

Dodgeball Games



14 FUN ACTIVITIES FOR KINDER TO 8TH GRADE

MUSHROOM BALL

Setup 6-8 Dodgeballs

Jet BALL

Setup markers Hula Hoops

WAR BALL

4-6 x large mats or markers

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INTRODUCTION

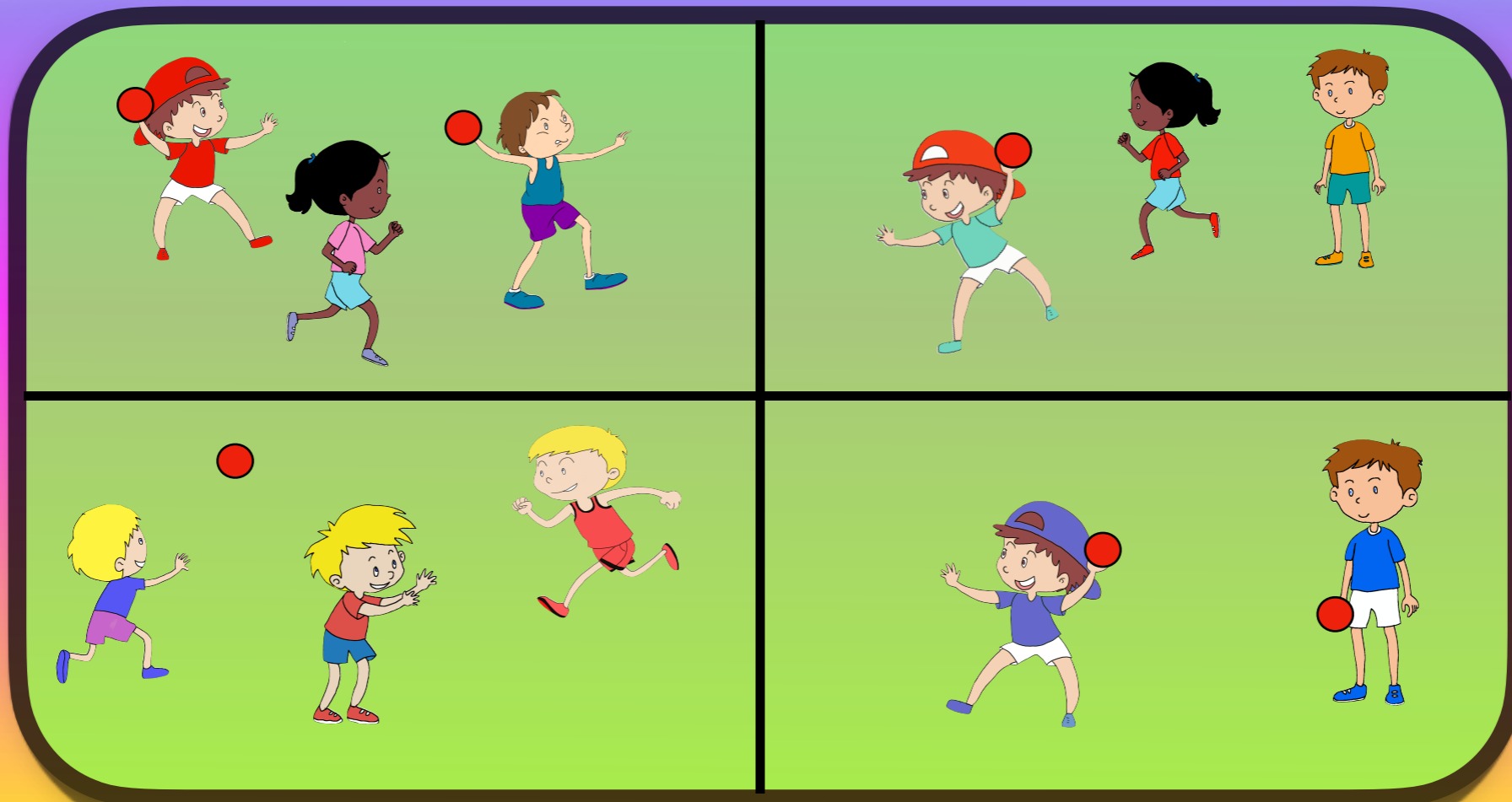
Welcome to Powerhouse PE - Dodgeball Games!

In this resource, we've provided 14 fun Dodgeball-based games you can use for PE class, recess, field days, summer camps, or after school sports programs.

Each game is explained with step by step instructions and rules for running the game. Along with a detailed diagram and equipment list showing you exactly how to set up the space. The activities are appropriate for Kindergarten through 8th grade students, and can be done with small groups or large groups, indoors or outdoors.

Let's get started!

