



Australian Government
Australian Sports Commission

kangaroo

'kang-a-roo'



All school-age groups (K–12)

Post-school age

Background

Imitation activities were a favourite and popular activity for children everywhere. In one activity children would copy the actions of the kangaroo.

Language

The word kangaroo appears to have originated from a word (*gangarru*) in the language of the Gouguyimithirr people in the (Wahalumbaal) Endeavour River area of north Queensland.

Short description

A jumping relay race based on the actions of a kangaroo jumping.

Players

- Teams of four to eight players

Playing area

- An appropriate area with lines about 10–15 metres apart

Game play and basic rules

- This simple relay game is conducted over a distance appropriate to the age group of the players.
- The players jump or bound (hop) like kangaroos, keeping their legs together. They hold their arms close to their bodies at waist to chest level and with hands pointing down. They jump in long strides using an up and down motion.

Variations

- Players step and hop — 'hippety hop' — or gallop step.
- Place a large ball between the legs and hop.

- The relay course could include an obstacle to climb over or could be a winding rather than a straight path.
- Have races between pairs of groups of players.
- Players line up next to each other and all hop together past a line 10–15 metres away.
- On mats and over low hurdles.

Teaching points

- Teams line up. Ready.
- Arms up, feet together. Go.
- Feet together. Hop.
- Keep going.
- Allow player to hop then one step, hop on two feet then step again.



Kangaroo