

DODGEBALL/KICKBALL/SKATING

6th grade

DODGEBALL - The main objective in dodgeball is to eliminate all members of the opposing team by throwing the ball at them. Players must dodge the ball to remain in the game and the team who manages to eliminate all of their opponent's first are deemed the winners. The game begins with all the balls lined up at the center of the court, and teams lined up on the end lines of their side of the court. Teams are not allowed to cross the center line. If you are hit with a live ball, or the opposing team catches a live ball you throw you are out. If a ball hits the ground then it is a dead ball and the above does not apply. The team that gets every member of the other team out wins.

KICKBALL - A kickball game is played by two teams of players who try to score more runs than their opponent by rounding the bases and crossing home plate as many times as possible. When a team is up to bat they wait their turn in a line, or in a batting order. The goal is for the batter to kick the ball with their foot and run as many bases as they can. The bases are in this order: 1st base, 2nd base, 3rd base, and then home plate, and home plate is where a run is scored. The team not up to bat has to spread themselves out on the playing area. Some players at bases and some playing the outfield. To get the batters out they need to: 1. catch the ball on a fly, 2. get to the ball and throw it to first base before the runner gets there, 3. get it to the pitcher before the runner gets to first. In PE we use mats as bases, and we play outside and inside depending on the weather. The team with the most runs wins.

SKATING - Students skate off-campus at Xtreme Wheels in Crystal Lake. When there students are taught basic skating skills and skating safety. We introduce students to the proper way to start and stop safely using their brakes. Quads have brakes on the front, while in-line skates have the brakes on the back. Skating guards are provided for students that need them on the first few days, as well as the option of skating on carpet for those students that need that added help. Then students work their way to skating on the rink and alone. Students will always be required to skate with safety as the number one priority. For example students will always skate in the same direction, and students will be continually reminded to watching out for others around them and to skate in a controlled manner.