

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Submarines

Game Description:

A fun twist to British Bulldogs

Objective:

To avoid being struck by a submarine's torpedo (dodgeball) while crossing the sea (the playing field)

Game Rules:

3 hula hoops are placed in center of play area. Chose one child to occupy each hoop, these are the submarines. The captains of each submarine will be given balls (torpedos) to throw out at the other players. They must stay in their hoops while throwing torpedos. On go, runners must try to run across the playing field without being hit by ball (even if it touched the ground first). If they are hit, they become mines and lay on the floor on their stomach. The only way they can move is by pivoting on their stomach. They try to assist the submarines by touching the passing players either with their feet or hands. If they touch a player with their hand or foot, that player also becomes a mine.

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
Coordination
Dodge
Jump
Run
Throw
Track