CROSSFIRE



Setup



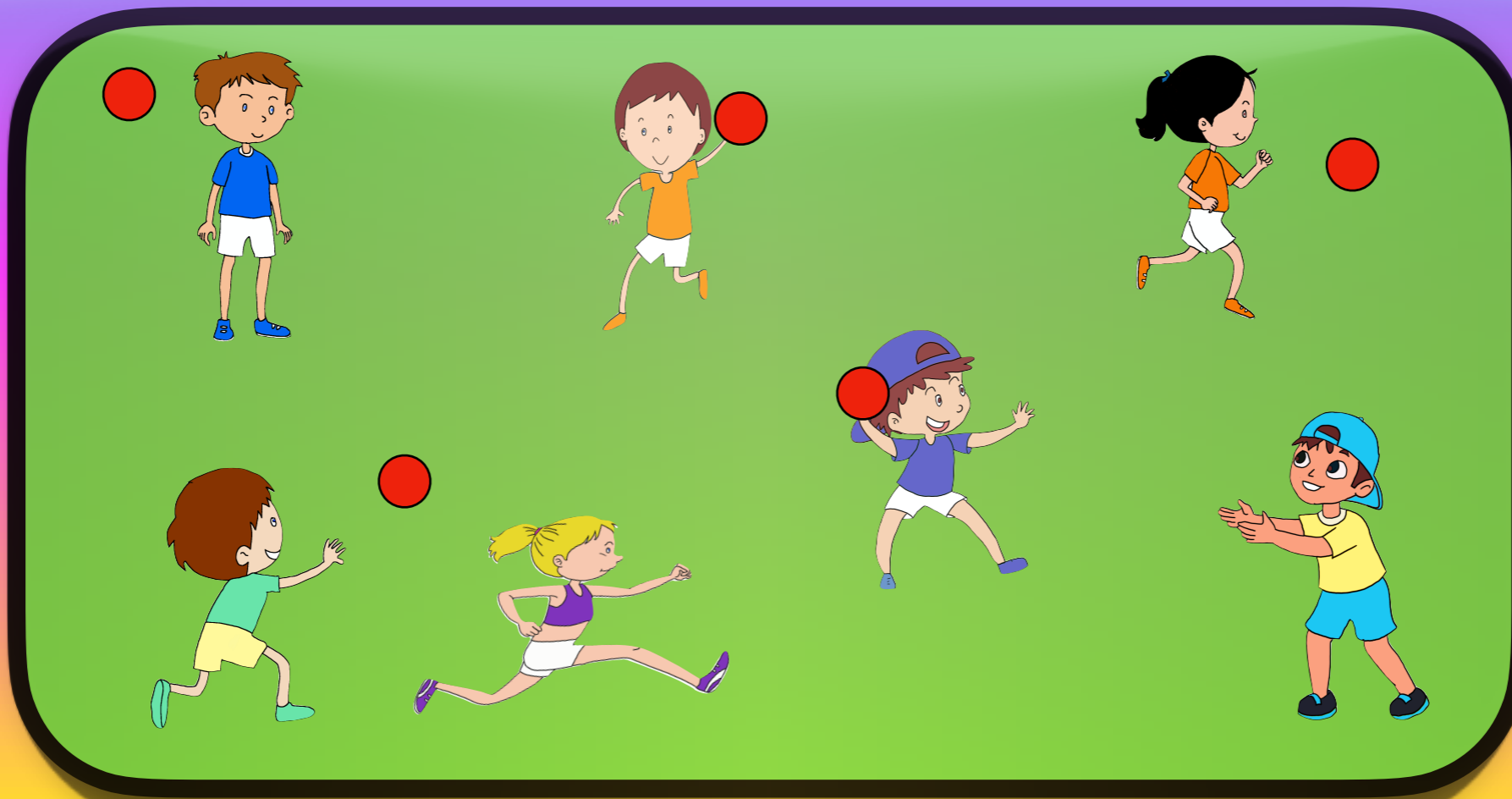
Dodgeballs



1 x Special Dodgeball

1. Mark out playing area as shown. This game is best played indoors with walls
2. Split group into 4 even teams
3. Players must stay in their square and throw the dodgeball at any opposing player (any direction)
4. Players can only be hit from the shoulders down.
5. If a player is hit they sit on the bench nearest their teams square. Players can rejoin the game if a team mate catches the ball or the teacher says "everyone back in"
6. If a throw is caught, that player is out and sits on the bench.
7. After a certain time, the teacher rolls the 'special dodgeball' (give it a name, I call ours 'bumblebee' as it is patterned like a bumblebee)
8. If a student is hit by the 'special dodgeball' that entire team is out. If the 'special dodgeball' is caught, the entire throwers team is out.
9. The last square left are the winners.

MUSHROOM BALL

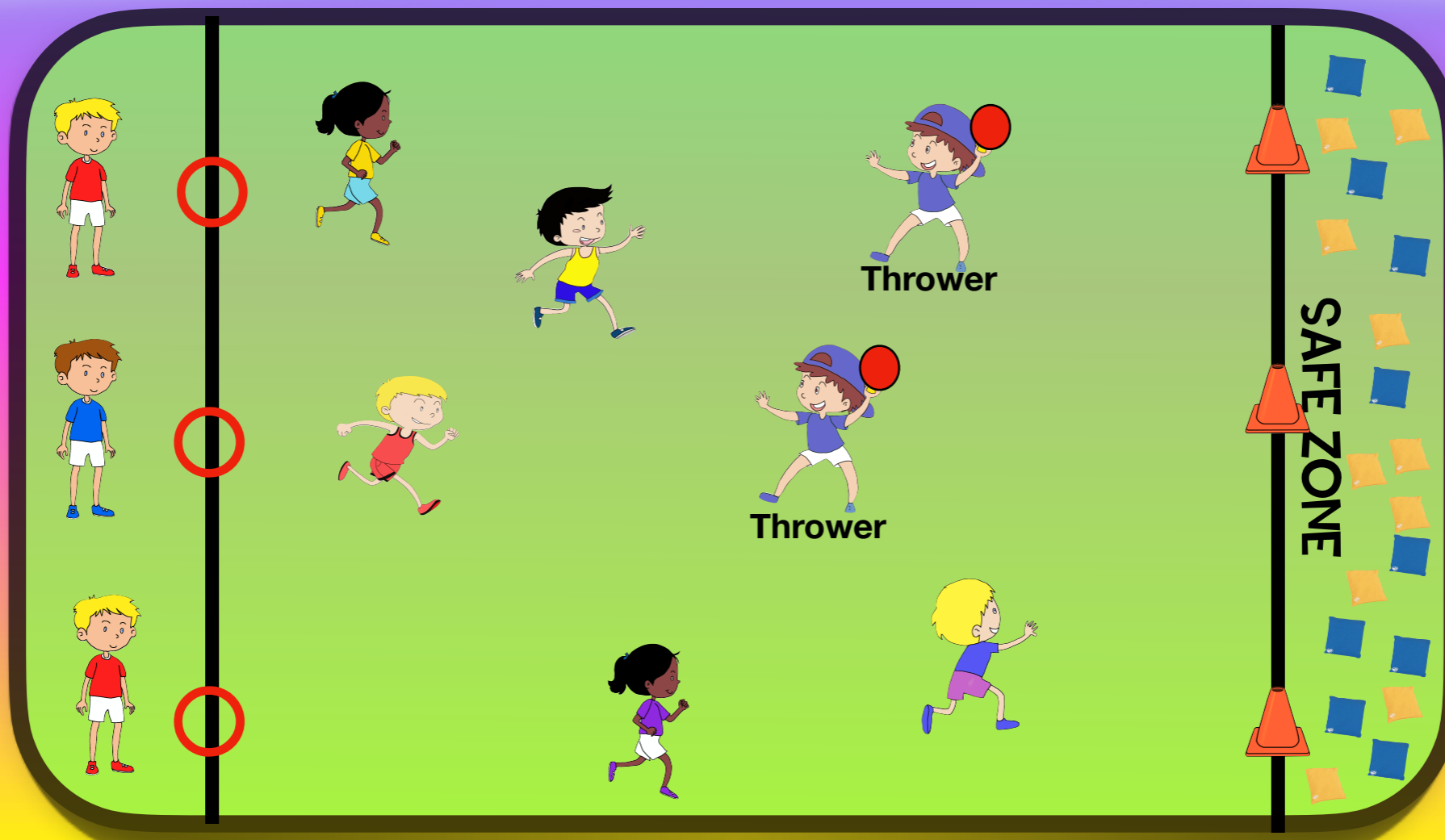


Setup

● 6- 8 Dodgeballs

1. Arrange playing area as shown, players must stay in boundaries. Inside with walls is best for this game.
2. This is an 'all against all' dodgeball type game. The object of the game is to throw dodgeballs at other players whilst avoiding getting hit by one, having your throw caught or being tagged.
3. To start, throw dodgeballs into the playing area. Students can stand whoever they choose.
4. Students cannot run with the dodgeballs once they have collected them, they must throw from where they collect the ball. Running without the ball is permitted.
5. Players are free to pick up any ball that is close to them.
6. If you are hit by a dodgeball or your throw is caught you turn into a 'mushroom' (kneeling). Mushrooms can get back in to the game by either picking up a ball, throwing and hitting a player that is standing/running. They can also get back into the game by tagging a player running past. If a player is tagged by a mushroom, they turn into a mushroom and the tagging player is back to normal.
7. Teachers can call 'all mushrooms back in to the game' to keep it continuous.

