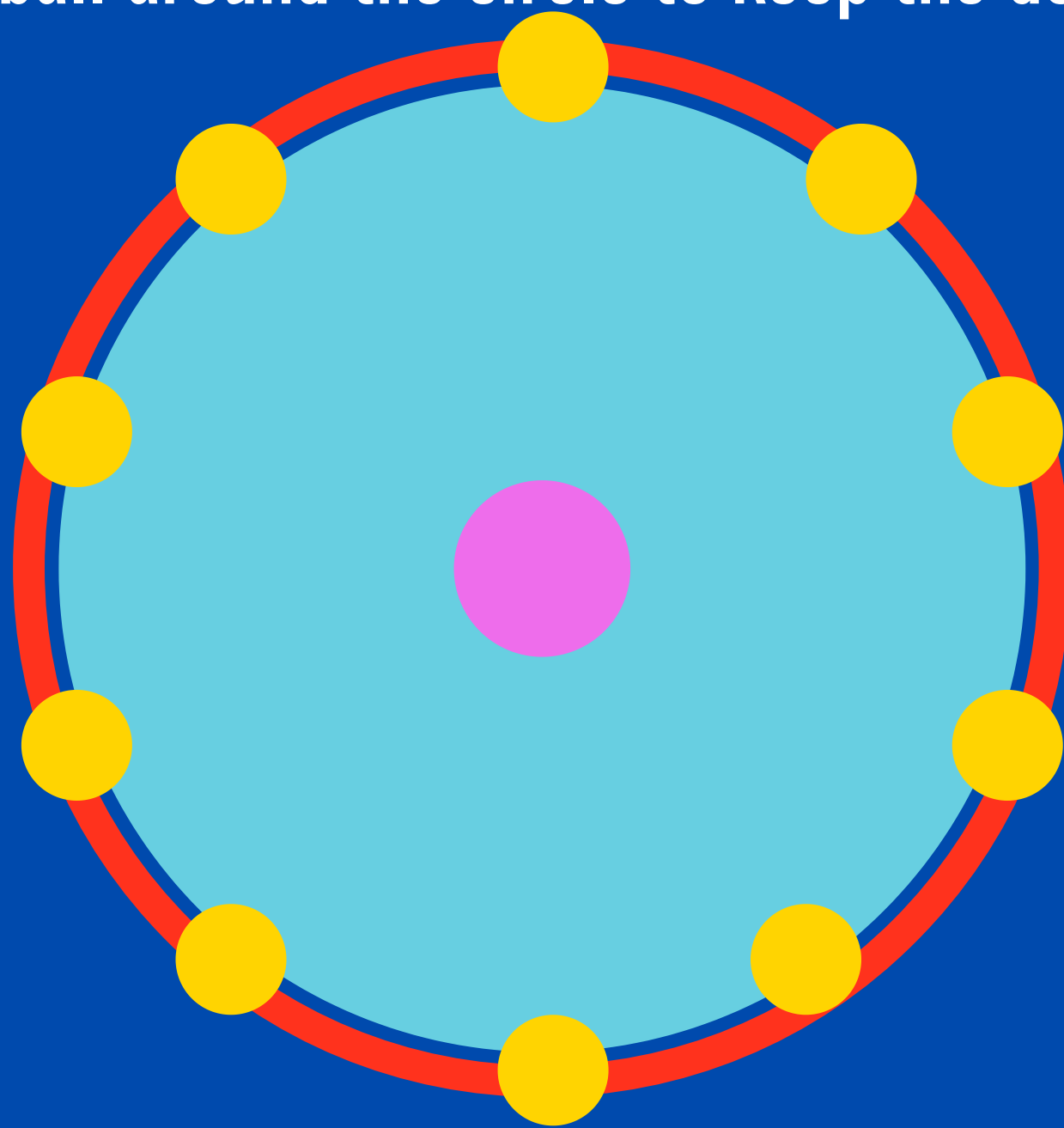


MIND YOUR BACK

A game based on agility and awareness.



Children should be in a circle with one child in the middle of the circle. The child in the middle of the circle is trying to avoid being hit with the ball in the back. Children making the circle are trying to hit the child in the middle. They can pass the ball around the circle to keep the dodgers moving.



PROGRESSION

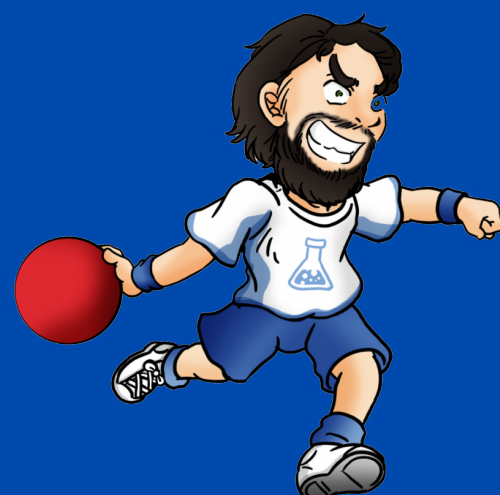
A spot is placed in the middle of the circle, the dodger can move from the spot but **MUST** return to the spot in the middle straight away. They cannot spend longer than 3 seconds off the spot.

TEACHING POINTS

- Stay in the alert position as you move (Knees bent, arms out, eyes scanning, turning to face the ball all the time).
- Move from side to side, try to stay as far from the object as possible.

EQUIPMENT

Dodgeballs
Cones



DIFFERENTIATION

HAPs
Add 2 balls
Make the circle smaller
LAPs
Larger circle
Underarm throws only