

FOLLOW US: @KINETICKIDSACADEMY



Lesson Element	Details
Game Name	Doctor Dodgeball
Recommended Age	Year 4 - Year 12
Focus	Movement, teamwork, strategy, throwing, catching, dodging
Equipment	- Dodgeballs (soft, foam or rubber) Bands or markers to identify Doctors Cones to mark boundaries
Setting Up	- Divide the playing area into two equal halves with cones. Assign equal numbers of dodgeballs to both teams.
Game Description	- Divide students into two teams. Each team chooses a 'Doctor', identified by a band or marker. Players aim to hit opponents with the ball below the shoulders. If a player is hit, they sit down in their spot. The Doctor can revive sitting players by tagging them, but if the Doctor is hit, they cannot revive themselves. The game ends when all players of a team are out, or at a set time limit.
Rules	1. Players must stay within their half of the court. 2. Hits are only valid below the shoulders. 3. Doctors revive players by tagging them. 4. If a Doctor is hit, they cannot revive themselves. 5. Catching a ball thrown by an opponent eliminates the thrower and allows one out player to rejoin. 6. The game continues until one team is entirely out or time expires.
Further Opportunities	- Discuss the importance of strategic positioning and movement. Encourage teamwork and communication among players. Incorporate a discussion on the importance of roles in a team.
Differentiation	Easier: Allow two Doctors per team. Use softer dodgeballs. Harder: Limit the number of revives by a Doctor. Increase the size of the teams.
Variations	- Stealth Doctor: The Doctor's identity is kept secret. Multiple Doctors: More than one Doctor per team, adding complexity. Rescue Mission: Doctors can rescue players from the opposing team's side at higher risk.
Safety Considerations	- Ensure all students understand the importance of not aiming above the shoulders. Use appropriate dodgeballs to minimize the risk of injury. Closely monitor the game to maintain a fair and safe environment.

www.kinetickidsacademy.co.uk