

SPORTS & GAMES · GRADES 3–6

Dodgeball

Lesson plan + rules

Equipment matters

Use SOFT foam dodgeballs — never traditional rubber playground balls (they're too hard and cause injury). 6-8 balls per game. Set up two teams of 6-10 in a hall, with a clear center line.

Core rules

- Six balls in the middle. Teams start at the back wall.
- On 'GO!', children run forward to grab balls.
- Throw to hit opponents **BELOW THE SHOULDER**. Headshots = thrower is out.
- Hit by a ball = **OUT**. Sit down at the side.
- Catch a ball thrown at you = the **THROWER** is out, **AND** one of your team's out players returns.
- No crossing the center line.
- All opponents out = your team wins. Best of 5 games.

Lesson structure

Warm-up (5 min)

Jog round, then partner throw-and-catch with one ball at increasing distance. No dodging yet.

Rules walk-through (5 min)

Show all rules. Walk through one slow-motion round so everyone understands. Designate 'out' line on the side.



Practice game 1 (8 min) First proper game. Teacher referees actively. Stop play and clarify if needed.	Practice games 2-4 (20 min) Best of 5. Kids start to refine strategy — who collects, who throws, who's a catcher.
Cool-down + reflection (5 min) Quick discussion: was the game fair? Did anyone show good sportsmanship? Any rule questions?	

Variation for younger kids

For Grade 1-2: use SPONGE balls only, halve the playing area, and players who get out can come back after 30 seconds. Keeps everyone playing.

