

Spy Club Week 6 – Spy Dodgeball

Session Objectives – Complete the spy mission.

Warm up – 10 Minutes

Shark Attack

This week's mission is to beat the villain in dodgeball games.

Dynamic Stretching – 5 Minutes

Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.

Equipment – Dodgeballs, cones

Main Activity – 35 Minutes

Time Bomb – 15 Minutes

Dodgeball – 20 Minutes

A variety of dodgeball games such as:

Fireball

Doctor dodgeball

Ultimate dodgeball

Coaching Points

All spies vs the villain

Cool Down and Debrief – 5 Minutes

Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.

Ask questions – What have you enjoyed today?

Award a certificate.

Dismiss children from designated area.