

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Snake Dodgeball

Game Description:

A cooperative Dodge Ball game where a team (the snake) works together to protect the last person in line (the tail).

Objective:

Snake (line of students) wants to last as long as possible in the middle of the circle. This is achieved by working together to protect the last person in line.

Game Rules:

Select a number of students to stand in a single file line placing their hands on the shoulders of the person in front of them. All other students make a circle around the students. With one dodgeball, the students in the circle try to hit the person at the end of the line. The line in the middle must work together moving around so their 'tail' does not get hit with a ball. Once the tail gets hit with the ball they join the outside circle. Dip, dodge and duck! Do not hit students in the head with the dodgeball.

AGE:

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

TYPE OF ACTIVITY:

Co-operative / Team
Building / Ice Breaker
Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Coordination
Dodge
Throw
Track