



PHYSICAL

STAY ACTIVE

1999-2019

20

YEARS

of Premier
Education

Animal Dodges

Sponsored by British Dodgeball



Overview: A game that improves concentration and leaves children alert, ready and fired up.

Time: 10 minutes.

Equipment required: An open space.

Benefits:

- Can be easily adapted to different age groups and different abilities.
- Very active without needing the space to run around or throw anything.
- Can be used as a physically active memory game.

Preparing:

1. Have the children spaced out throughout the room.
2. Explain that when you call out the name of an animal, they should perform a “dodge” as if they were dodging a ball:
 - Kangaroo = jump up into the air, as if they’re jumping over something.
 - Crab = sidestep quickly – but make sure they’re not bumping into anybody else.
 - Armadillo = duck into a ball, as low as they can go.

Playing:

1. Start by saying each animal as a warm-up to make sure they all understand the movements.
2. Now start to mix up the animals so they can’t predict which is coming next.
4. Let the children rest and then play a different version, in this one, you’ll list several animals in a row and say “GO”. The children then perform the whole sequence from memory!
4. Ask the children to suggest their own ideas for animals and the moments that go with them – remember that they should relate to dodging a ball.