

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Mushroom Ball

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#### Game Description:

Great dodgeball game with only 1 ball!

#### Objective:

Dodge the ball when it's thrown. If you get hit, you turn into a mushroom!

#### Game Rules:

In this game standard dodgeball rules apply. If you are hit with a dodgeball, you are turned into a mushroom and must sit down. The only way to get back up and into the game is if the mushrooms get a hold of the ball and either pass it to a fellow mushroom or hit a standing up player. Standing players try to dodge the ball to avoid being turned into a mushroom. If you have the dodgeball in your hand you are not allowed walk/run/move with it.

#### 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

#### HOW BIG OF A GROUP IS NEEDED:

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

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Catch  
Coordination  
Dodge  
Rhythm  
Run  
Throw  
Track