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Lesson Element	Details
Game Name	Prison Ball
Recommended Age	Year 4 - Year 12
Focus	Movement, strategy, throwing, catching, dodging, teamwork
Equipment	- Dodgeballs (soft, foam or rubber) Cones to mark boundaries and prison areas
Setting Up	- Divide the playing area into two equal halves with cones. Establish 'prison' areas in each corner of the playing field.
Game Description	- Divide students into two teams, each occupying a half of the court. Players try to hit opponents with the ball below the shoulders. If a player is hit, they go to the prison area in the opponent's field. Prisoners can be freed by a teammate who throws a ball from their side of the field for them to catch. The game ends when all players of a team are in prison or at a set time limit.
Rules	1. Players must stay within their half of the court, except for retrieving balls. 2. Hits are only valid below the shoulders. 3. Players hit by a dodgeball go to the prison area in the opponent's field. 4. Prisoners can be freed by catching a ball thrown by a teammate. 5. No headshots allowed; players aiming above the shoulders are warned or removed from the game. 6. The game ends when one team has all opponents in prison or when time expires.
Further Opportunities	- Encourage players to develop strategies for freeing teammates. Discuss the importance of accuracy in throwing. Focus on teamwork and coordination in rescuing prisoners.
Differentiation	Easier: Allow multiple catches for prisoner releases. Harder: Limit the number of prisoner releases. Increase the distance for throwing to prisons.
Variations	- Stealth Rescue: Teammates can attempt to sneak into the prison to tag out prisoners. Multiple Balls: Use more dodgeballs for increased game intensity. Special Roles: Assign specific roles (e.g., guards who can protect the prison area).
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. Closely monitor the game to maintain a fair and safe environment.