

Pok-ta-Pok

Category	Game
Type	Team game
Time to allocate (mins)	15
Instructions	The court is divided into two halves by a line perpendicular to its long axis, and opposing teams faced each other across this dividing line. The Maya wore heavy body padding and belts when playing this game.
	The ball; a rubber sphere which is depicted in various sizes, could be hit with the elbows, hips and knees, but never the head, hands or feet. We are going to use a soccer ball.
	A point is scored for one team when the opposing team fails to return the ball before it bounces a second time, or when the ball reaches the opposing end zone.
	How to play: Using the hall or the playground, divide the area in half by a line perpendicular to its long axis. Get into two teams of 5. The opposing teams will then face each other across the divide. Agree on the point system that is a point can be scored when the ball reaches the opposing end zone. Agree on penalties too, for example when the opposing team lets the ball dribble and it has to be picked up and thrown again, or a team hits the ball with their head, hands or feet. Play Pok-ta-Pok!
	Remember the ball can only be hit with the elbows, hips and knees, never the hands, head or feet.

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