Jet BALL



Setup



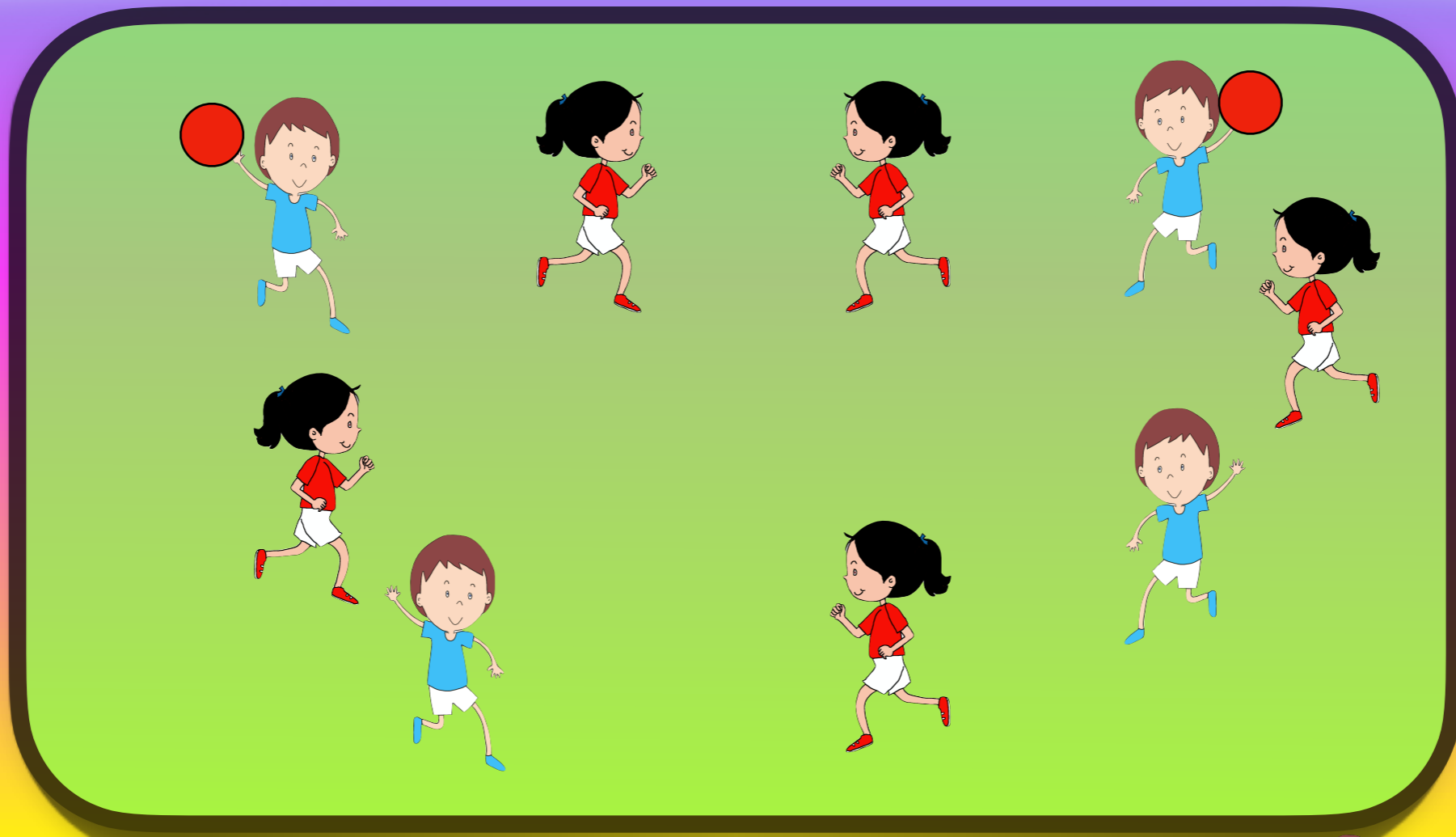
Cones



Hula Hoops

Setup area as shown. Split class into 4-6 even groups. The aim is to race out and collect as many beanbags as possible from the end (safe) zone. The throwers aim to hit runners below the waist, if a throw hits a runner they head back to their group and tag the next person in line who races out and tries to collect a beanbag. Any runners that have a beanbag and get hit on the way back must throw/place the beanbag back into the end (safe) zone. The team that collects the most are the winners. Tip: have more throwers to make it harder or or less to make it easier. This game is best played indoors with walls. If you play outside you can have 'collectors' on the side lines who throw the balls back in or try to hit runners as well but they cannot move into the field of play.

TAG BALL TURBO



Setup



Foam Balls (For Tagging Team)



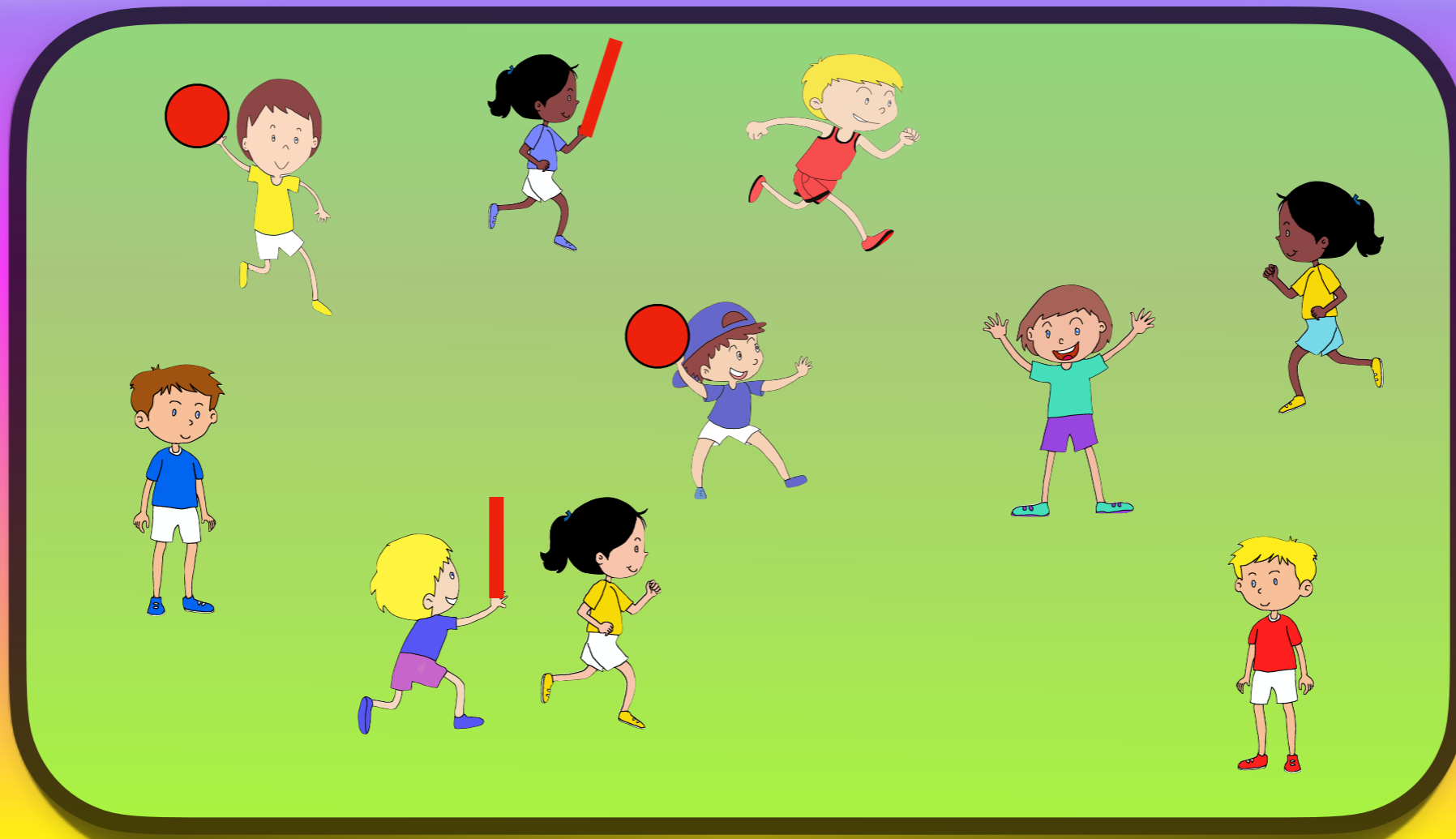
= dodgers



= taggers

In this game there are two teams. The 'Taggers' and the 'Dodgers'. The aim of the taggers is to tag a student with a ball in hand. The aim for the dodgers is to dodge the taggers for as long as possible. Taggers cannot run with the ball but can run without the ball to call for a pass to tag a 'dodger' (emphasise moving without the ball) After 3 tags teams switch roles. To make it easier to tag have more balls and a smaller playing area. To make it easier to dodge have less balls and a larger playing area.

