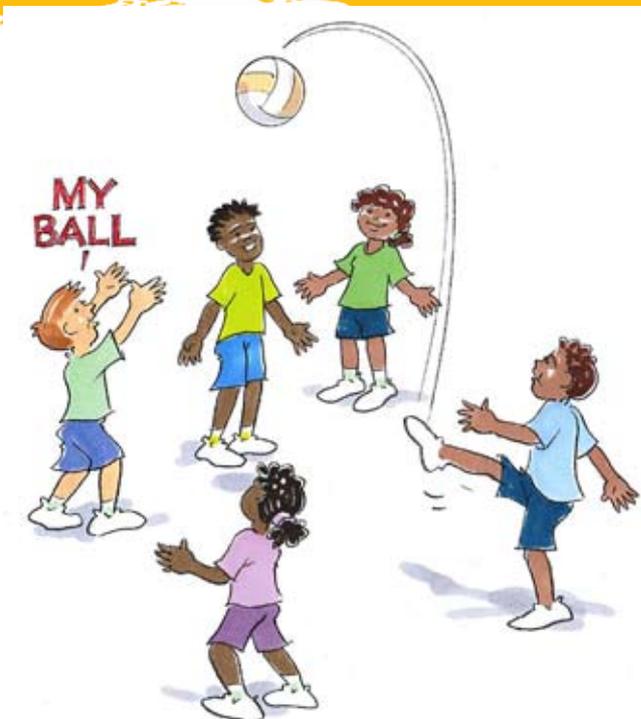




Australian Government  
Australian Sports Commission

# parndo

'parn-do'



SCHOOL  
YEARS  
7-9

SCHOOL  
YEARS  
10-12

## Background

This ball game was played by Aboriginal people in the vicinity of Adelaide (Kurna language) in South Australia. The *parndo* (ball) was made with a piece of possum skin and was fairly flat in shape.

## Language

In the Kurna language, spoken in the southern parts of South Australia, a *parndo* was a 'ball to play with'.

## Short description

This is a game of kicking the ball high into the air and attempting to catch it.

## Players

- Any number of players suitable for the area

## Playing area

- A designated area suitable for the activity

## Equipment

- A small soccer ball or similar as the *parndo*

## Game play and basic rules

- Players kick the *parndo* as high as possible into the air and attempt to catch it.
- The players stand together in a circle or next to each other in a line. One of the players drops the *parndo* to his or her foot and kicks it high and straight up into the air.
- The players attempt to catch the *parndo*. When the *parndo* is caught by a player he or she is allowed to kick it without being obstructed. The game continues.
- Physical contact between players should be minimised.

## Variations

- In groups of four to six. The players are numbered. A kick is made into the air and a number is called for that person to attempt to catch the ball. This version can also be played with players attempting to catch in a set order and with the player dropping the ball being given a 'penalty' point.
- Team *parndo*. Play in teams of four to eight players in a 20–30-metre square area. After the *parndo* is caught it may be thrown/passed between players of the same team until a player is able to kick it into the air again. When the player in possession of the ball from a pass is touched by an opponent, he or she loses possession of the ball. If the *parndo* falls to the ground players attempt to gain possession of the ball (no diving on the ball or physical contact is allowed).
- 'Every player for themselves'. All players attempt to catch or gain possession of the ball if it drops to the ground. Players may pass or hit the ball to other players to allow play to continue and the ball to be kicked into the air. In attempting to gain possession only the ball can be played at. (This is the traditional form of this ball game, with some physical contact allowed.)
- *Parndo* mark. Form two teams with half the players of each team in a group 20–40 metres apart. The ball is kicked between the groups for players to attempt to catch. A player catching a ball receives a point for the team. 'Kick to kick.'
- Playground *parndo*. A player who calls for the ball first (use his or her name, or call 'mine' or 'mark') is allowed to attempt to catch the ball. A player must be in a good position to catch the ball for his or her 'call' to be considered.

## Suggestion

This could be used as a rugby union, rugby league or Australian rules football practice. Some limited physical contact could be allowed.

## Safety

For safety reasons in physical education classes the game has been varied from its traditional form to reduce the risk of injury through bodily contact. The opportunity exists for contact to be allowed in controlled team practice situations.

## Teaching points

- In a circle. Ready. Go.
- Catch and kick. Watch out for contact.
- Kick it up.
- A quick game is a good game. Catch and kick.
- Hands towards the ball to catch.