



The Shuttlecock Game

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踢毽子 ti jian zi
Kick the Shuttlecock

The shuttlecock game is played all over China by people of all ages and abilities. This is an inexpensive game that makes good use of space and will improve your coordination.

No. of players: 1+

Location: Outdoors

How to play:



Stand in a circle or a metre or so away from the other players. Throw the shuttlecock in the air and, using any part of your body except for your hands, keep the shuttlecock in the air. This is most easily done using your feet! The aim is not to let the shuttlecock touch the ground.

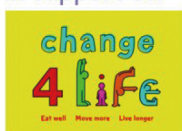
Perhaps play a game of Donkey, where each time a player misses the shuttlecock they get a letter of the word 'donkey'. If a player misses once they are D. If they miss twice they are D-O. The first person to miss the shuttlecock 6 times is now DONKEY, and is out!

Suggestion: Try playing this game with friends and family for 30 minutes or more. You could play it in a playground, park, garden or sports hall.

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