TAG BALL



Setup



1 x Tall Cone each



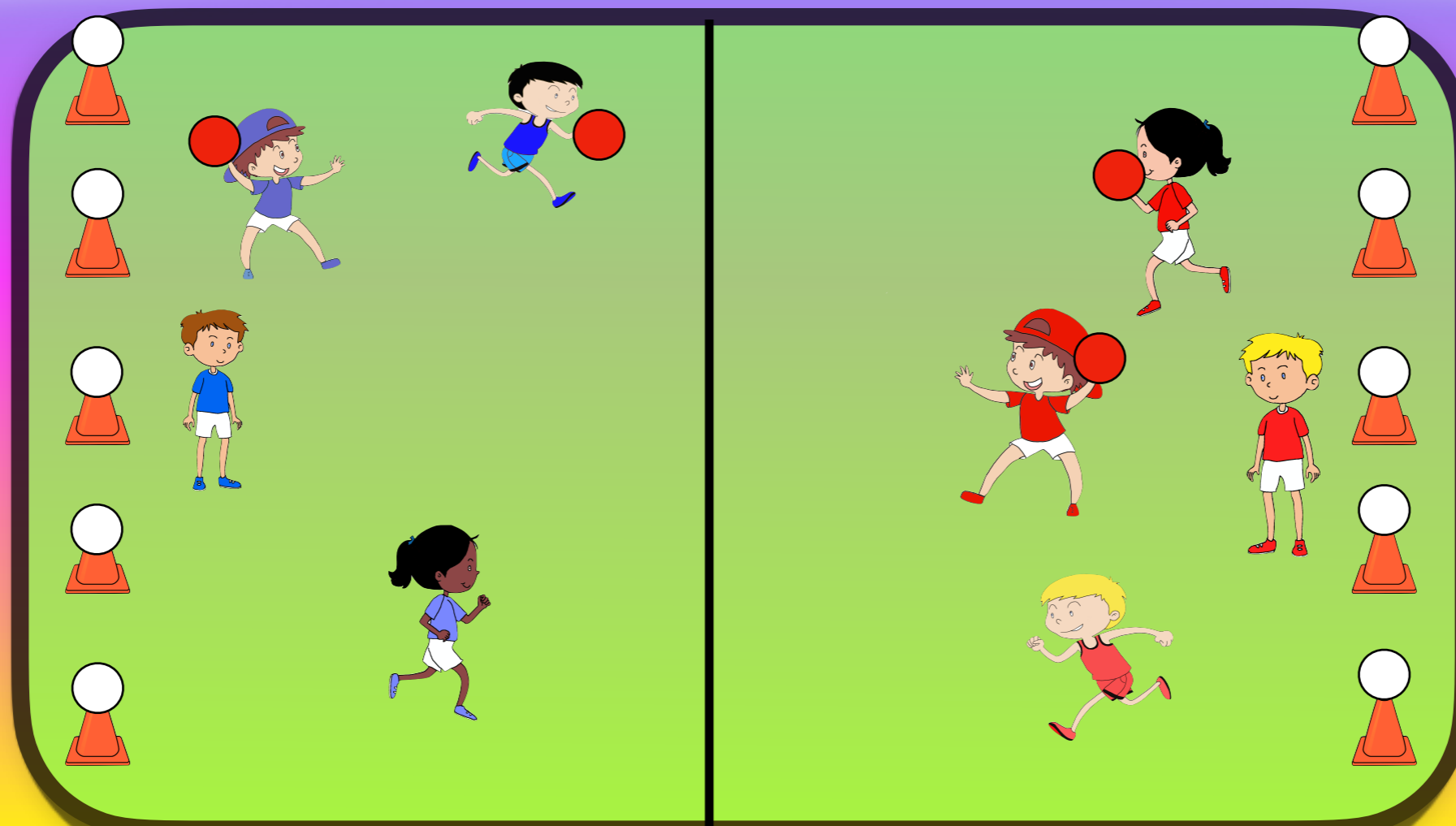
Foam Balls (For Throwers)



Pool Noodles for taggers

In this game taggers try to tag students with pool noodles. If tagged a student must stand still and call for the ball from one of the 'throwers'. If caught the player is released (and is the new thrower) and both catcher and thrower score a point. If dropped, the tagged person still becomes the new thrower but no point is scored for either student. Rule: Throwers cannot run with the ball. Mix up the roles of student regulars and add one taggers and throwers if needed. Make sure students are not getting tagged on purpose, if so no points awarded. If a student is not tagged through entire game (10 points) is awarded.

PiNBALL



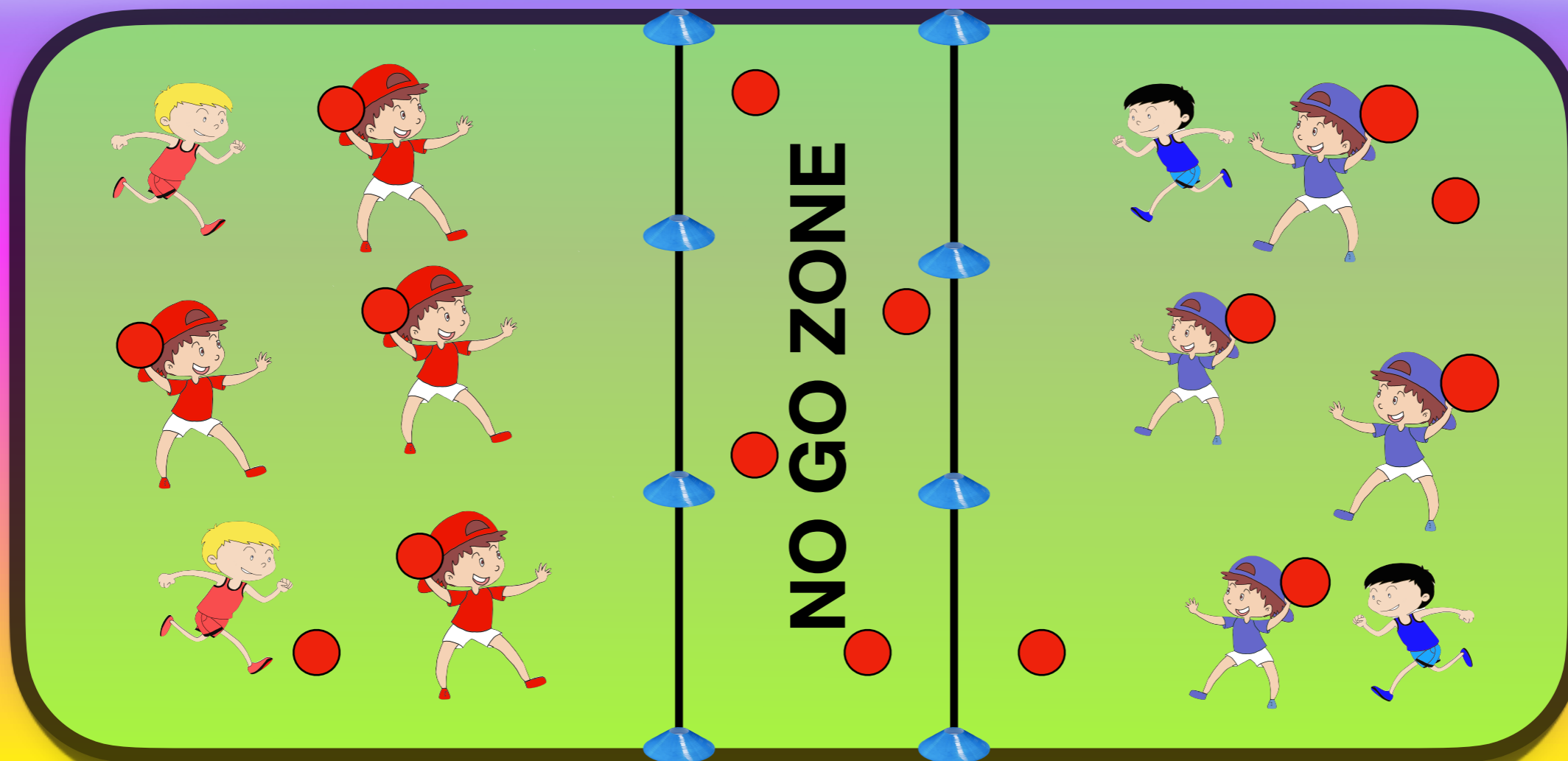
Setup

● ● Dodgeballs

Setup area as shown. This game is best played indoors. This game is a variation on dodgeball. Normal dodgeball rules apply. Players aim to throw the ball at the opposition, if they are hit they below the waist they are out and do not come back in until a teammate catches the ball or the teachers says 'everyone back in'. if hit in the head students are not out unless they duck into an otherwise good throw. Students may also try and knock the balls of the oppositions 'pins' at the end of their zone. A ball that is knocked off cannot be placed back on. The winning team is the team that knocks down all balls of the oppositions pins.

