



Players stand in a circle and hit a ball up in the air with the palm of the hand. The aim is to try to make the most number of successive hits without the ball hitting the ground.

What you need

- > Inside or outside playing area free of obstructions
- > A small beach ball or soft sponge ball for each team

What to do

Setting up

- > Distribute groups a safe distance apart over the available area.
- > Players stand about 1m apart.

Playing

The activities below are described using a volleyball-like hitting action. An alternative for beginners is to allow passing and catching, with players attempting to return the ball as quickly as possible.

Cooperative variation

- > **Letters of the alphabet** – each team attempts to make as many hits as they can without dropping the ball, calling out a consecutive letter of the alphabet or number on each hit. An alternative is for players to call out their name on each hit – a good ice-breaker *where* players are unfamiliar with each other.



- > **Hitting the ball** – players hit the ball with the palm of either hand or both hands in an underarm action. Alternatively, with beginners, allow players to pass and catch, reducing the time the ball is held ('hot potato' action).

- > **Rules** – the team starts from the letter 'A' again if players:
 - miss the ball and it hits the ground
 - hit the ball twice in succession
 - hit the ball back to the player who previously hit it to them
 - do not keep their hands open and flat when contacting the ball.
- > **More on rules** – if the rules are not working, change them! For example, with beginners allow players to start again at the last letter of the alphabet they reached rather than returning to 'A'. If 2 hits per player is appropriate (one to check the ball and the next to pass it), then use 2 hits. Use the rules to change the game to suit the players. That makes game sense!

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION

SOCIETY AND CULTURE COLLABORATION

RULES

AC:HPE CONTENT DESCRIPTIONS

LEARNING INTENTION

Kai is a game that requires players to work together to hit the ball into the air in the centre of the group and to keep it from hitting the ground.

ACPMPO25
ACPMPO43
ACPMPO61

Competitive variation

- > Play for 2–3 minutes. The winning team is the one that has worked furthest through the alphabet.
- > Alternatively, teams start at the same time and work for a set period of time noting the highest letter they reached without dropping the ball.

Change it

- > Vary the distance between players.
- > Vary the size and type of ball.
- > A buddy system with two players working in tandem will ensure everyone is included.

Safety

- > Choose an area away from walls and other obstructions.
- > Ensure players have completed other space awareness activities (e.g. *All in tag* and *Look out for others!*)
- > Enforce a 'lost ball' strategy. Players signal their intent to enter another playing area.
- > Use *Change it* to accommodate different player abilities.

Aboriginal and Torres Strait Islanders histories and cultures

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

