Dodgeball: Body Parts Game (1v1 or 2v2)

Set yourself an area to play in & split it in half – *you are only allowed in your half of the playing area*

Choose balls / items that won’t hurt when they hit people
*Perhaps beach balls, sponge balls or rolled up socks…*

All players start with 3 “lives”

Each time you get hit *(head-shots DON’T count)* you lose a “life”

- **Life 1** – you can now only use ONE hand / arm
- **Life 2** – you have to play with ONE of your knees on the floor
- **Life 3** – you have to play with BOTH knees on the floor

If you get hit at any stage in Life 3, you are out!

**Progression:** *If you (or your team mate if playing 2v2) catches a ball thrown by the other team then you get a life back and your opponent loses one!*