

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Battleball

Game Description:

One on One Dodgeball in a team setting

Objective:

To try and race to the dodgeball first

Game Rules:

Break the group up into 2 teams, one at each end of the gym or field. Number off each player on each team. Have one dodgeball in the middle of the playing field. Call out a number- the kid on each team with that number races to the middle to try and be the first person to grab the dodgeball. The first person to the dodgeball gets to be the thrower and has to stand wherever he/she first got the ball- they cannot run around to catch the other person. He/she now wants to try and hit the other player with the dodgeball to win the round. Point Breakdown - if the player gets hit by the ball or steps out of bounds, the thrower's team gets the point. - if the player catches the ball when the thrower throws it- their team gets the point. - if the thrower throws the ball out of bounds- nobody gets a point and reset for the next round.

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)
Field / Park

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Medium group (6 - 15 kids)
Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Catch
Dodge
Run
Throw
Track