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Lesson Element	Details
Game Name	Coordination Game: The Gauntlet Run
Recommended Age	Year 1 - Year 8
Focus	Movement, coordination, overarm throw, dodging, and speed
Equipment	- Hoops- Soft Dodgeballs
Setting Up	- Place 6 hoops (castles) around the edge of the playing area.- Place a cannonball (soft dodgeball) in each castle.
Game Description	- 6 students (or as many castles as you choose) are chosen as knights. They stand inside the hoops (castles) with their cannonballs.- Knights throw their cannonballs at anyone trying to invade their land, but only from within the castle (inside the hoops).- Knights may leave the castle to retrieve cannonballs.- The enemy (other students) tries to cross the kingdom without getting hit by a cannonball (below the shoulders). Once they reach the other side, they are safe.- Students hit by a cannonball join the castle that hit them, becoming knights for that castle.- The game repeats until all enemies are caught.
Further Opportunities	- Encourage strategic movement and teamwork.- Discuss the importance of accuracy in throwing.- Highlight the role of speed and agility in dodging.
Differentiation	Easier:- Move castles closer to the middle. Harder:- Move castles further from the middle.- Throw with non-preferred arm.
Variations	- Allow students to move the positions of the castles.- Have the castles as teams, where they can also try to hit knights in other castles.