

Dodgeball

Lesson sequence

1. Aiming and throwing
2. Dodging, ducking and jumping
3. Dodge, roll and dive
4. Catching and blocking
5. Defence and attack
6. The start and positions
7. Dodgeball game

Concept Links/Prior Knowledge

Reception: Negotiate space and obstacles safely, with consideration for themselves and others.

Year 1/2: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Participate in team games, developing simple tactics for attacking and defending

Vocabulary revision (vocabulary I have been taught before)

Jump- A type of dodge that involves taking off with both feet and landing with both feet.

Catch- If you make a **catch**, then the player who threw it is out and one of your teammates can return to the game.

Throw- is a key skill needed for dodgeball. Learning how to do a powerful and accurate overarm throw can help in the game, so you can hit opposition players to get them out.

Sticky learning

New Knowledge

- Rules of dodgeball
- The start of a dodgeball game
- Positions for defenders and attackers in a game

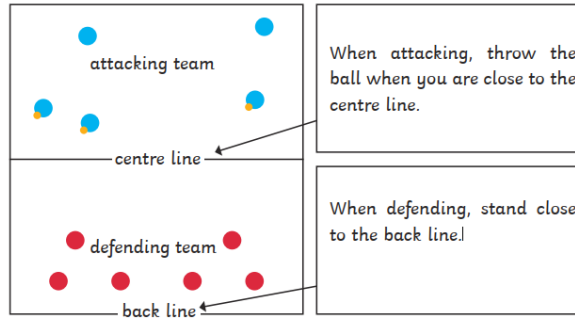
New Skills

- How to defend and attack
- Dodge roll and dive
- Throw with accuracy
- Blocking

More detailed knowledge and information

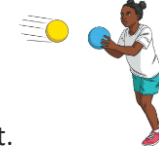
Dodgeball is an invasion game played between two teams. It involves the teams throwing balls at their opponents while dodging the balls that are thrown back at them. A game is won by getting more or all members of the opposite team out.

Equipment needed: Dodgeball (foam ball), cones.



New vocabulary I will learn – with visuals

Block- You can use a ball you are holding to **block** a ball thrown at you. However, if you drop the ball



you are holding, you are out.

Dodge- There are many different types of **dodges** used in dodgeball. The simple dodge involves changing direction quickly while you are moving.



Duck- This is a type of dodge that involves stooping down by bending your knees so that you



are in a squatting position.

Hit- Getting **hit** anywhere on the body, including your clothes, means you are out. Headshots do not count.

Leap- A type of dodge that involves taking off from one foot and landing on the other foot.

Sidestep- A type of dodge that involves moving sideways and requires good footwork.

Safety/rules

- The objective of dodgeball is to eliminate all players of the opposing team by throwing one of four game balls and hitting the opposing player below the shoulders.
- You need to aim for on or below your opponents' knees, so that it is difficult for them to catch the ball. You are not allowed to aim for someone's head.
- A player is out if: They throw a ball that is caught by the other team. They get hit by a ball thrown by the other team. (If the ball does bounce off an opposing player and is then caught the thrower will then be out. This is true even if a different player catches the ball. Players may use the ball to block; however, if the ball is knocked out of their hand while blocking, they will be out. They hit another player above the shoulders, they cross the centre line.
- A player is not out if: Their ball is caught off the wall or ceiling, they get hit above the shoulders.