



**FOLLOW US: @KINETICKIDSACADEMY**



Lesson Element	Details
Game Name	Jedi Dodgeball: Embracing the Force
Recommended Age	Year 4 - Year 12
Focus	Movement, reflexes, hand-eye coordination, teamwork, strategy
Equipment	- Dodgeballs (soft, foam or rubber)- Foam swords or similar items to represent lightsabres- Cones to mark boundaries
Setting Up	- Divide the playing area into two equal halves with cones.- Assign each team a 'Jedi' who is given a foam sword.
Game Description	- Divide students into two teams.- Each team selects a 'Jedi', who can use their foam sword to block dodgeballs.- The game is played like traditional dodgeball, but with the addition of the Jedi role.- If a Jedi is hit by a ball, they become a regular player and pass on the foam sword to another teammate.- The game ends when one team has all players eliminated, or at a set time limit.
Rules	1. Jedi can use foam swords to deflect dodgeballs.2. Hits are only valid below the shoulders.3. If a Jedi is hit, they must pass the foam sword to another teammate.4. Players hit by a dodgeball are out for the remainder of the game.5. Catching a ball thrown by an opponent 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 creative strategies using the Jedi role.- Teach the importance of quick decision-making and reflexes.- Incorporate Jedi-themed exercises to enhance the thematic experience.
Differentiation	<b>Easier:</b> - Allow two Jedies per team.- Use softer dodgeballs. <b>Harder:</b> - Limit the number of times a player can be a Jedi.- Increase the speed and number of dodgeballs in play.
Variations	- <b>Multiple Jedies:</b> Each team has more than one Jedi.- <b>Jedi Duel:</b> Periodically, Jedies can duel each other in a designated area.- <b>Special Powers:</b> Assign different abilities to Jedies, like freezing a player or reviving multiple teammates.
Safety Considerations	- Ensure foam swords are safe and soft to prevent injury.- Monitor the game closely to maintain a fair and playful environment.- Provide clear instructions on the safe use of foam swords.

**[www.kinetickidsacademy.co.uk](http://www.kinetickidsacademy.co.uk)**