

The PE Shed



Sport Themed Game: Secret Agent Dodgeball

Recommended Age Range: Grade 2 - Grade 10

Focus: Movement, agility, coordination, throwing, dodging, catching, teamwork and communication.

Equipment	Setting Up	Description	Further opportunities
Soft Dodgeballs Bibs (2 colours) Spots/Cones	Place a middle line of cones or spots through the playing area. Place soft dodgeballs down the middle line. Suggested 2-5 balls. Divide the students into 2 equal teams. All players must start touching the end blue line or wall. Select a 'Secret Agent' for each team - Make sure the other team don't know.	Each team is aiming to catch all of the opposing team by throwing soft dodgeballs at them below the shoulders. Students must not cross the middle line, unless they have been caught. Caught players must sit on the side on a bench or against a wall. There are 2 ways to get freed: 1. The secret agent must safely give them a high 5. 2. Another student can catch a ball and can choose to save 1 person. If the Secret Agent gets caught, they are out. The team with the most players left in the game at the end of the time is the winning team.	Differentiation Easier - Increase the number of secret agents Harder - Only allow 1 secret agent to save. Variations: - Add in a target on the wall. If the target is hit by a team they save the whole team.

Secret Agent Dodgeball

Aim:
To improve overarm throwing by hitting targets.

Rules:

- Two teams are separated by a middle line. You cannot cross this line. Crossing = Caught
- A secret agent is selected on each team.
- Players from each team must throw the soft dodgeballs and try to hit an opposing player under the shoulders.
- If a player is caught, they must sit on the side on a bench or against the wall.
- A secret agent can free players on their team by giving them a high 5. Players can also be saved by a teammate catching the ball.
- If the secret agent is caught, they are out of the game.
- The team with the most players left in the game at the end of the time is the winning team.