

Game title: "Conspiracy"

Type of Game: Dodge Ball

Game Objectives

- Primary objective of the game is to not be eliminated (Get "out")
- Secondary objective is to eliminate other participants either through solo or group efforts
- Players are eliminated when a ball hits them below the waist

Fitness areas involved

- Cardiovascular – Participants must move around to avoid being eliminated
- Agility/Spatial awareness – Participants must move within a space to avoid being hit with a ball
- Motor Control/Body Awareness – Participants must throw balls using a good throwing technique.

Area

- Played on a basketball court
- Players that are not eliminated/"out" will be within the boundaries of the basketball court
- Players who have been eliminated will be along the boundaries of the basketball court.

Rules

- 1 or 2 balls (Foam)
- No teams – but players can "Conspire" together to eliminate others
- Players that get hit below the waist are out and must go to the basketball boundaries
- Players are asked to remember who eliminated them
- When the player who eliminated you gets eliminated you are allowed back in
- Players knocked out are allowed to shoot from the boundaries and hit players that are still in active play. Then this player is allowed back in.
- Players are not allowed to run while in possession of a ball, are locked in place and only allowed to pivot until they have thrown the ball
- If players in active play catches a ball, the thrower is eliminated