

Resource material: Heading the ball

<b>Numbers</b>	Open
<b>No. of Teams</b>	Individuals or teams
<b>Light balls</b>	Enough to ensure maximum participation.

The balls are suspended from the ceiling or some fixed high objects.

### **The Set-up**

The balls are suspended at different heights. The lowest one has a value of 1 point, the next lowest 2 points and so on. The highest ball has the highest value.

### **Rules**

Each time an student runs, jumps and makes contact with a ball, she/he scores the value of that ball for their team.

### **How to Play**

There are two options.

Option one:

Each student attempts to touch or head the one point ball. Then each one attempts to head the two point ball, and so on.

Option two:

Each student has a given number of attempts at scoring the highest possible score. For example, each student is allowed four jumps. She/he may select to jump at whatever ball she/he wishes. They may even try the same ball each of the four times. In this way some students can score high points, but also run the risk of missing out.

Ensure that most students will score quite a number of points by placing most balls at a height accessible all.

### **Winner**

The individual winner is the player who scores the greatest number of individual points.

The winning team is the team whose total score is the highest.

