

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Pinball Dodgeball

---

#### Game Description:

A strategic and fun dodgeball game!

#### Objective:

Try to knock over all the pins on the other teams side!

#### Game Rules:

Before the game set up 3 blocks at the back of each teams side (in the corners and the middle) and mark the floor about 4 or 5 feet away from the blocks. Also, put all the dodgeballs along the middle line dividing the teams. The objective of the game is to knock over all the pins (blocks) on the other teams side. Players who would like to play defense on their own side are not allowed to go behind the line or mark on the floor in front of their pins. Regular dodgeball rules apply, the only difference being if you get struck with a dodgeball you must run to a side of the gym, roll the activity dice and do that exercise to get back in the game! If you don't have activity dice, designate a certain activity to be completed to get back in the game such as jumping jacks, burpees or sit ups! Once a team has knocked down all 3 of their opponents blocks, they win!

#### 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)  
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:

Agility  
Catch  
Coordination  
Dodge  
Run  
Throw  
Track