

# Sevens

## Recommended for Years R-3

### **PURPOSE:**

In this game you throw a tennis ball against a wall & do different actions for each step. The steps get harder as you go along. It's hard at first, but keep practising until you can do it right through without stopping.

### **SEVENS**

Throw the ball against the wall & catch it without dropping it. Do this seven times in a row.

### **SIXES**

Throw the ball downwards so it bounces off the ground & hits the wall, then catch it without letting it hit the ground again. Do this six times in a row.

### **FIVES**

Pat-bounce the ball on the ground five times without stopping.

### **FOURS**

Hold your leg up & throw the ball underneath it so it bounces off the wall. Catch it without letting it touch the ground. Do this four times.

### **THREES**

Throw the ball against the wall & as it comes back, pat-bounce it three times. Do this three times.

### **TWOS**

Throw the ball against the wall. Clap your hands in front, behind, then in front of you again & catch the ball without letting it touch the ground. Do this twice.

### **ONES**

Throw the ball against the wall, turn around on the spot and catch the ball as it bounces off the wall, without letting it touch the ground. Do this once.

### **RULES FOR SEVENS**

- Always start at Sevens and work through to Ones
- If you drop the ball or don't do the actions the right way try again or if you are playing with someone, it's the next person's turn.
- When it's your turn again, start from where you were up to, e.g. If you dropped the ball when you were doing Sixes then you have to start doing Sixes over again.
- When you finish Ones you can start again at Sevens, but this time you're not allowed to move around to catch the ball. You have to stay in one spot! This is called 'Stills'.
- When you've finished 'Stills' you can start again at Sevens. This time you can move around, but you're only allowed to use one hand to catch the ball!