



A-Z School Games Challenge

D – Dodgeball

Challenge – Balance Catch

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using #StayInWorkOut #StayHomeGetActive and tag @CWSchoolSport @YourSchoolGames



Our DodgeFive @Home resource gives you a new way to play – in a safe space at home! All you need are some people to join in the fun, a suitable space (we don't want any breakages!) and a dodgeball (get them from our shop [here](#)). These games have been designed to be suitable for those of all ages so get involved and have fun!

GAME 2: BALANCE CATCH



The game:

- ⌚ One thrower and one catcher
- ⌚ When the catcher catches 5 throws, the thrower can add an item which catcher must balance on themselves
- ⌚ Swap once the catcher drops a ball or an item falls off

Things you need:

- ⌚ Dodgeball (Don't have one? Use bundled-up socks instead!)
- ⌚ Items to balance (anything which isn't breakable!)

Make it harder or easier by:

- ⌚ Standing closer or further away
- ⌚ Changing throw speeds
- ⌚ Giving the catcher a life
- ⌚ Giving the catcher harder items to balance

More fun:

- ⌚ Count how many items the catcher can balance at one time. Who can balance the most and still catch a ball?





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HOME ALONE?

GAME 1: THROWING TARGETS

- 👉 Set up targets which you must hit as quickly as possible
- 👉 How quickly can you knock over all targets?

GAME 2: SPIN CATCH

- 👉 Throw a ball high into the air, spin around and catch it
- 👉 How many spin catches can you complete before dropping a ball?

GAME 3: BLOCK UPS

- 👉 Keep one dodgeball in the air by blocking it upwards with another dodgeball
- 👉 How many block ups can you do before dropping the ball?

GAME 4: WALL CATCH

- 👉 Throw a ball against a wall and catch it before it touches the floor
- 👉 How many wall catches can you complete with just your weak hand?

GAME 5: CLAY PIGEON SHOOTING

- 👉 Throw one ball high into the air. Try to hit this moving target with another ball.
- 👉 How many times can you make the hit out of ten attempts?

FUN FACT – A record was set for a dodgeball game with the most players on 25 September 2012 by the University of California, Irvine with 6,084 players.

The longest recorded game of dodgeball was played on April 27–29, 2012, at the Castleton State College in Vermont; it lasted for 41 hr 3 min 17 seconds.

If you have enjoyed this challenge and would like access more dodgeball games and activities follow the [link](#). Alternatively if you'd like to find a Dodgeball club In your area, click [here](#).

FOLLOW, RETWEET, GET INVOLVED!

