



Dodge Ball

***Aim:** How to play Dodge Ball*

***You will need:** Up to ten players or more, five or six soft balls and some cones!*

Method :

***Step 1.** Pick two captains and let each captain pick a player until all the players are picked on a team!!*

***Step 2 .** Put a line of cones across the floor so that both teams are separated.*

***Step 3.** Put each ball you have on top of a cone and get each team to stand as far back as they can , making sure that both teams are a fair distance away from the cones!!*

***Step 4.** The aim of the game is to knock out the other players by hitting them with a ball below their waist..!*

***Step 5.** If you do happen to get hit by a ball you are out and you must stand to the side but if someone on your team catches the ball without it bouncing you are back in the game.*

Step 6. If someone tries to hit you with the ball and it hits you above your waist then it doesn't count and you are not out!

Step 7. Last person or team standing wins!!

Test: If you have followed these instructions correctly you should have a blast of a time.