

Fortress Dodge Ball

Time: 48 min	Facility: Fitness Gymnasium
Equipment: 10-15 dodge balls, 8 mats	Physical Activity Level: moderate

GLO

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment; e.g., aquatics and outdoor pursuit.

Students will

Basic skills- manipulative

A7-6 demonstrate manipulative skills by using elements of space awareness, effort and relationships, with and without objects, to perform performance

Safety

- Remind students to be cautious when moving and to be aware of the personal space of others

Warm-up: stretching

- Have students warm up by running 3 laps around the gym before they come to the middle
- Lead the student in a short stretching routine

Activity: Fortress Dodge Ball

- Divide the class into half and each team is given 4 mats to set up on their side
- The students can use these forts to take cover behind from the ball.
- The objective of each play is to hit an opponent so as to eliminate him or her from the game. Once a student is hit, they have to go out.
- If a student gets hit below the head or the ball bounces off the ground and hits the student then they are out and have to go to the dungeon.
- If a student catches the ball then they can free one team member from the dungeon.
- The game is over once all of the players of one team has been knocked out and their forts have been toppled over.

Cool Down

- Play a running game
- Put away materials

Variations

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Notes for Teacher

- teacher must keep constant supervision of the game from the sidelines.
- make sure for safety of students when balls are being thrown around the gym

Planning Notes and Reflection