Students may protect the pins but if they are hit, and don't catch the ball, they are out. Progression: Choose one 'pinkeeper' who is the only one allowed to block the pins (if they are hit they are not out), mark off this area and nobody else is allowed into the zone.

BATTLESHIPS



Setup



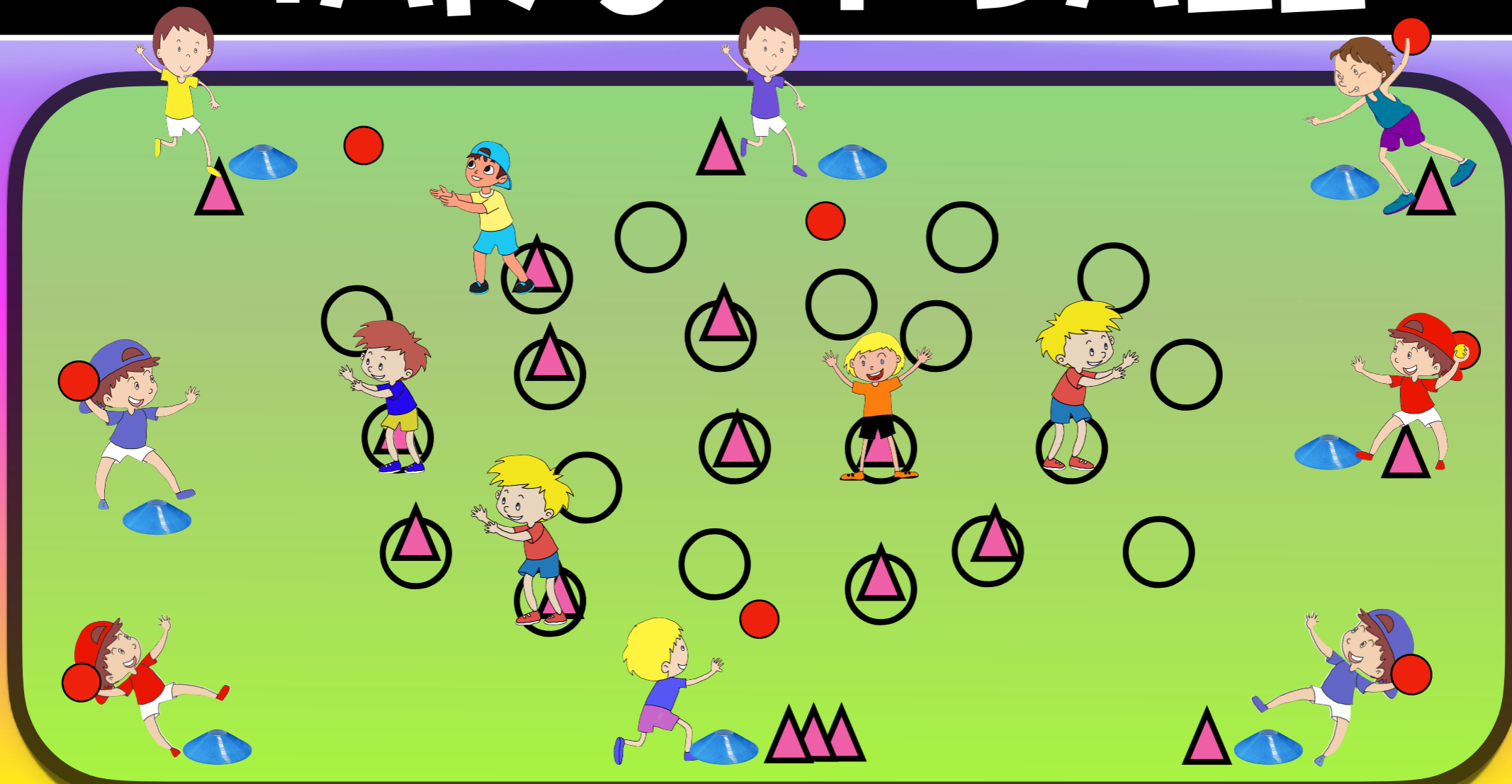
Dodgeballs / Foam Balls / Soccer Balls




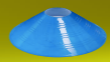

Cones

Make a large playing area with a no go zone that is approximately 5-10 metres wide. In this game you can play it as a throwing game with dodgeballs or a kicking game with soccer balls. The aim of the game on the teachers call is to throw/kick balls into the opposing teams side (ship). Any balls that are kicked 'overboard' (out of bounds) or are caught between the two ships cannot be collected. The team that has the least amount of balls on their ship wins (teacher determines time limit). Students cannot cross over to the other teams ship.

