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 the #StayInWorkOut and tag @ThinkActiveCSW

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 themself
- 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?
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- https://britishdodgeball.org/resources/, Alternatively if you’d like to find a Dodgeball club In your area - https://britishdodgeball.org/clubs/#junior-clubs

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