

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Bucket Dodgeball

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#### Game Description:

Fun dodgeball game that has a twist!

#### Objective:

Try to throw a ball into the other teams bucket before one goes in yours!

#### Game Rules:

Separate children into two teams. Each team has 2 bucket guarders who have noodles to strike away any approaching balls. All other children play dodgeball with your centers standard rules. If a child is hit with dodgeball they must roll the activity dice and complete activity to rejoin the game. The first team to throw a ball into the other teams bucket wins.

#### Adaptations (optional):

If you do not have activity dice the leader can come up with an activity each child has to do to rejoin the game.

#### AGE:

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

#### TYPE OF ACTIVITY:

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:

Catch  
Dodge  
Jump  
Run  
Strike  
Throw  
Track