



INTEGRITY

WEEK 2: CHARACTER DRILL ON INTEGRITY

AGE-SPECIFIC CHARACTER DRILL FOR ALL AGES

DRILL: DODGEBALL

“Games are much more fun to play when you have integrity. One of the very best games to test your integrity is dodgeball. We are going to play a fun game of dodgeball while you learn how to apply this month’s character lesson.”

Steps:

1. Divide your training floor into two sides. Use a line of white belts, or targets, to mark the boundary between both sides.
2. Have the students on one side and instructors/leadership team on the other side. You can use parents too.
3. Explain the rules:
 - If the ball hits you while in the air, then you are out and must sit off to the side.
 - If the ball bounces first, you are not out.
 - You cannot kick the dodgeballs, hold more than one dodgeball at a time, hold onto a dodgeball for more than five seconds, or cross your team’s boundary lines.
 - The first team to get all of the people on the other team out wins.
4. Now explain some age appropriate guidelines for having integrity while playing dodgeball:
 - For 3 & 4 year olds: you’re acting with integrity if you tell the truth about getting hit.
 - For 5-7 year olds: you’re acting with integrity if you show great sportsmanship. For example: do not get upset if you get hit.
 - For 8-11 year olds: you’re acting with integrity if you are responsible and follow all of the rules.
 - For 12-14 year olds: you’re acting with integrity if you don’t cheat.