



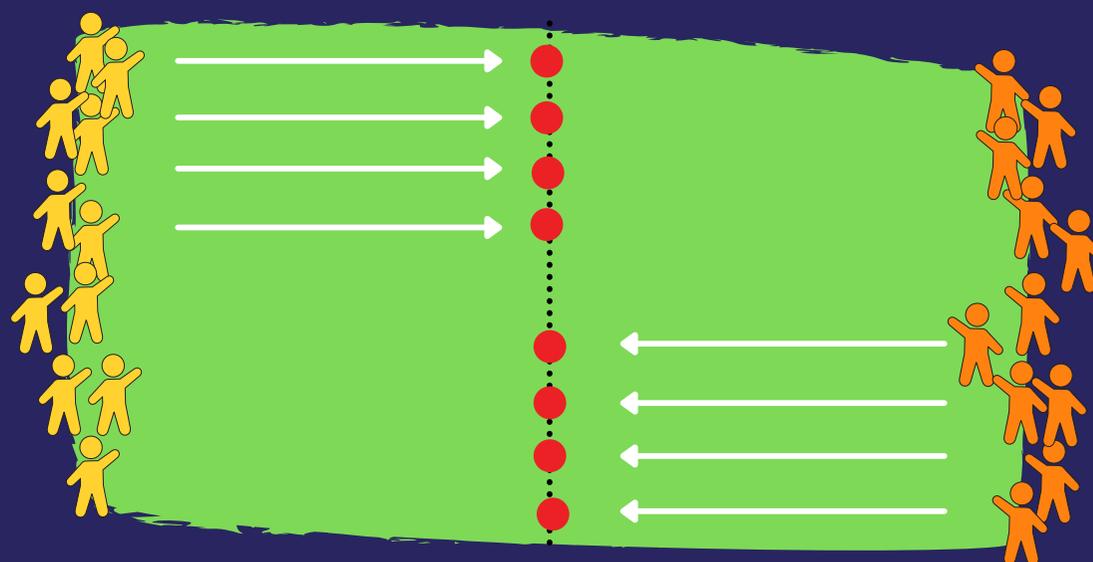
DODGE START

THE AIM OF DODGE START IS TO IMPROVE THE PHYSICAL, SOCIAL, EMOTIONAL AND MENTAL HEALTH OF SCHOOL CHILDREN.



Dodge Start is...

- ✓ 15 Minutes
- ✓ Outside in the Fresh Air
- ✓ Can be done in uniforms
- ✓ Is Social & Fun
- ✓ Requires Limited Equipment & Set Up
- ✓ Encourages children to be aware of their health
- ✓ Is fully inclusive
- ✓ Can be applied to early years settings
- ✓ Played on the school field or playground



EQUIPMENT REQUIRED

8 FOAM DODGEBALLS
A STOPWATCH
THROW DOWN LINES OR
CONES

Aim of the Game

- For your team to score as many points as they can.

The Court

- Use a space in the school playground or school field to mark out your Dodge Start court. A court can be any size but must have a centre line dividing the two halves of the court and the court should not be too big that the children are out of range of the other team.

How to play

- Split the class into 2 even teams.
- Place the 8 dodgeballs on the centre line. The 4 balls on the left side of the centre line are to be retrieved by each team at the start of a game.
- Balls retrieved at the start of a game must be taken to the back of the court before they can be thrown at the opposition.
- Players can move with the balls.
- Players are not allowed to cross the centre line.

Hits & Outs

- For a hit to count a player must be hit directly with a ball from the other team without it bouncing first. The player must be hit below waist height. Each hit scores 1 point for that team.
- 1 person for each team has the job of keeping score for their team. For each point scored they must place a cone on the cone stack for their team. The team with most cones stacked at the end of the game will be the winning team.
- Catches also score points. For a catch to count the ball must have not bounced or hit anything first.
- If a player is out they must sit down for 5 seconds before rejoining the game. Players should count out loud to 5 themselves.

Game Length

- Each game lasts for 5 minutes with 3 games being played in a Dodge Start session.
- Change the players in the teams around after each game.

Think Inclusively

- For players in wheelchairs the wheel must be hit to score a point.
- When hit a player must be still and count out loud to 5 before rejoining the game.