TARGET BALL

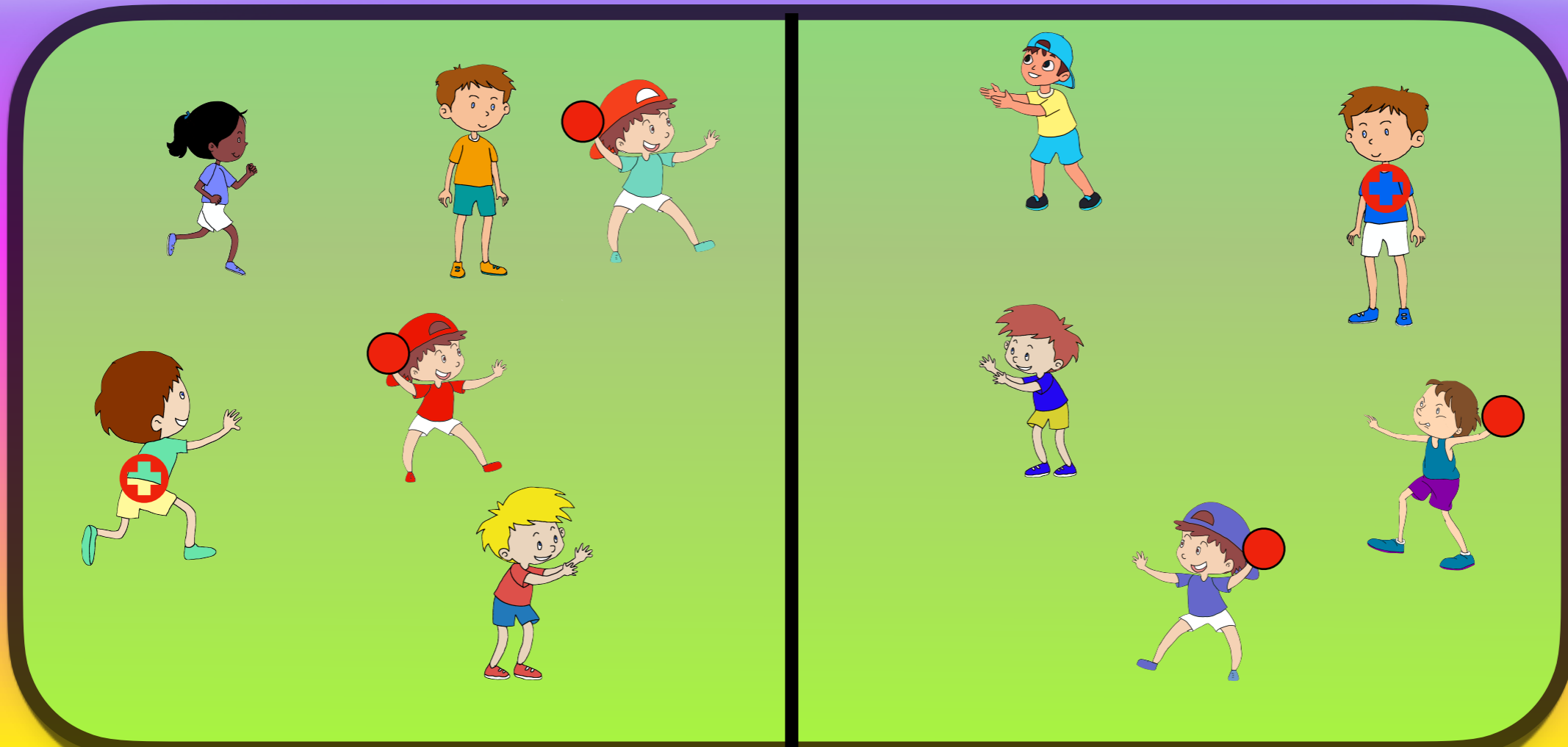


Setup

-  Dodgeballs / Foam Balls / Tennis balls
-  Cones
-  Tall Cones
-  Hula Hoops

Setup area as shown with hula hoops scattered around the playing area. Students find a partner and stand behind a blue throwing cone. The object of this game is to collect as many tall Cones as possible. On teachers command one of the students from each pair races out and stands inside a hula hoop. Their partner aims to throw them a ball so they can successfully catch the ball with at least one foot inside the hoop. If successful, they bring the tall Cone inside that hoop back to their throwing area. If dropped or an inaccurate catch, they collect the ball and switch with their partner. The winning group is the one with the most tall Cones at the end of the game. Variation: Extend or shorten playing area, use larger or smaller balls, only two feet inside for a successful catch.

DOCTOR DODGE



Setup



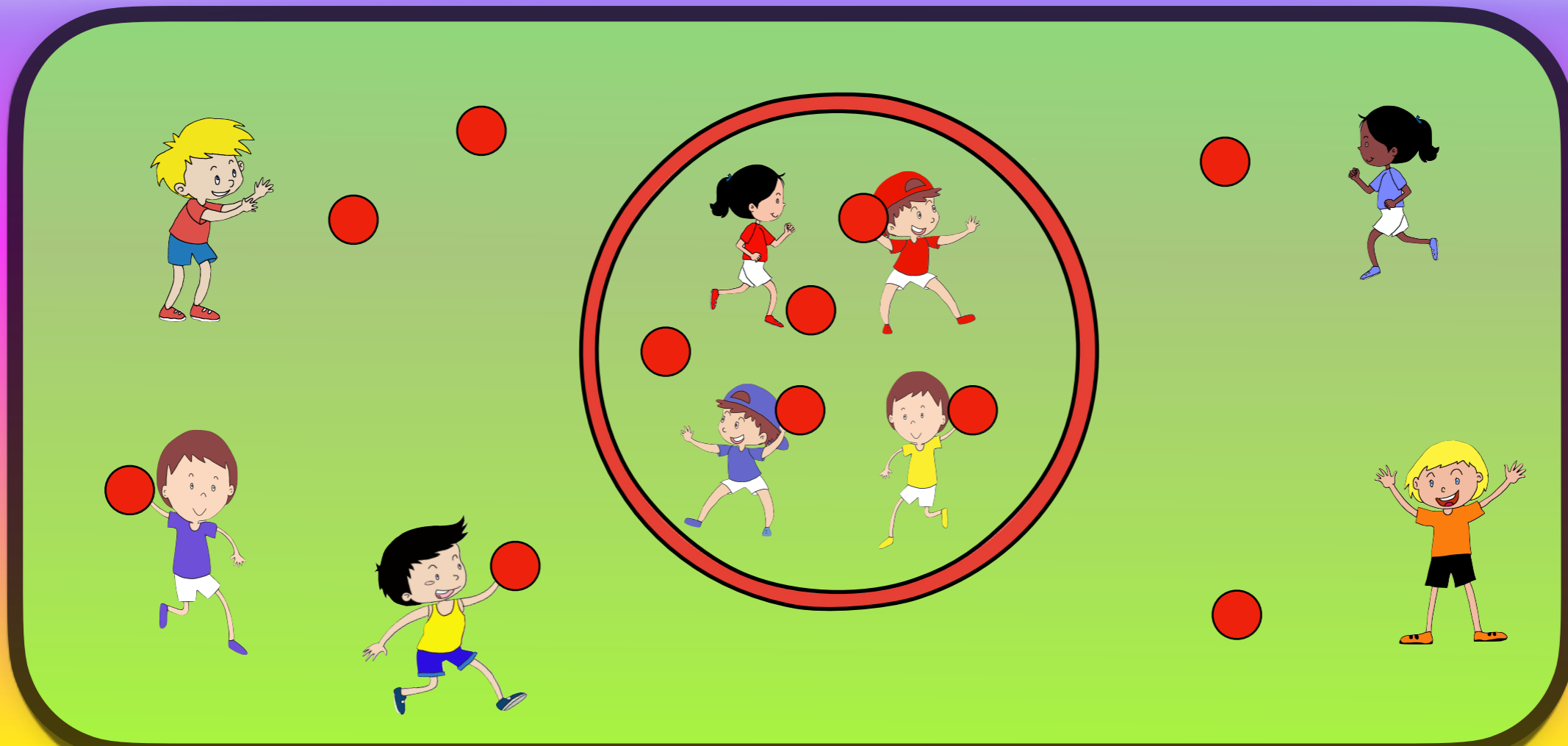
Dodgeballs



Indicates the 'Doctor'

Setup dodgeball area with normal dodgeball rules. In this game there is one 'doctor' for each team. Split into two teams and have students huddle to nominate a 'doctor'. If a student is hit below the shoulders they are 'wounded' and kneel/ They can still be involved in the game as a thrower and catcher but they cannot run around. If the doctor from their team tags them on the shoulder they are now 'treated' and are back in the game as per normal. If the Doctor is hit, they kneel and can no longer 'treat' others on their team. The winning team is the team that can get all of the other team 'wounded' and kneeling.

