I found this really cool game called mat ball we could try

Mat ball basically goes like this:

Notes:

* Also known as Big Base
* Usually played indoors but sometimes outdoors
* Similar to basketball
* The recommended number of people for this game is 14 people-7 per team

Teams split evenly into two teams

One person goes on a mat on the opposing team’s side

Both teams must try to throw basketballs directly to the person

If the person on the mat catches the ball, the person who threw it can go on the mat to try to catch another basketball

Each basketball caught is one point for your team

Other rules:

You can only take 4 steps then you have to throw the ball

The other team can try to intercept the basketballs going towards the person on the mat

It doesn’t matter how long you have per round, that’s decided by the leader

Capture the flag notes:

* Skills required for this game is stealth, endurance and observation
* Can be played both indoors and outdoors
* Each side has a “flag”
  + Most often made of fabric
  + Can be any object that can easily be carried by someone
* Can be played in the dark as well
  + Use glows sticks, a flashlight or a lantern
* Often played at night
  + Players wear dark clothes so the opposing team finds it more difficult to spot them

Rules:

1. Split people into two even teams
2. Each team hides their flag in a generally visible place. (Can’t be hidden under anything. The whole flag must be visible)
3. When the game starts, both teams have to try to grab the opposing teams flag by running to the other teams side without getting tagged
4. If tagged, you have to go to the opposing teams’ safe zone or jail and wait until someone from you team to tag you, bring you back to your side to resume game play. The two have a free walk-back.
5. If you manage to figure out where the other team has hidden their flag, you can try to grab the flag without getting tagged there and back. You may stay in the safe zone/jail for a short amount of time.
6. If you have the flag you can’t bring back someone who is in the jail until you bring the flag back.
7. Once you come back with the other teams’ flag, or the other team gets yours, the game is finished.

Variations! In the dark:

1. The rules are simple, make even teams
2. Give both teams one glow stick per person to put it on their arm (the whole team must have the same colour glow stick).
3. Each team is also given one flashlight, lantern or larger glow stick to use as a flag and hide it.
4. Game play is the same except it is completely dark.

Bibliography

<http://en.wikipedia.org/wiki/Capture_the_flag>

Dodge ball notes:

Basic details:

> The most common number of dodge balls used in a game is 3-10

> The standard size of a dodge ball is roughly the size of a volleyball the Canadian size of a dodge ball is 7 to 8.25 inches in diameter

> Dodge balls are composed of foam with a thin plastic shell. Some are made of rubber

> A typical dodge ball game is usually played on a basketball court, fenced area or even an Australian Rules football oval or soccer pitch.

Variations:

> Protect the pin-both teams have 1-3 pins on their side of the court. A team wins when either all the opposing teams’ pins are knocked down or when the whole team on the opposing team has been hit

> Japanese version-only one ball is used and there are a limited number of steps that you can take

Rules/Gameplay:

Instructions

1. Start with making two even teams, team A and team B. there can be any amount of people on the team, as long as the teams are even and there’s enough room on the court for people to move. Competitively teams are held from 6 to 10 players; 6 play and the others are substitutes.2. Pick somewhere to play. If you use basketball and volleyball courts, make sure they have no nets are. NADA rules say the field needs to be a rectangle and at least 50 feet long and 30 feet wide.3. Select a ball to play with. When choosing a ball, you must take into consideration that you may be hit in the face with it. Stay away from balls that are heavy or hard, like basketballs. On the Internet you can find true "Dodge Balls."4. Line team A up on one side of the court as team B lines up on the other. Both teams should be touching the wall. When the referee blows the whistle, both teams can run to the grab the dodge balls from the centre of the court. The object of dodge ball is to hit the players from the other team with a direct hit of the ball before they hit all of your team. The opposing team can catch the ball and throw it quickly back at your team in the same manner, trying to hit you and your teammates.5. Describe the rules of the game, since many of us play differently, before the game starts. Rules such as players are only allowed out of bounds if they are hit and are "out" or if they are retrieving the ball from out of bounds. Also, if a player on the opposing team throws the ball and hits a player above the head, the ball thrower is out and not the victim. Decide if time-outs are allowed.6. Win the game by being the first team to eliminate the other team from the field, or be the last individual on the court. NADA plays by stricter, more enforceable rules than are stated here.

Bibliography: http://en.wikipedia.org/wiki/Dodgeball#Variations

http://www.ehow.com/how\_2043278\_play-dodge-ball.html

Lesson plan:

Day 1:

1. Warm up
   1. 1 jogging lap
   2. High knee and butt kicks
   3. Lunges
   4. Karaoke
   5. Backwards jog
   6. Floor stretches:
   7. Arm and leg stretches
2. Explain the rules for dodge ball
3. Play dodge ball
4. Explain the rules for protect the pin dodge ball
5. Play pin dodge ball

Day 2:

1. Warm up
   1. 1 jogging lap
   2. High knees and butt kicks
   3. Lunges
   4. Karaoke
   5. Arm and leg stretches:
2. Explain the rules for mat ball
3. Play mat ball

Day 3:

1. Warm-up
   1. 1 jogging lap
   2. High knees and butt kicks
   3. Lunges
   4. Karaoke
   5. Arm and leg stretches
2. Explain dark capture the flag
3. Divide people into teams
4. Distribute glow stick and flags
5. Play