

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Swamp Ball

Game Description:

A classic dodge ball game, have fun while working on skills like throwing, catching, dodging, running and jumping. Two gym mats (or a large rectangle marked by cones) and dodge balls are needed.

Objective:

To get all of your opponents into your swamp by hitting them with a dodge ball.

Game Rules:

Divide the class into two teams, each team gets one half of the playing field as their territory. Place a gym mat on each side at the end of the playing area, the gym mats are the swamps. This game is played like most dodge ball games except when you get hit with a dodge ball you must go to the other teams' territory and stay on their swamp (gym mat). To get out of the swamp one of your teammates must throw a dodge ball to you and you must catch it before it hits the ground. The game ends when one team successfully gets all of the other team into their swamp.

Adaptations (optional):

Use bean bags instead of dodge balls and have the participants slide the bean bags at their feet.

AGE:

7 to 9 years
10 to 12 years
13 to 15 years
16 to 17 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Catch
Coordination
Jump
Run
Throw
Track