

Teacher's notes: Play a game

Objective

While developing their own physical fitness, students recognise that many familiar sports and games are played around the world. Students also consider that the universal nature of specific sports and games is due to the limited equipment required, making them affordable even for people living in poverty.

Resources

- 1 x instruction sheet for each activity (4 x in total)
- 2-6 x soccer balls
- 2-3 x long strings of elastic, each string is tied in order to form a loop
- 4-6 x individual skipping ropes, or 2-3 x large skipping ropes
- Optional hurdles
- Optional plastic cones
- Optional 1 x stopwatch

Note: recommend print each instruction sheet out on A3 paper so it is easy to read.

Note: there are likely to be four to six students per group, adjust the amount of equipment required accordingly. A minimum of three students is required in each group.

Activity

Ask students if they can remember from the film clip “Lucy’s story” what Lucy’s favourite game was. [Note: check that students have seen the film clip prior to undertaking this activity.]

Using the information in the Notes section, tell students about popular sports and games played in Uganda, for example: soccer, athletics/running, and skipping rope. Point out that these sports and games are also played in Australia, and many other countries.

Ask students why they think these sports and games are played in so many countries. Point out that these sports and games don’t need a lot of equipment to play, which makes them affordable, so most people can play them.

Break students into four small groups. Advise students that there are four activity stations, and each group will spend some time at each station in turn. They will move on to the next station when told to. They should make sure that any equipment is put back neatly before they move onto the next station.

Go over the instructions for each activity station, and point out that these instructions are also written on the sheet of paper located at each station (see Instruction sheets).

Notes

In the film clip “Lucy’s Story”, Lucy’s favourite game is skipping rope.

Lucy, and her brothers and sisters, also like playing netball, “brother” (also called elastics), and “dead” (also called dodgeball). This information is not in the film clip, but was collected when Lucy was interviewed.

Many different sports and games are played in Uganda. Influenced by its history as a former British colony, Ugandans, like

Australians, play cricket, rugby union, tennis and hockey.

Uganda had a hockey team compete in the 1972 Olympics. Uganda has won Olympic medals in boxing and athletics. They won a gold medal in the men's 400 meter hurdles.

At the end October 2010, Uganda had won 44 Commonwealth Games medals, also in boxing and athletics. Athletics medals include: men's 5,000 and 10,000 meters, women's steeplechase, men's relay, men's and women's 400 meters and 400 meters hurdles, and the men's high jump.

Soccer, also called football, is the most popular sport in Uganda.

Sources: <http://www.commonwealthgames.com/>, <http://www.wikipedia.org/> and <http://www.mapsofworld.com/uganda/tourism/sports.html> [accessed 14 Dec 2010]