



Shropshire and Telford & Wrekin Virtual School Games

DODGEBALL

Achieve the challenge: Complete the 2 Dodgeball Challenges and record your results

HOW TO PLAY

Challenge 1: Target Throw

The challenger throws a tennis ball at the wall from a 5M distance trying to hit circular targets. 1 point is achieved for hitting a 60cm diameter target, 3 points for a 45cm diameter target and 5 points for a 30cm diameter target. After each throw the challenger must retrieve the ball and shuffle backwards to the start line whilst still facing the wall.

How many points can you score in 30 seconds?

Challenge 2: Catch me if you can

The challenger throws a tennis ball at the wall from a 5m distance. He/she is allowed to move forward once the ball has been thrown to try and judge where the ball will land and catch it before it touching the ground. Every successful catch is worth 1 point. After every throw you must retreat to the start line whilst still facing the wall. How many points can you score in 30 seconds?

EQUIPMENT:

Tennis ball or similar ball | Measuring Tape | Stopwatch | Chalk



VIDEO LINK:

<https://youtu.be/3iYg3Ait1eE>

Challenge 1

<https://youtu.be/pHltrVdEK08>

Challenge 2

#Dodgeball Challenge





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DODGEBALL

SAFETY:

Ensure you have enough space
Be aware of your surroundings and remove anything breakable

CHANGE IT UP:

Use a smaller object to test your hand and eye co-ordination
Move the 5m target closer or further away.

KEY SKILLS:

Catching—Throwing—Footwork—Speed—
Accuracy—Concentration

SPIRIT OF THE GAMES:

During the #DodgeballChallenge we hope to see the following School Games Values on show



| Challenge | Score |
|-----------------------|-------|
| Target Throw | |
| Catch me if you can | |
| Total of 2 challenges | |

#VirtualSTWSchoolGames



#DodgeballChallenge

