# 9 Square in the Air (9SITA)



## TEACHERS RESOURCE

#### **PURPOSE OF ACTIVITY:**

The purpose of '9 Square in the Air' (9SITA) is to burn energy, to cultivate healthy competition among peers, building physical fortitude, and grow in personal confidence. It is an opportunity for both personal and team growth, and to enjoy personal victory while benefitting the team through individual success. No participant is ever be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

#### **INSTRUCTIONS:**

The 9SITA playing area is comprised of a 3x3 grid of squares, suspended overhead like a volleyball net. The objective of the game is to remain in for as long as possible, ultimately progressing to the middle of the structure, or 'King 'position.

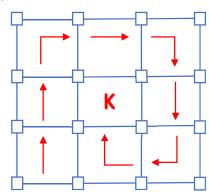
The ball is served from the King position by being thrown out of their square, over the bar, with the aim to have it drop into another square. Like volleyball, participants must hit the ball back out of your own square into another square, without catching and throwing the ball. If the ball passes through your square and hits the ground (even if it lands in another square) then you are out, and you join the back of the line.

#### **RULES:**

- You are only allowed to use your hands to hit the ball.
- The initial serve must be thrown upwards (i.e. not thrown straight over a bar at the ground).
- As King, you are not allowed to serve to the same square twice in a row: you can serve to the same person, but never the same square, otherwise you are out.
- You are only allowed to hit the ball <u>once</u> consecutively, so once you have touched it, it must finish in another square or you are out.
- You are not allowed to use your hands to catch the ball during play.

### **GAMEPLAY:**

Ensuring each square is filled, the player in the middle of the structure (as King) will serve to any square they choose (provided they haven't served there on the previous serve), and play will commence. The round will continue until the ball passes through a player's square and hits the ground, at which point the participants will move up to fill the empty position, and the player that is out will join the back of the line.



## **GAMEPLAY VARIATION:**

For a more tangibly competitive game, the King can keep track of how many rounds they have been in King and tally all their rounds as a final score for the end of the game.