

This a game played by Rose from Rwanda; she often plays it in competition with her friend Nmane. You can meet Rose, visit her house and see what she does on a typical Saturday on our educational website Cowforce.com in the 'About Africa' section.

'Bounceball' is played by many children in Rose's area of Rwanda (near Kigali) and takes practice and time to get good at. Games like these can be taught to highlight the less complicated forms of play found in many parts of Africa, compared to the often more modern, electronic forms of western play.

To play this, all you will need is a tennis ball, a flat surface . . . and dedication!

How to play:

Stage 1 [Beginner] - Bounce the ball through your legs and back five times, catching it with one hand. Do this without dropping the ball to get to Stage 2.

Stage 2 [Getting good] - Hold one arm out and bounce the ball over it, catching the ball under the arm with the hand that threw it. Do this five times without dropping to get to Stage 3.

Stage 3 [Pretty tricky!] - Stick one leg out. Bounce the ball over this leg and catch it with the same hand under the leg. Do it five times to move on.

Stage 4 [Expert] - Hold your collar with one hand and bounce the ball through the 'hoop' made by your arm, catch it as it falls below the hoop. Five times remember!