



## Throwing: Dodge Ball

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### Equipment:

Foam ball x4.

### Set-up:

Have a line made with the marking tape next to the pole in center of room and place the 4 foam balls behind the line.

### Description:

This activity will help develop weight shift, lower-upper body separation, and shoulder mobility. The student is throwing the foam balls trying to hit the target player below the waist.

### Instructions:

This activity begins with one student standing behind the marked line with the 4 foam balls, and the other student in front of the hitting net trying to avoid the balls being thrown at them. The student throwing the balls cannot cross the line when throwing and **MUST** aim below the waist of the target. After throwing 4 balls the students switch roles. Every hit scores a point.

### Scoring:

The student that hits the most targets will score a 3. The runner-up scores a 4 and all others in the group score a 5.

