

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Zone Dodgeball

Game Description:

Battle zone dodgeball where there is a battle zone!

Objective:

Dodge the balls!

Game Rules:

Divide the playing area into 3 equal parts. Divide children in 2 teams, one on either side. There should be an area in the middle that is open, this is the "battle zone". In the battle zone, children of both teams can enter and throw dodgeballs at one another. If hit, a child must sit down. Children can only throw dodgeballs in the battle zone, they cannot throw in their end. To save a sitting down player, someone from the same team must high five them. They would then receive a safe walk back to their side.

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

HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Catch
Coordination
Dodge
Rhythm
Run
Throw
Track