

Name of Activity: Knock Down Dodgeball

Grade level: 2nd – 6th grade

Equipment: 10 Large figurines (We use Rescue Heroes) or 20oz water bottles filled 1/3 with sand, as many small balls as possible (tennis ball size through 4" balls) at least one per child but more balls are better

Sills Emphasized: Running, Dodging, Ball Control

Organization:

- 1) Split into two even groups
- 2) Split your square or space into halves. Place half of your figurines on both sides of the spaces and put in the center of a hula hoop.
- 3) Line balls up on center line of split room.

Description:

- 1) Each team starts out on the back end of their playing area. Use a start signal to start the game.
- 2) Each team runs for the balls in the center of the room and tries to throw them to knock down the figurines or water bottles.
- 3) Bottles can be blocked by anyone as long as they stay out of the hula hoops. Once all figurines or bottles are knocked down you start the game over again.
- 4) Balls can only be thrown below the waist or rolled.
- 5) If a ball is thrown above the waste or too hard the thrower must leave the playing area and do a re-entry task.