Players also have restricted access on the court. These sessions focus on drills to improve and develop skills in passing, catching, shooting and teamwork. After doing drills, scratch matches or mini games may be played to solidify knowledge.

19. Scavenger Hunt

This activity involves finding objects or completing physical challenges listed on a sheet of paper. The scavenger hunt focuses on building confidence and a sense of achievement and contains a variety of challenges to cater to a variety of ages and skill levels.

20. Soccer

Officially known as Football in most Countries, in Australia, to avoid any confusion with Australian Rules Football, it's more commonly referred to as Soccer. Soccer is a ball-based field sport, where the aim is to move the ball down a field without using hands or arms, and to kick the ball into a new at the end of the field. Skills that are focused on in our sessions include dribbling (moving the ball along the ground whilst still in possession), kicking (passing and scoring), and defending. Games such as 'dog-and-bone' and scratch matches are utilised to put these skills developed into practice.

21. Softball

A batting and fielding game, where teams take turns trying to make runs/ prevent the other team making runs. The ball is pitched in an underarm fashion to the batter, who aims to hit the ball within the diamond formed by four bases. Skills that our sessions focus on include ball retrieval, throwing, catching, batting, and pitching. Drills and games are integrated to ensure maximal engagement.

22. Table Tennis

Table tennis is a racquet sport played with small solid bats and a light-weight ball, which is hit back and forth across a net on a table surface. Sessions focus on forehand and backhand strokes, and basic ball placement.

23. Tabloid Games

This is a space for coaches and participants to express their creativity and have input into the activity played. Games such as Everyone Tag and Farmer Sam will often feature. Tabloid Games are about giving participants some autonomy over their physical activity in the hopes physical activity will transfer into their day to day life and free play, allowing the participants to know they have the capability to pick and run games amongst themselves.

24. Taekwon-Do

A self-defence discipline that originated in Korea, Taekwon-Do is a form of unarmed combat, making use of hands and feet. Sessions are run by coaches from the UWA Taekwon-Do Club, focused on discipline, punching/ kicking form, and basic combinations.

25. Tennis

Tennis is a racquet sport which involves using stringed racquets to hit a small ball back and forth over a net. Skills that are focused on in our sessions include racquet/ball coordination and basic forehand/backhand motions. Following skill drills, short informal games may be played amongst participants.

26. Touch

A passing and running game, where the aim is to get the ball over a try line at the end of the field to score tries. If touched the ball is stopped, and play is reset and resumed from the point of the touch. The ball may also only be passed backwards and kicking or dropping the ball will result in a turnover. Each team has six touches before they lose possession of the ball. Skills focused on in these sessions include passing, dodging, agility, and teamwork.

27. Treasure Hunt

Treasure hunt involves each participant receiving a list of items that they need to find to complete the challenge. The coaches will move the group around the UWA Campus and participants identify features that they see, and check them off on their list. This is a relaxed activity which allows the participants to remain active while getting some nature walking in, and recharge prior to more vigorous activities.

28. Volleyball

Volleyball is a ball sport which involves two teams hitting a large ball back and forth over a net, in an attempt to either land the ball in the opponent's court, or the opponent to hit the ball out. Skills drills for this sport will focus on basic dig, set, and underhand serving. Session will culminate in scratch matches or 'Champion-of-the-Court' style matches.

29. Yoga

Widely practiced for health and relaxation, yoga heavily involves breath control and the adoption of specific body poses. In our sessions, the participants are introduced to basic poses which focus primarily on breathing and balance. These sessions are led by a qualified Yoga Instructor.

30. Zumba

Zumba is an aerobic fitness activity which features movements from various styles of Latin American dance, which are set in routines to music. Our sessions are focused on fun, energy, maximal engagement and use age-appropriate music and routines. These sessions are led by a qualified Zumba Instructor.