



# MUSICAL CHAIRS DODGEBALL

## *Participants*

Any number of participants

## *Time Allotment*

5+ Minutes

## *Activity Level*

Low

## *Materials*

- Dodge balls (5-10)
- Chairs (2 less than the number of participants)
- Music player

## *Method*

- Have the participants scatter the chairs around the room. Make sure there are 3 less chairs than participants to start the game.
  - 1 participant will be the “safe zone guard” (dodgeball thrower).
  - Start the music.
- Participants (other than SZG) will walk around the room until the music stops.
  - When the music stops each participant will attempt to sit in a chair, if they succeed they are safe until the next round.
  - If they don't find a chair they have to run to a designated wall or space declared the “safe zone”.
  - While they are running to the “Safe Zone” the “SZG” will be attempting to hit them with a dodgeball.
  - If they get hit with a dodgeball while running to the “Safe Zone” they are out and will become a “SZG”.
- Remove 1 chair per person that gets hit by a “SZG” each round.
- Continue until there is only 1 person left.

## *Regulation Modification Options*

Use the option most appropriate for the youth's level of regulation:

- Every 2 rounds of music the facilitator leads the group in a regulation technique.
- The “SZG” participants must be actively doing regulation techniques while the music is playing.
- Each time someone is hit with a dodgeball they will lead the group in a regulation technique.
- The winner at the end of the game will lead the group in a regulation technique.