

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Goalie Dodgeball

Game Description:

Great dodgeball game for team building!

Objective:

Dodge the ball and block balls from going inside your net.

Game Rules:

Divide the children into two team on opposite sides of the playing area. Each team has one net. On go, children begin playing dodgeball with standard rules. If they are hit with a dodgeball, they sit down. They must remain sitting until their team manages to throw a dodgeball and score a goal in the net. The opposing team is trying to block any balls that are thrown at the net. If a goal is scored, the scoring team saves all of their teammates who are sitting down.

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)

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