

TITLE

НАРОДНА ТОПКА

TITLE IN ENGLISH

Dodge ball



OTHER COUNTRIES WHERE THE GAME WAS/IS PLAYED

Bulgaria, Poland (Gra w zbijaka), Italy (Dodgeball), Spain (Balón prisionero, cementerio o balontiro), Portugal (Dodgeball)

ORIGIN:

A game first observed in Africa about 200 years ago (around 1800), where the players threw rocks at each other with the aim being to injure and possibly even kill other players. Defending injured players while trying to retaliate taught teamwork, endurance, and hunting skills.

The missionary Dr. James H. Carlisle saw them playing this game and returned to teach at St. Mary's College, Norfolk, where he transformed the dangerous African game into a safer game with a leather ball instead of rocks.

MINIMUM NUMBER OF PARTICIPANTS

2 each team

MAXIMUM NUMBER OF PARTICIPANTS

10+

MATERIAL AND BUILDING INSTRUCTIONS

Ball (foam, cloth, rubber..)

SETTING:

Indoor or outdoor, a playground area

DESCRIPTION OF THE GAME:

Dodgeball is a team sport in which players on two teams try to throw balls and hit opponents, while avoiding being hit themselves.

The objective of each team is to eliminate all members of the opposing team by hitting them with the balls, catching a ball thrown by an opponent, or induce an opponent to commit a violation, such as stepping outside the court.

RULES:

The players of both teams stand on the end of the court.

when the referee blows his whistle, the players run to the center line to catch the balls and try to kill the players of the opposing team

Those who are hit have to leave the field. If a player catches the ball, he is still in game.

The team that as a player left at the end of the round, wins.

LEARNING OUTCOMES | COMPETENCES TO BE DEVELOPED THROUGH THE GAME:

Psychomotor abilities: body coordination, agility, balance, speed, hand-eye coordination, speed, flexibility.

Social skills: Teamwork, cooperation, relationship, communication, social interaction, tolerance

Intellectual abilities: Strategy, decision making, problem solving.

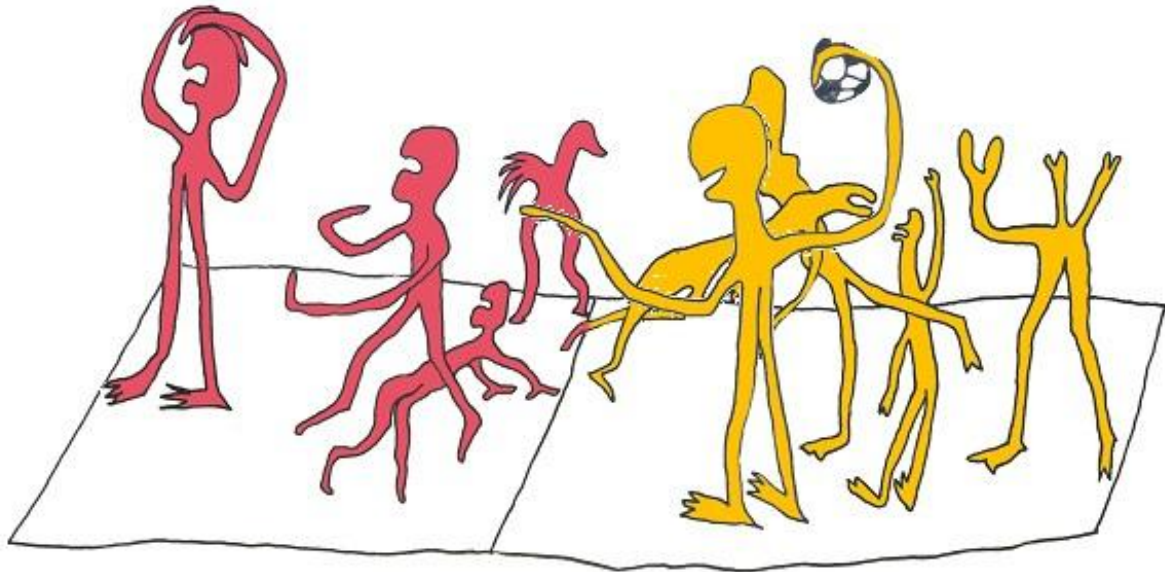
ILLUSTRATION:

Illustration by Hubert Wencel . adapted by Pedro Lagoá