

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Two kingdoms

Game Description:

A fun dodgeball game where two teams compete to protect their teams castles.

Objective:

Knock down the other teams castles.

Game Rules:

Divide the playing field in to two halves and split the group into two teams. Each team will receive hula hoops to build two separate castles with. The teams will place their castles along the end line of their half of the playing field. The teams goal is to knock the other teams castle over by throwing dodgeballs from their half of the playing field at the castles. When a teams castles is down, they must re-build their castle before they can continue throwing dodgeballs at the other teams castles. Each time a team knocks down a castle, its one point for their team. You can either play first to five points or play a timed game and whoever has the most points when the time is up wins.

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:

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
Run
Throw
Track