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Lesson Element	Details
Game Name	Silent Ball: The Quiet Game of Dodgeball
Recommended Age	Year 3 - Year 8
Focus	Non-verbal communication, movement, alertness, dodging, and catching
Equipment	- Dodgeballs (soft, foam or rubber)- Cones or markers to define boundaries
Setting Up	- Use cones to mark a large circular or square playing area.- Distribute a few dodgeballs around the playing area.
Game Description	- All players start inside the playing area and must remain silent throughout the game.- Players gently throw dodgeballs to each other, trying to catch others off guard.- If a player makes a noise, fails to catch a ball, or throws it too hard, they sit out for the remainder of the round.- The last remaining silent player is the winner.
Rules	1. Complete silence must be maintained throughout the game.2. Balls must be thrown gently and below the shoulders.3. Players must try to catch any ball thrown to them.4. Players are out if they make noise, fail to catch a ball, or throw it too hard.5. The last player remaining who adheres to all rules is the winner.
Further Opportunities	- Enhance students' awareness and concentration skills.- Encourage players to use non-verbal cues and strategies.- Teach the value of mindfulness and focus in physical activity.
Differentiation	Easier :- Allow softer throws and easier catches.- Permit minimal non-verbal communication. Harder :- Increase the number of balls in play.- Restrict any form of non-verbal communication.
Variations	- Shadow Silent Ball : Players must mimic the movements of the thrower.- Freeze Silent Ball : When a player catches a ball, everyone else must freeze until the ball is thrown again.- Blind Silent Ball : Players close their eyes and rely on spatial awareness (for advanced players and in a safe environment).
Safety Considerations	- Ensure all throws are gentle to prevent injury.- Monitor the players closely to maintain a safe and silent environment.- Provide clear boundaries to prevent players from wandering outside the play area.