



Moral

A rolling, bouncing and clapping game traditionally played in schools and local communities in Trinidad and Tobago.

Age: 6+

Players: One to five players.

Pitch: 8m x 8m equally divided into eight boxes. The boxes are numbered one to eight consecutively.

Time: Unlimited.

Rules: The aim of the game is to roll and bounce the ball in turn into each box starting with box one through to box eight and back again from box eight to box one.

While the ball is being bounced in each box the player must clap hands the same number of times as the number in the box.

At the start of the game the player must roll the ball from behind the playing area near the first box.

The ball is rolled into box one, retrieved in box one and bounced once in box one — when the hands are clapped once — before the player steps one foot into box one.

The player continues stepping into each box in turn until box number eight is reached.

Players must not step on any lines during their turn.

The player continues from the starting point – roll the ball into box two, step one foot into box one, retrieve the ball in box two and bounce it twice, clapping hands twice after each bounce, then step one foot into box number two and continue stepping into each box in turn to reach box number eight.

Continue this cycle from the same starting point to boxes three to eight.

If the player successfully reaches box number eight then he or she turns round to complete a victory lap, still standing on one foot.

Bounce the ball eight times in box eight clapping eight times between each bounce.

Turn around on one foot and repeat in box seven before stepping on one foot into box seven.

Repeat from boxes six to one.

A player who fails to complete an action in the game is replaced by the next player in the group.

The first person to complete the task is the winner!

Equipment

- A tennis ball or similar.

Safety

- A flat playing space free of debris.



Adaptations and variations

Easier

- **Space:** Larger boxes.
- **Task:** Throw up instead of bounce.
- **Equipment:** Use a bean bag instead of a ball or a larger ball.
- **People:** NA

Harder

- **Space:** Smaller boxes.
- **Task:** NA
- **Equipment:** Use a smaller, harder ball.
- **People:** NA

Skills developed

- Coordination
- Bouncing
- Throwing
- Balance

This activity can be used as

- A game

Who could use this card?

- Teachers
- Young leaders
- Sports coaches
- Community leaders
- Students

