

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Pirate Dodgeball

Game Description:

Think of all the best elements of capture the flag, meets dodgeball. With a twist of pirates!

Objective:

Be the first team to collect all of the gold from the other side!

Game Rules:

Divide children into two teams on either side of the playing area. Mark off the middle and outer playing area with cones. To help differentiate teams you may want to use pinnies. The object of the game is to get the other teams gold (beanbags or objects). To do such, teammates must cross the middle line into uncharted territory where they can be tagged by the opposing team. Once tagged they must go the bench to walk the plank. They remain on the bench until someone from their team. Saves them by tagging them. Each team will appoint 2 pirates. These pirates are armed with 1 dodgeball per team. They can also hold a mat to their side. Pirates are immune to being tagged when their mats are up. But if they drop their mat to throw their dodgeball they can be tagged. They only get 1 dodgeball so they spend time hunting their ball. The first team to get all the treasure 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)

HOW MANY LEADERS ARE NEEDED:

Only 1
2 Leaders
3 - 4 Leaders

HOW BIG OF A GROUP IS NEEDED:

Large group (16+ kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Catch
Coordination
Dodge
Kick
Run
Throw
Track