

# DODGEBALL GAMES AND PRACTICES – SET 1 – ROUND THE WORLD

## Equipment Required

- 1 dodgeball
- 6 Objects to act as markers
- 1 player
- 1 thrower (Mum, Dad, Brother or Sister)
- Some space to play

## Set Up

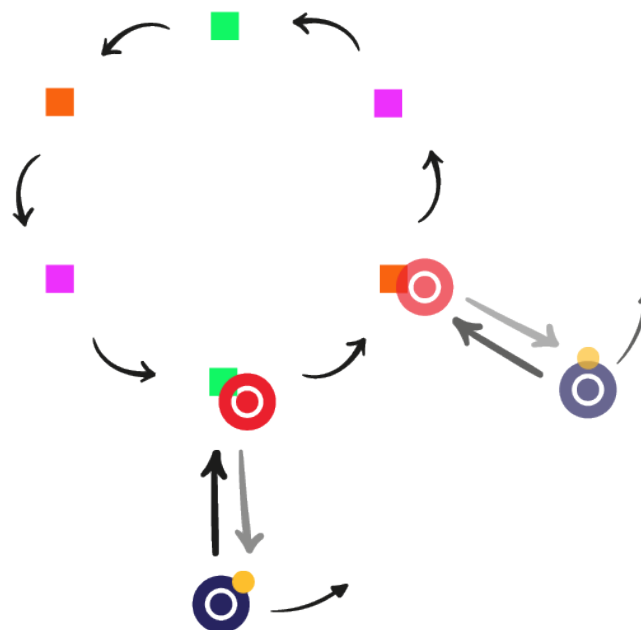
Place at least 6 markers (for example cones, toys) in a circle. Position the catcher on the first marker and the thrower between 2 and 6m away from the circle.

## Object of the Game

Thrower throws the ball to the catcher on the first marker who makes a catch and passes the ball back. Both players move round to the second marker and repeat, continue until you are back to the start.

## Progression

Make throws harder or easier, by increasing or decreasing speed and distance between the catcher and thrower. Swap over and give Mum or Dad a chance to catch.



## KEY



THROWER



CATCHER



MARKERS



BALL

## DODGEBALL FUN FACT

### DID YOU KNOW?

There are a total of **66 countries** that play **dodgeball** around the **World!**

# DODGEBALL GAMES AND PRACTICES – SET 1 – COMPASS CATCH

## Equipment Required

- 1 dodgeball
- 1 player
- 1 thrower (Mum, Dad, Brother or Sister)
- Some space to play

## Set Up

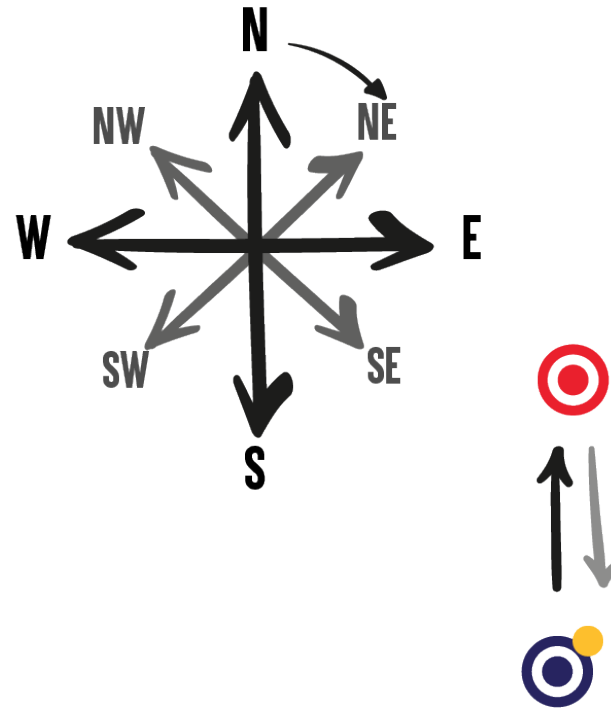
There is very little set up required for this game. All you need is a space indoors or out where you can safely throw the dodgeball between 2 people.

## Object of the Game

Thrower throws the ball to the catcher at different points to test their catching ability. Points of the compass represent the different positions where the ball will be thrown, for example; North = above the head, East = left side of catcher, South = at knee height, West = right side of catcher, etc. Make your way round the compass points calling out the points of the compass as you throw.

## Progression

Make throws harder or easier, by increasing or decreasing speed and distance between the catcher and thrower. Throw to different compass points at random or without calling.



## KEY



THROWER



BALL



CATCHER

## DODGEBALL FUN FACT

### DID YOU KNOW?

According to Sport England over half a million school pupils play dodgeball each week.

# DODGEBALL GAMES AND PRACTICES – SET 1 – RECIPES – CHICKEN FLATBREADS WITH LEMON POTATOES

## Ingredients:

### Chicken:

2 chicken breast  
2 garlic cloves, finely chopped  
zest and juice of 1 lemon  
1 tablespoon olive oil  
0.5 tsp ground cumin  
0.5 tsp ground coriander  
1 tsp dried oregano  
0.5 tsp paprika

### Potatoes:

2 medium potatoes  
3 garlic cloves, crushed  
zest and juice of 1 lemon  
1tbsp olive oil  
1 sprig rosemary  
1 tbsp fine polenta/ semolina

### Tatziki:

100g greek yoghurt  
0.5 cucumber  
Salad and flatbreads to serve

**2 - 3 servings | Prep time: 10 minutes | Cook Time: 30 minutes**

## Method:

- Preheat oven to 200°C
- Chop the chicken into 3-4 large pieces and place in a mixing bowl or zip lock bag. Add the marinade ingredients and marinade for at least 30 minutes in the fridge.
- Cut the potatoes into wedges and place on a baking tray. Add the garlic and rosemary, lemon zest and roughly chop the lemon adding it to the tray. Drizzle with olive oil. Mix everything together well. Bake for approx. 30 minutes.
- After the potatoes have been in for 15 minutes, place the chicken on a baking tray and bake for 15 minutes or until cooked through.
- Halve the cucumber and scrape out the seeds in the middle. Grate and then squeeze out any additional water using kitchen roll/tea towel. Mix the cucumber into the Greek yoghurt.
- Assemble the chicken (you may need to cut it), tzatziki and salad into the flatbread and serve with the potatoes.

**This recipe is great after playing sport. It's great for athletes as it contains high amounts of carbohydrates (potatoes and flatbread) which give you energy and fuel your muscles and your brain.**

**It also contains protein (chicken) which can help build muscle and recover well. Don't forget the salad or vegetables which count towards your 5 a day. Fruit and vegetables provide vitamins and minerals to support health and performance.**