

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Got to Catch Them All

Game Description:

Fast dodgeball game that your group will love!

Objective:

Try to be the last person in the middle!

Game Rules:

Have all the kids in a circle, except one. The one outside the circle starts with balls and is not allowed to go inside the circle. The one outside is trying to throw balls to hit the people in the middle, if they hit someone, the person hit joins the outside. This continues until there is only one child left in the middle. Note if someone catches a ball in the middle they get to use that ball to block.

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)
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:

Dodge
Throw
Track