

Learning Objective/WALT

To recap on the rules of dodgeball and apply them to a game.

Success Criteria

- A player is out if hit or their ball is caught.
- Only hands are allowed in the dead zone.

Whole Child Objectives

Social: To work in collaboration with others.

Emotional: To play honestly playing to the rules of the game.

Thinking: To understand and use the rules.

Equipment



CONES \times 30



DODGEBALL \times 15

Warm Up and Introduction

10, 10, 10:

Pupils begin standing in their own space in the teaching area. They perform the following exercises ten times as one set. Repeat for three sets.

- Star jumps
- Burpees
- Squat jumps

Use soft knees when completing these activities. Make this easier by reducing the number of sets.

Pupils now choose their own three movements to complete in the same format as above.

Skill Development

Dead zone:

Create a 'dead zone' using two lines of cones that run through the centre of the court and teach the pupils the rule of the dead zone that only your hands are allowed in the dead zone.

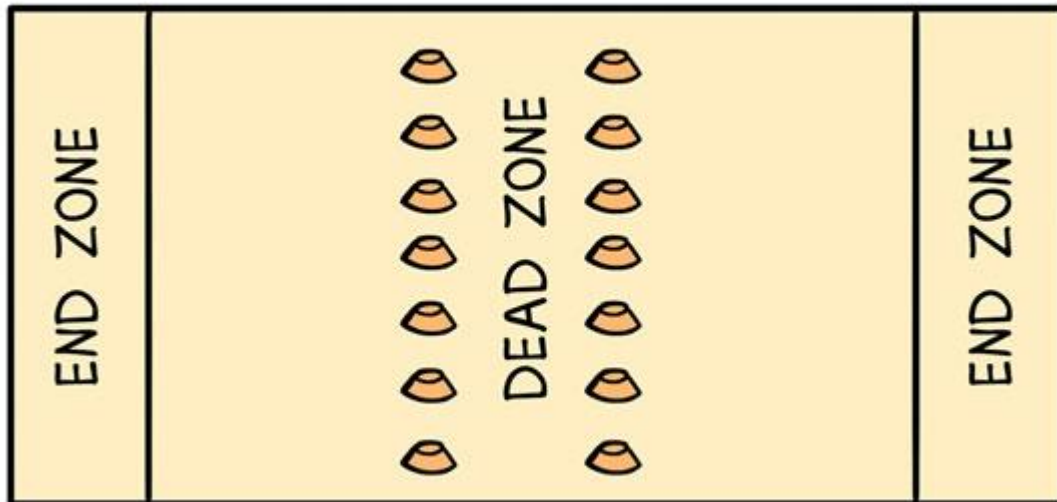
In pairs with one ball. Pupils stand either side of the dead zone with their ball in the centre of the dead zone. On the teachers' command 'go,' pupils react to quickly take the ball from the dead zone before their partner. They score one point if they are able to take the ball. Repeat a few times.

Begin in a ready position with feet shoulder width apart and knees bent.

After a few attempts, challenge the pupils to start with their hands on their:

- Back
- Shoulders
- Head

Concentrate and stay focused with your eyes on the ball. Make this harder by standing facing away from the ball.



End zone:

To start a dodgeball game, pupils begin at the ends of the court in the 'end zones.' On the referee's command, players race to the middle to collect a ball from the dead zone. The ball must then be taken or thrown back to their end zone before it can be used to get the other team out.

Pupils start opposite their partner in opposing end zones. On the teacher's command, pupils race to collect their ball from the dead zone. Begin with one leg in front of the other, ready to run. Stop with control before the dead zone, remember that only your hands are allowed in this space.

Hits and Catches:

Explain the rules of a hit and catch.

Rules of a hit:

- Below the shoulder shots only.
- Hits count if the ball is live - meaning it hasn't bounced or hit a wall/ceiling. This is called a 'dead ball.'
- If hit, a player is out and stands at the side of the court.

Rules of a catch:

- If an opposing player catches a live ball, the person who threw the ball is out and one of the catchers' team comes back in.

2v1:

In groups of three, pupils play 2v1 and begin on opposite sides of the dead zone. The two pupils begin with a ball each and are the throwers. The lone player is the catcher.

Throwers score points by hitting the catcher with the ball. The catcher scores a point every time they are able to catch a ball thrown at them. Play for a few minutes then rotate positions.

Catchers are to keep their eyes on the ball and stay in the ready position, with feet shoulder width apart and knees bent. Throwers should aim below the shoulders in order for the hit to count. Make this easier for the catcher by playing with one ball.

Make this easier for the throwers by playing in a smaller area.

3v3 dodgeball:

Teams of three play against each other. Each game has two balls.

To start the game pupils must begin in their end zone. On the teacher's command pupils race to try to collect a ball from the dead zone.

- If a player is out, they form a queue at the side of their court.
- One player at a time may re-enter the game when a teammate makes a catch.
- When re-entering the game, the pupil who was out first re-joins the game on the first catch. On the next catch the next pupil who was out can re-enter and so on.

A team wins once all opposing players are out. Pupils can re-start their game once all players are out.

Talk to the pupils about the importance of being honest and playing to the rules.

Play fairly and be honest when you are hit or caught out. Spread out on your side of the court so that your team are harder to hit. Make this easier by allowing all pupils to re-enter the game if their team make a catch.

Plenary

Question the pupils on the rules of the game.

- How can you get players out?
- Did you use any tactics to try to hit the opposition?
- Can they identify players in their game who played honestly and fairly?
- What impact did this have on the game?