

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Doctor Dodgeball

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#### Game Description:

Fan favourite classic dodgeball game!

#### Objective:

Try to dodge the balls!

#### Game Rules:

Divide children into 2 teams on opposite sides of the playing area. Pick 1 student from each team to be the doctor, the doctor has a scooter as their ambulance. Children try to throw dodgeballs at each other, if they are hit they must sit down. They continue to sit until the doctor brings the ambulance to them and scoots them back to the wall. Play with your standard dodgeball rules. If the doctor is hit by a dodgeball, they must sit down. Continue playing until one team is all sitting.

#### AGE:

7 to 9 years  
10 to 12 years

#### TYPE OF ACTIVITY:

Multi-skill game

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)

#### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders  
Event staff

#### HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Catch  
Coordination  
Dodge  
Run  
Throw  
Track