

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Back Board Battle

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#### Game Description:

Fun game to practice throwing and working as a team!

#### Objective:

Try to throw footballs/ dodge balls at the backboard to collect all the hoops on your side!

#### Game Rules:

Split the playing area in half with one basketball hoop on each teams half and lay out all the footballs or dodge balls along the middle line. Lay out about 8-10 hoops on each teams half of the gym, some close to the middle line and a few that are farther away near the back. Split the children in to two teams and have them line up underneath the basketball hoop on their side. The objective of the game is to throw a football/dodgeball and hit the backboard of the opposing teams basketball net while you're standing inside one of the hoops. If you successfully hit the backboard with the ball, then the hoop you were standing in can be piled towards the side. The first team to eliminate all the hoops on their side is the winning team. When there are fewer and fewer hoops to throw from, you can advise children to try and throw the balls up in the air in an attempt to block the footballs that are flying towards their backboard.

#### Adaptations (optional):

A different type of ball can be used depending on your group, for example dodge balls can be used.

#### AGE:

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)

#### HOW MANY LEADERS ARE NEEDED:

2 Leaders

#### 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:

Agility  
Catch  
Coordination  
Run  
Throw