





Shropshire and Telford & Wrekin Virtual School Games



Achieve the challenge: Complete the 2 Dodgeball Challenges and record your results

HOW TO PLAY

Challenge 1: Target Throw

a 30cm diameter target. After each throw the challenger must rediameter target, 3 points for a 45cm diameter target and 5 points for trying to hit circular targets. 1 point is achieved for hitting a 60cm trieve the ball and shuffle backwards to the start line whilst still fac The challenger throws a tennis ball at the wall from a 5M distance

How many points can you score in 30 seconds?

Challenge 2: Catch me if you can

try and judge where the ball will land and catch it before it touching He/she is allowed to move forward once the ball has been thrown to How many points can you score in 30 seconds? throw you must retreat to the start line whilst still facing the wall. the ground. Every successful catch is worth 1 point. After every The challenger throws a tennis ball at the wall from a 5m distance

EQUIPMENT

Tennis ball or similar ball | Measuring Tape | Stopwatch | Chalk



VIDEO LINK:

Challenge 1 https://youtu.be/3jYg3Ait1eE

Challenge 2 https://youtu.be/pHItrVdEK08







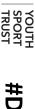




















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anything breakable Ensure you have enough space Be aware of your surroundings and remove

CHANGE IT UP:

eye co-ordination Move the 5m target closer or further away Use a smaller object to test your hand and

SPIRIT OF THE GAMES:

During the #DodgeballChallenge we hope to see the following School Games Values on show







KEY SKILLS:

Accuracy—Concentration Catching—Throwing—Footwork—Speed—

#VirtualSTWSchoolGames

Total of 2 challenges

Catch me if you can

Target Throw

Challenge

Score









TEAM GB







#DodgeballChallenge