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Lesson Element	Details
Game Name	Four Quadrant Dodgeball: Four Teams, Four Times the Fun
Recommended Age	Year 4 - Year 12
Focus	Movement, teamwork, spatial awareness, strategy, throwing, catching, dodging
Equipment	- Dodgeballs (soft, foam or rubber)- Cones or markers to divide the playing area into four quadrants
Setting Up	- Use cones or markers to divide a large playing area into four equal quadrants.- Distribute an equal number of dodgeballs in each quadrant.
Game Description	- Divide students into four teams, with each team occupying one quadrant.- Teams compete simultaneously, aiming to hit players in adjacent quadrants with dodgeballs.- Players hit by a ball are out and must wait outside their quadrant.- The game continues until a set time limit, or until one team remains with players in their quadrant.
Rules	1. Players must stay within their assigned quadrant.2. Hits are only valid below the shoulders.3. Players can only throw balls into adjacent quadrants, not diagonally across.4. Players hit by a dodgeball are out for the remainder of the game.5. Catching a ball thrown from an adjacent quadrant eliminates the thrower and revives one out teammate.6. No headshots allowed; players aiming above the shoulders are warned or removed from the game.
Further Opportunities	- Encourage strategic collaboration within teams.- Teach the importance of spatial awareness in a dynamic environment.- Incorporate exercises that enhance agility and quick reflexes.
Differentiation	Easier:- Use softer balls or decrease the size of each quadrant. Harder:- Allow throws across diagonally opposite quadrants.- Increase the speed of play with more dodgeballs.
Variations	- Alliance Quadrants: Allow temporary alliances between teams.- Rotating Quadrants: Rotate teams between quadrants at intervals.- Special Dodgeballs: Introduce balls with special rules (e.g., freeze ball, double-hit ball).
Safety Considerations	- Ensure all students understand and adhere to the rule of not aiming above the shoulders.- Use appropriate, soft dodgeballs to minimize the risk of injury.- Monitor the game closely to maintain a fair and safe environment.