

# SEVEN

Number of participants: Any

Duration: 15 minutes but can vary

Age Restrictions: 6+

## Brief Description:

A handball game from Australia that kids can play independently. The object is to try and “beat” the wall.

Space Requirements: Best in a gym or outdoors.

Supplies: Tennis or handball for each child (has to bounce well against a wall)

## Activity Instructions:

- Each children stands about 1.5 metres from a wall, throwing and catching the ball. Each time the ball is thrown at the wall, students call out a number and follow the directions of that number:
- “Onesies”: Throw the ball against the wall and catch it.
- “Twosies”: Throw the ball against the wall, let it bounce once before catching it. (Repeat two times).
- “Threesies”: Throw the ball against the wall, clap before the ball is caught. (Repeat three times.)
- “Foursies”: Throw the ball against the wall, spin around, and catch the ball after the first bounce. (Repeat four times, spinning in the opposite direction each time.)
- “Fivesies”: Throw the ball against the wall, clap your hands behind your back twice, catch the ball. (Repeat five times.)
- “Sixies”: Throw the ball against the wall, get down in a push-up position, then jump up and catch the ball after it bounces once. (Repeat six times.)
- “Sevensies”: Throw the ball against the wall, clap your hands once in front and once behind before catching the ball. (Repeat seven times.)