



Australian Government
Australian Sports Commission

kai wed

'kai wed'



SCHOOL
YEARS
K-3

SCHOOL
YEARS
4-6

SCHOOL
YEARS
7-9

Background

In this game from the Torres Strait Islands, a number of players stood in a circle and sang the *kai wed* (ball song) as they hit a ball up in the air with the palm of their hands. The game was often played using the thick, oval, deep-red fruit of the kai tree, which is quite light when dry. This game was apparently introduced by people from the South Sea Islands.

Short description

This is a hand-hitting (volley) game in which players attempt to keep the ball in the air for as long as they can.

Players

- Groups of four to six players

Playing area

- A designated indoor or outdoor area suitable for the activity

Equipment

- Light balls such as a small beach ball, sponge or gator skin ball

Game play and basic rules

- Players use underhand and overhand one-hand and two-hand hitting/striking skills to keep a ball in the air. Groups count the number of hits they can make before the ball touches the ground. Start again and continue the count to a set number.

Scoring

In a team contest, the game is decided by the team that is able to keep the ball going the longest and does not allow it to hit the ground as often as the opposition. In a class cooperative game, add up the best scores of all the teams to set a class record.

Variation

- Use balloons to hit in the air.

Teaching points

- Players in a circle. Palms of hand up. Hit to start.
- Hit to different players. Hit and move back out of the way.
- Count the volleys. Keep going. Let's start again.
- Good work. Call for the ball. Watch out for each other.
- Direct the ball to another player.



Kai Keep It Up (Sports Ability Program)