

Game title: Team Dodge ball

Type of Game: Dodge Ball

Game Objectives

- Offensive team lines up in a box around the defensive team, and attempts to throw the balls at the defensive team.
- The defensive team must try to avoid being eliminated as long as possible.
- The Offensive team is times in terms of how long it takes them to eliminate all defensive players.

Fitness Area 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.

Equipment needed

- Foam balls

Area

- Teams are organized into a larger and small square within the gym.

Rules

- Players are divided into two teams
- Offensive players will try to eliminate defensive players
- Defensive players will try to avoid being eliminated
- Once eliminated the defensive players will line up outside of the larger square in the order in which they were eliminated.
- The goal is for the offensive team to eliminate the defensive team in the quickest amount of time.
- Once the offensive team is successful their time is noted, and the teams will switch responsibilities, and the times will be compared.
- If a ball thrown by the offensive team leaves the outside square, the eliminated defensive players are allowed to return in the order in which they were eliminated.
- If a defensive player catches the ball he will hold it up, so it is visible to the eliminated defensive players, and they are allowed to return to the inside square in the order in which they were eliminated.