

# Movement Challenges & Games

## DODGE BALL

- Divide the playing area into equal thirds - a netball court is ideal.
- The middle third is the neutral zone and each end is home base for each team.
- Divide the group into two teams who start in their home base.
- Divide the gator skin balls equally between each team.
- The aim is to hit people from the opposite team below the shoulders.

**Equipment:** 6 - 8 Gator skin balls.

**Area Required:** Netball court is ideal as it is marked in thirds, any similar size court will do.

### Benefits

- Strategy (How will I avoid being hit / how will I try and hit others?).
- Speed and agility (Quick changes in direction - dodging).
- Risk taking (Will I run forward to get a better shot?).
- Team work (will I rescue others, will I try and protect my team mates).

### How to explain the activity

- We have two teams who are each trying to wipe each other out.
- Anyone can go into the middle third but only the home team can be in their home base.
- If you get hit (below the shoulders) you must go to jail behind the opposition home base.
- When hit you must release any ball you are holding.
- You return to the game by retrieving a ball that comes into the jail and hitting an opposition player.
- Return to your home base around the outside of the court.

### Cues for debrief / reflection

- What strategies did you use?
- Did you focus more on protecting yourself or trying to hit others? Why?
- What strategies did you find worked when trying to free others?
- How did it feel when you were stuck in jail for long periods?

### How to vary the activity

- If a ball is caught on the full the thrower goes to jail, the catcher plays on.
- Cannot use gator balls as shields.
- Can only hold one gator ball at a time.
- Increase / decrease the size of playing area.
- Use different equipment being mindful of its potential for injury.