

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### Fortnite Dodgeball

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#### 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