**Dodgeball Write up** Kenneth Cheuk

PE 11

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**Dodgeball**

Dodgeball is a [game](http://en.wikipedia.org/wiki/Game) where players on two teams throw balls at each other while avoiding being hit.

**Activities:**

Shoulder stretches (Everyday)

Practice throwing balls at each other so pick a partner and practice throwing and hitting your target and practice catching the ball (Everyday) (Skills)

Set up (5-10) cones in a line and each person gets a chance to throw the ball and see how many cones they can knock down (Day 1) (Accuracy)

People on the side gets balls and gets to throw it at people running down the middle (Day 1, 2) (Accuracy) (Skill)

(Mini game) 3 balls in the middle and each person can only grab one ball and cannot push the ball back to their side and it is 3v3 so when u get the ball u have to throw it at people and knock them out until all 3 balls have been thrown (Day 2, 3) (Reaction Time)

Students and instructor on different sides and instructors throw balls at students and students practice dodging the ball and reflecting it but students are not allowed to throw the balls at the instructors and is only allowed to catch or reflect with the dodgeball (Day 3, 4)

**Activities Games:**

(Choose what everyone wants to do each day after lessons)

Dodgeball:

One or two players become the “taggers” and “tag” other players by throwing the ball and hitting them. The player that got hit will then become a tagger until all other players are out or when u get “tagged” u sit out

Split the teams in half and “tag” other players and when u get hit u sit down and can only be revived if someone on your team catches a ball

Doctor Dodgeball:

Dodge ball variation. Divide into 2 teams with each team going to opposite sides of the hall/playing area, each choosing a doctor which they keep secret (You may need 2 doctors for larger groups). Play as [Team Dodgeball](http://www.funandgames.org/games/GameDodgeball.htm#team)with teams throwing one or more soft balls at the legs of the opposing team to eliminate the other team by getting all its players out. When someone is hit below the knee, they must sit. The Doctor however may touch the injured and bring them back into play. Hint: Players shouldn't just pop up when touched as this will give away the doctor and a decoy touching kids as well is recommended. When the Doctor is hit, the team's only hope is their skill.