

Fit Kids Healthy Kids – My Clipboard

Lesson 1 Bench Ball

Game Description:

A fun twist on dodge ball that focuses on throwing and catching

Objective:

To get all of your team onto the bench before the other team.

Game Rules:

Teams begin on opposite side of the gym at the baseline. Each team starts with 1 player standing on the bench opposite them. When the game begins teams must try to throw balls across to their teammate standing on the bench. If caught, they join their teammate on the bench. This game continues until one team has successfully brought all teammates onto the bench. Teams may block and knock down balls coming at their opponents bench with their bodies.

Adaptations (optional):

You may use a gym mat instead of a bench to eliminate the fall risk.

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
Skill instruction

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

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:

Balance
Catch
Dodge
Throw