

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Kick the Block Dodgeball

Game Description:

An fun twist on the traditional game Kick the Can with an added element of dodgeball.

Objective:

Get as far away from the home base as possible.

Game Rules:

Designate one player to be "it". Set up a "home base", where all players will gather. To start the game, the player who is "it" kicks the brick as far away from "home base" as they can. The players then run in all directions as "it" runs to grab the block, and return it to "home base" and yell "FREEZE". Players then must freeze where they are and "it" tries to throw a dodgeball at one of the closest players. If a player gets hit with the dodgeball - this player cannot dodge, they become "it" and the game starts again.

Adaptations (optional):

Players can hop, skip, jump, gallop, or walk rather than run. "It" can take 3 steps to get closer to frozen players before throwing the dodgeball.

TYPE OF ACTIVITY:

Multi-skill game
Warm up/Cool down

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
Coordination
Gallop
Hop
Jump
Kick
Run
Skip