

Seniors



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

WATER SPONGE DODGEBALL



AIM

Water sponge dodgeball combines the classic game of dodgeball with a water fight, resulting in a fun and popular activity for a hot summer's day.

WHAT YOU'LL NEED

- Cones
- Buckets
- Sponges
- Water

GET ACTIVE: WATER SPONGE DODGEBALL

THEME: PLAYING GAMES



LEADER PREPARATION

A leader will need to identify a suitable outdoor location for this activity, with a reasonable amount of space. Buckets of water will be needed, ideally with the option of refilling them with more water, if needed.



GETTING INTO THE ACTIVITY

Dodgeball is a game almost every young person knows how to play. Mix it up a bit with this water fight inspired version of the classic game of dodgeball.

- 1 Create a large rectangle with cones. Through the middle (horizontally) of the rectangle place a line of cones to divide the rectangle in half. Place a number of sponges on these cones (the more sponges the better!). At the back of each half, place a couple of buckets of water.
- 2 Split into two or more teams. If playing with more than two teams, play as a tournament or as a winner stays on game.
- 3 Play a game of dodgeball, using the same rules you would play a standard game of dodgeball. The main things to remember are:
 - If you get hit by a sponge, you are out.
 - If you catch a sponge, the person who threw it is out and you can have a team member back in play.
 - The first team to get all of their opponents out is the winner.
- 4 Instead of balls you'll be using sponges. Sponges can be dipped in the water buckets at the back of the court, to help make them heavier and to ensure the other team get soaked when they are hit by a sponge.
- 5 Play a few games of water sponge dodgeball, keeping a tally of who wins each game. The team with the most wins at the end of the activity is the overall winner.

Top Tip: If the game is too difficult then reduce the size of the playing area, forcing everyone to be closer to each other and therefore easier to hit.



IDEAS TO TAKE THIS FURTHER...

Convert another game or sport into a water themed version. This could include water balloon rounders, water balloon blanket volleyball or even a new sport invented specifically for water games.



KEEPING EVERYONE SAFE

Please ensure the space and equipment being used is safe and appropriate. Please ensure you choose a playing surface that won't become slippery when wet.