

Get up &  
**go!**

## How to play

This game is played outdoors and with a group.

Put all your balls in the middle of your playing area.

On one, two, three and go, run to the middle and collect as many balls as you can, then run back to the edge of your playing area.

Then start throwing balls at the other players. You must try to dodge the balls aimed at you. If you get hit by a ball, sit down until the next round.

If you catch a ball, you can choose a player who has already been hit by a ball to re-join the game.

The winner is the last player standing.

1000  
TWEAKS  
TO REJOIN THE GAME

Be an active parent by playing dodge ball with the Kids today.

### Equipment

Balls. You can make more balls using rolled up socks.

# Dodgeball