

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Statue Dodgeball

Game Description:

Fun game to get kids practicing catching!

Objective:

Save the statues by making a catch from the wizard.

Game Rules:

There are three different kinds of players, the statues, the security guard, and the wizard. The statues stand inside hula hoops holding a balance pose of their choice in a large square. The wizard stands inside the middle of the square with dodgeball; (s)he tries to throw a ball to the statue for them to catch. If a statue catches a ball they are transformed into a living statue that helps the wizard throw balls to the other statues. The security guard tries to block balls from the wizard to keep the statues still. Remind the security guard no puppy guarding and they must be one arms length away from every one.

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:

Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

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

TYPES OF SKILLS PRACTICED:

Balance
Catch
Dodge
Throw
Track