

# The PE Shed



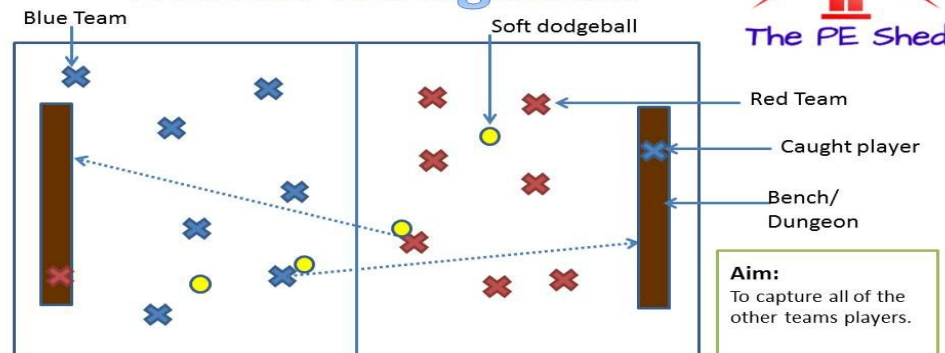
**Sport Themed Game:** Bench Dodgeball

**Recommended Age Range:** Grade 2 - Grade 10

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

Equipment	Setting Up	Description	Further opportunities
Benches Soft Dodgeballs Bibs (2 colours) Spots/Cones	Place a middle line of cones or spots through the playing area.  Set up two benches. One at the end of each teams zone.  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.	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 cross the middle line and stand on the dungeon (bench).  To get freed from a bench, a teammate must throw a ball to them (without bouncing) and catch it.  A catch allows them to walk safely back to their zone.	<b>Differentiation</b> Easier - Move the benches closer to the middle. - Allow balls to bounce once before catching  Harder - Move the benches further away from the middle - Introduce a throwing line further back for specific students.  <b>Variations:</b> - Add in a target on the wall. If the target is hit by a team they save the whole team. - Add a Goldenball. When this ball is introduced, it can knock a whole team out.

## Bench Dodgeball



### Rules:

- Two teams are separated by a middle line. You cannot cross this line unless you get caught. Crossing = Caught
- 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 go and stand in (on) the dungeon (bench) in the other teams half.
- To get freed, a player from their team must throw a ball to them without it bouncing.
- A catch on the bench means they can walk safely back into their teams zone.
- The team with the most players on the bench at the end is the losing team.