

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Quick Dodge

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#### Game Description:

A quick and fun dodge ball game!

#### Objective:

Try to eliminate all opposing team members, or have more team members standing once all the balls run out!

#### Game Rules:

First outline a small circle or square, big enough to fit all children comfortably, with cones or tape. Put a line across the middle of the playing area and split the children in to two teams, one on each side. Instruct the children that they are NOT allowed to exit the outlined playing area, or cross the middle line. Each team member starts with one dodgeball in their hand and standing with their back facing the other team. Once a leader says "GO" to start the game, the children can turn around and start throwing the dodge balls to eliminating players for the opposing team. Players are allowed to catch a dodgeball that is thrown at them, but nobody is eliminated or brought back if a ball is caught. Once a dodgeball rolls or is thrown out of bounds it cannot be used for the rest of the game. If one team eliminates all the players from the other team they win that round. If some players on both sides remain standing once there are no dodge balls left in the playing area then the team with more players wins that round.

#### 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)

#### 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  
Dodge  
Run  
Throw  
Track