

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Fortnite Dodgeball

Game Description:

Silly game where you pretend you are a character in Fortnite!

Objective:

Dodge the balls so you don't lose your health point!

Game Rules:

Every child starts wearing 2 pinnies, this represents 200 health points. If a child is hit with a dodgeball, they must give one of their pinnies (100HP) to the person who hit them. Continue playing. If a child loses all their HP give them an option to complete an exercise or run a lap to get 100 HP (1 pinnie)

AGE:

7 to 9 years
10 to 12 years
13 to 15 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders
Event staff

HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Catch
Coordination
Dodge
Rhythm
Run
Throw
Track