A ball travelling at speed u towards a wall collides with the wall at right angles. The ball bounces off the wall at speed v in the opposite direction. The time for the collision is t.

Which of the following expressions gives the average force on the wall during the collision?

$$\triangle$$
 A $\frac{m(u+1)}{t}$

$$\frac{u(u+v)}{2t}$$

$$\square$$
 C $\frac{m(u-v)}{t}$

$$\square$$
 D $\frac{m(u-1)^{-1}}{2}$