

# Movement Challenges & Games

## POISON DODGE

- Create a playing area approximately 5m x 5m.
- Divide the group into two teams.
- One team starts inside and one outside the playing area.
- Team on the outside are trying to hit the other team on the legs with gator balls.
- Anyone who is hit joins the team on the outside.
- Those on the inside may use hands to protect themselves.
- Team on the outside may pass the balls amongst themselves.

**Equipment:** Cones, 6 - 8 gator skin balls.

**Area Required:** Large open area - basketball court, oval or similar.

### Benefits

- Strategy (How will I avoid being hit / how will I hit others?).
- Speed and agility.
- Awareness.
- Ball handling.
- Team work and cooperation.

### How to explain the activity

- We are the last survivors of the planet Dodge.
- The other team are the invaders who are trying to wipe us out by hitting us on the legs with poison balls.
- Our only protection is our speed, agility and our hands.
- If we get hit we mutate into a member of the outside team.
- The outside team may pass the poison balls amongst themselves.
- We will play for as long as we last then swap over.

### Cues for debrief / reflection

- What strategies did you use?
- Did you focus more on protecting yourself or using speed and agility? Why?
- What strategies did you find worked on the outside, did you pass the ball?
- How did it feel when there was only a couple left?
- How did it feel when you had to join the other team?

### How to vary the activity

- Increase / decrease the playing area depending on group numbers and intention.
- Allow only one hand for protection.
- Increase / decrease the number of gator balls.