CLEAR THE decks



Setup



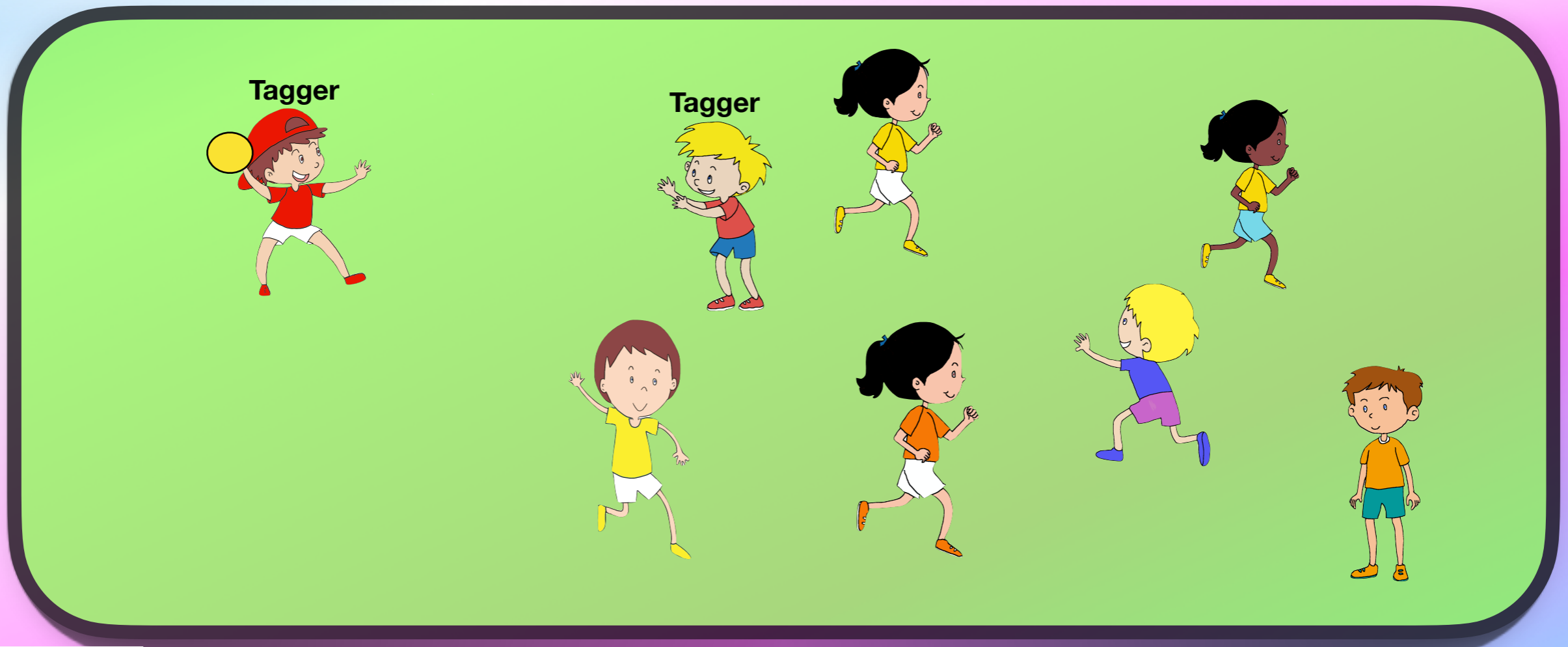
Large circle area



Dodgeballs/ Beanbags, Tennis balls

Setup large playing area with a large inner circle and a large outer area. The inner circle is called the 'deck' and the large outer circle is called the 'water'. Choose 6 or so students to start on the 'deck'. The aim of this game is for students on the deck to throw all dodgeballs / tennis balls / beanbags etc out into the water and clear their deck. The students in the water are called 'sharks' and collect the balls and race or roll them back to the deck. This is a continuous game, give everyone a chance to be on the deck.

BALL TAG



Setup



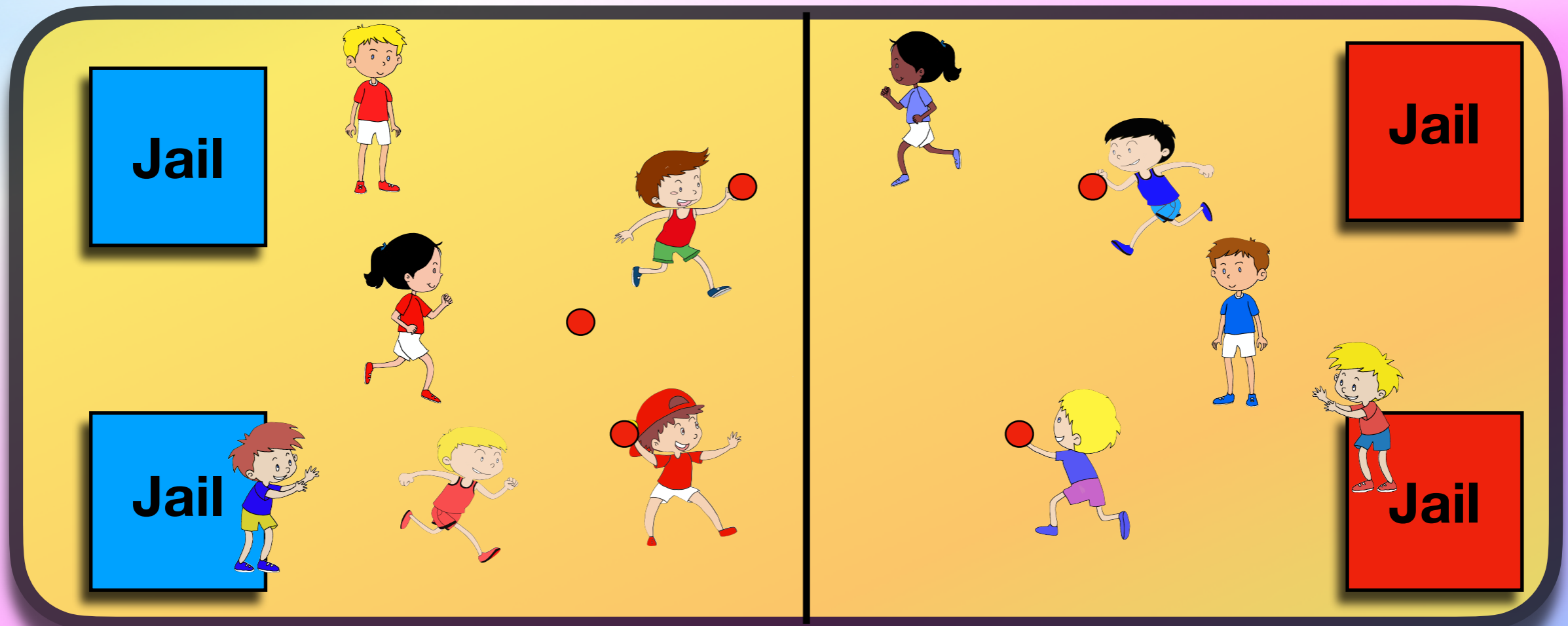
Dodgeball/s



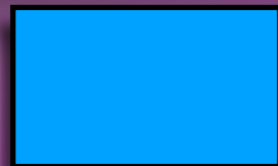
Pinnies/Bibs

1. This game can be played indoors or outdoors.
2. This is chasing and fleeing type game.
3. Choose two students to be taggers who start with a dodgeball and pinnies/bibs. The aim is for the taggers to 'tag' (ball in hand) the dodgers. If a dodger is tagged they become part of the 'tagging team' and put on a pinnie/bib
4. Taggers cannot run with the ball (pivoting is allowed), they can only run without the ball.
5. Taggers cannot throw the ball at a dodger, they need to tag them anywhere below the shoulder with the ball
6. Progressions: Increase or decrease the playing area, add more balls, start with a 4-5 taggers.

