Lesson 1
Pot Of Gold

Game Description:
This is a fun dodgeball game to get children running at top speed, while avoiding the cannon balls coming their way!

Objective:
Split the children into two even groups: the sailors and the pirates. The pirates start on the end line and try to run and grab a piece of gold (yellow beanbag) from the other side. The sailors are on the ends, throwing "cannonballs" (dodgeballs) at the sailors running past. Every piece of gold the pirates are able to successfully bring back to their empty hoop without getting hit by a cannonball thrown by a sailor, counts as a point for there team. Be sure to switch up the teams, so each group of children have a chance to be both the pirates and the sailors.

Game Rules:
If a pirate is hit with a cannon ball they must go back to the beginning, and if they were holding a piece of gold (beanbag) they drop it exactly where they were hit. The piece of gold is still in play, and can still be brought back as a point for the pirates. Only one piece of gold can be brought back at time. You can also set out boundaries for the sailors to throw behind on both sides of the playing area.

Adaptations (optional):
You can multiple hoops in the playing area, that act as safety zones. A child inside a hoop is safe from being hit, and can only be inside the hoop for a total of 3 seconds.

AGE:
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)
Field / Park

HOW MANY LEADERS ARE NEEDED:
Only 1
2 Leaders

HOW BIG OF A GROUP IS NEEDED:
Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:
Agility
Coordination
Dodge
Run
Throw
Track