WAR BALL



Setup



4-6 x large mats or Cones

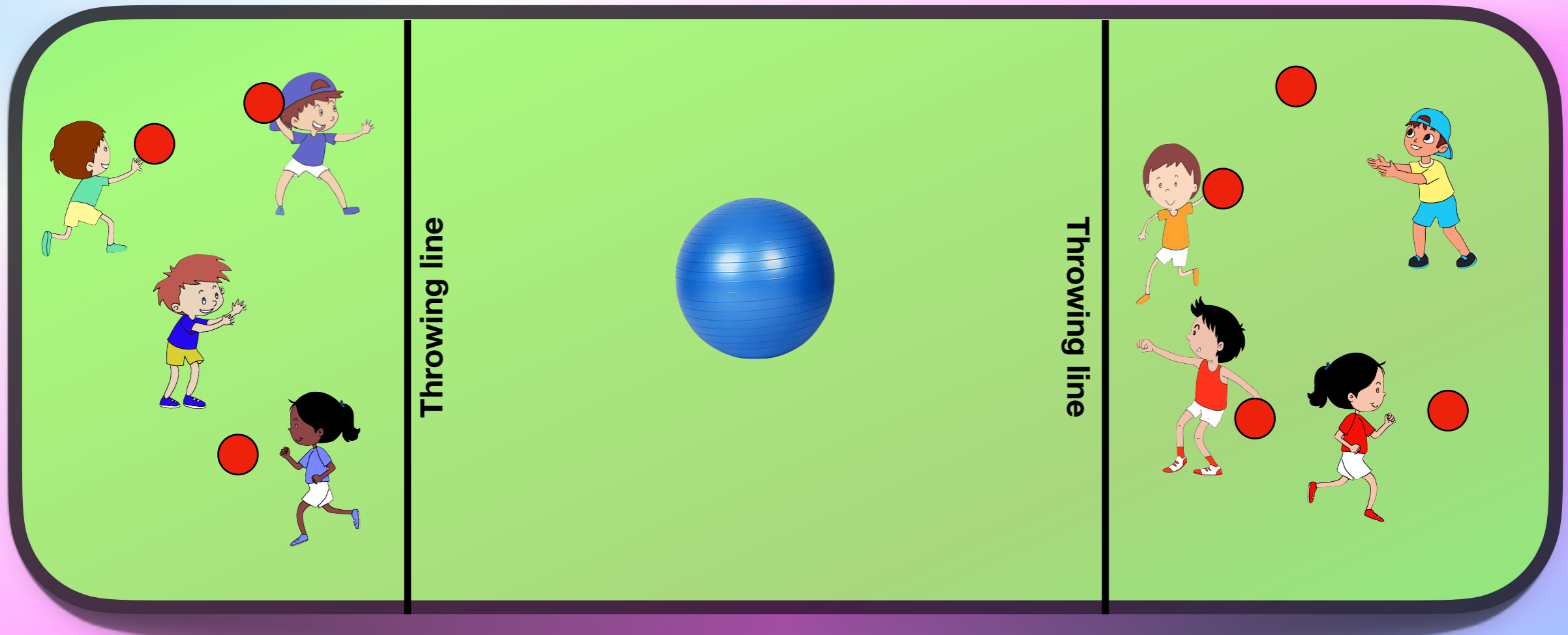


Dodgeballs

1. This game is best played indoors with walls, setup as shown
2. Split group into 2 even teams.
3. The aim is to throw a ball at opposition team. If a student is hit below the shoulders, or if their throw is caught, they go to 'jail' on the opposite side. Once in jail you can only escape and head back if you catch a ball thrown from your team mates. When heading back to the their team a player cannot be hit with a ball. All other dodgeball rules apply. To win: Send all opponents to jail at same time.

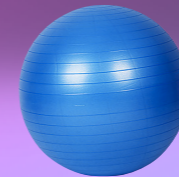
Progression: Add 2 large mats on each side that each teams use a blocker, only team people can hold it up at a time, if they are hit they have 5 seconds to call someone else to hold it If at any time a mat hits the ground the other team wins (students have to communicate).

MONSTER BALL



Setup

 6-8 Dodgeballs, Tennis balls or similar

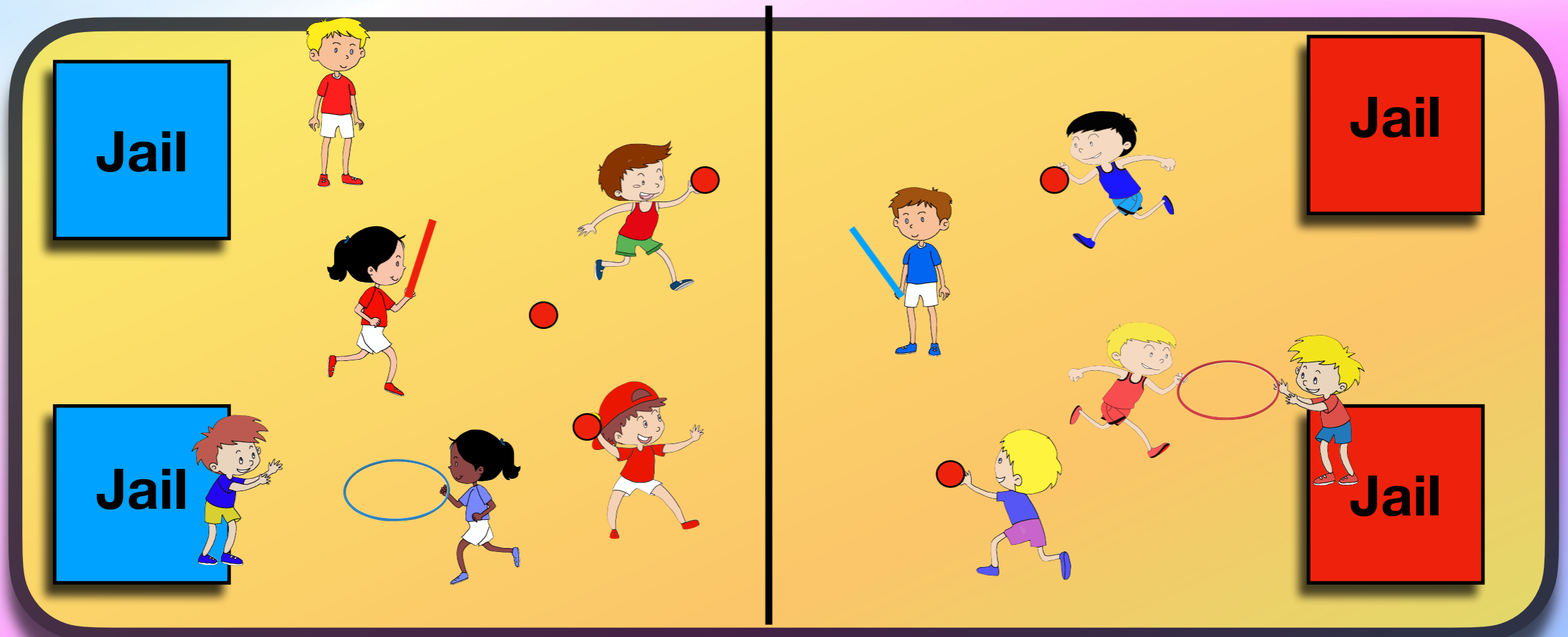


1 or more fitball/exercise balls

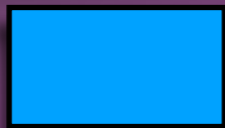
1. Split group into two teams
2. The object is to throw the dodgeballs or (other kind of ball) at the fitball/fitballs to bump it across the other teams throwing line.
3. No teams can collect balls stuck in the middle (teacher clears)
4. Overarm or underarm throws are permitted.

Progression: Use more throwing balls, move the throwing line further away or closer, add more fitballs.

JAIL BREAK



Setup



4 x large mats or Cones



Dodgeballs



Pool Noodles



Hula Hoops

1. This game is best played indoors with walls, setup as shown
 2. Split group into 2 even teams.
 3. The aim is to throw a ball at opposition team. If a student is hit below the shoulders, or if their throw is caught, they go to 'jail' on the opposite side. Once in jail you can only escape and head back if you catch a ball thrown from your team mates or someone rescues you by running across and collecting you with a hula hoop. Once rescued you can head back unimpeded to your side.
 4. Designate 1 or 2 people to be taggers per team who have a pool noodle each.. They can throw and also tag any opponents who try and cross over and perform a rescue. Once tagged, players must head back to their own side.
 5. All other dodgeball rules apply. To win: Send all opponents to jail at same time.
- Progression: Add more mats as jails for both sides