

**Dodgeball - Throwing and Catching**

**End of Unit Goal -Children will successfully throw and catch a ball with increasing accuracy using a range of techniques when playing a competitive game.**

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	Cold Task -Assessment Session focussing on throwing and catching		<p><u>Warm up</u> - Children to move around the room in a variety of ways: jog, run, tip toe, stretch up high, jump, and hop. Children to stop when teacher calls out freeze.</p> <p><u>Assessment</u> - Children to be put into two teams to play a game of dodgeball. Teacher to record the game using Swivl to play back to the children. Basic rules to be explained to the children.</p> <p><u>Plenary</u>- Play session back to the children from Swivl. What went well? What didn't go so well? What skills are we going to develop? Explain to children they will be developing skills as they work through the dodgeball unit this half term.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> <li>• Swivl</li> </ul>	<ul style="list-style-type: none"> <li>• Dodgeball</li> <li>• Team</li> <li>• Winner</li> </ul>
2	To be able to identify areas of activities that need improve e.g. power in throws to throw further	Children will be able to identify the key skills needed when playing dodgeball.	<p><b>Warm up</b>- Stretches, children to move around the room in varitey of ways called out by the teacher, freeze when the teacher says to. Use a chance to remind children onf the rules in PE and practise followiing instructions. In pairs, practise throwing and catching a ball.</p> <p><b>Recap</b>- Discuss the rules of dodgeball and how to play. What skills do they think are needed. What types of throws/dodges did they use? Can they demonstarte them to the class?</p> <p>Rules- children to start on their tummy, balls on cones in the middle. T to blow whistle, children run to get ball. Children throw balls at other team, if they get hit below the head they are out. If a child on the opposite team catches the ball, the person that threw the ball</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Over arm</li> <li>• Under arm</li> <li>• Catch</li> <li>• Dodge</li> <li>• Throw</li> </ul>

			<p>is out and they can choose someone who is out to rejoin the game. The winner is the first team to get all of the opposite team out or has the most amount of players left.</p> <p>Put children into 2 groups and play a few games, children who are watching need to look for things we can improve and share at the end of the session.</p> <p><b>Cool down-</b> Cool down caterpillar, stretches</p> <p>Share things we need to improve. Tell the children this will inform your planning so we can develop the skills together.</p>		
3	To be able to demonstrate basic sending skills in isolation	Children will be able to throw a ball using a range of throws.	<p><b>Warm up-</b> Children to play mud monsters. children to be selected to be mud monsters and given a ball. children to be put in a hoop and they aren't able to move from that hoop. rest of the class have to move in different ways around the room (picked by teacher) while the mud monster throws the balls at them. If they get hit, they sit down and another child has to tap them on the head to free them.</p> <p><b>Recap-</b> Think back to the previous game. What did we need to do well in that game in order to win. What skills are needed. Think about throwing and catching. What type of throws did they use, can they name any from what they learnt last year? Send children off in partners to think about the throwing techniques they used and how they caught the balls.</p> <p><b>Teach-</b> Teacher to ask the children to share ways they threw the balls. Are there better throws for different occasions? Teacher to model the use of a chest pass, over arm, under arm and bounce pass. Children to practise each of these in their partners. What is each throw good for? Discuss. is one more accurate? Is one quicker? Better for distance? Are there any throws that aren't good to use? Why? which is the best way to catch and why do they think that? Model catching with two arms and keeping it safe against their chest. are there any of these throws that are harder to catch?</p> <p><b>Apply-</b> Split the class into 4 groups. children to practise using these throws to hit targets using different resources-</p> <p>group 1- partner work with balls- throwing and catching child to call out the way they want their partner to throw the ball. (teacher led- support children to</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Over arm</li> <li>• Under arm</li> <li>• Catch</li> <li>• Dodge</li> <li>• Throw</li> <li>• Accurate</li> </ul>

			<p>develop throwing skills for the different throws</p> <p>group 2- targets on the floor and bean bags- which throw will be the best? (under arm)</p> <p>group 3- basket ball nets (over arm)</p> <p>group 4- partner work I- practise throwing and catching based on targets they have set themselves.</p> <p>rotate around the groups.</p> <p>re group, which throws did they use in each activity. Now they have practised the throws are their any that would be best/ not best to use in a dodgeball game? Why?</p> <p><b>Cool Down</b>-Jump Start Jonny- cool downs. sleeping lions.children to lie on the floor and practise deep breathing, once relaxed they can line up.</p>		
4	To be able to apply catching and throwing skills to games	Children will be able to throw a ball in a range of ways when playing a competitive game.	<p><b>Warm up</b>- Jump Start Johnny Stamina Clips</p> <p><b>Recap</b>-Think back to the pervious lesson. Think about throwing and catching. What type of throws did they use. Send children off in partners to think about the throwing techniques they have used and how they caught the balls. Practise together</p> <p><b>Teach</b>- How can we apply these throws to a game? Think about tactics. For example, a bounce pass may be good if there aren't many players on their team left if as the other team catch the ball they won't be out, a chest pass is good if someone isnt looking as it is quick. Split into two teams, paly a game of dodgeball, T to stop the game and offer advice on how to apply tactics during the game.</p> <p><b>Apply</b>- Split the class into smaller teams. Choose to children to be team coaches (more able) they are to watch and take on the role of coaches to offer feedback, what have they done well, how can they improve?</p> <p><b>Cool Down</b>-Jump Start Jonny- cool downs. sleeping lions.children to lie on the floor and practise deep breathing, once relaxed they can line up.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Over arm</li> <li>• Under arm</li> <li>• Catch</li> <li>• Dodge</li> <li>• Throw</li> </ul>

5	To be able to make attempts to catch balls coming towards player in games	Children will be able to catch a ball when playing a competitive game.	<p><b>Warm Up-</b> Stretch as a class. While stretching discuss why this is important. What effect does exercise have on our body?</p> <p><b>Game-</b> Freeze tag. Children to move around the hall in different ways, if they are tagged they have to freeze, children that have not been tagged have to tap them to unfreeze them. Encourage children to think about the space they are using, changing direction and watching the game around them.</p> <p><b>Recap-</b> Quick game of dodgeball, can the children remember the targets from the previous sessions and try and develop these skills.</p> <p><b>Teach-</b> Introduce bench dodgeball. Tell the children that if they are out they have to go to the bench and stand on it. Introduce the new rule that if you catch the ball while on the bench your full team can enter the game again.</p> <p><b>Apply-</b> Practise standing on the bench to throw and catch balls. Half of class to stand on the bench to practise catching, the other half to throw then swap. As you go, encourage the children to talk about the different throws they can use and which one would be best. Remind children when they are catching to remember to stay on the bench and not fall off.</p> <p><b>Cool Down-</b> Stretch, recap lesson while doing so, reflecting on the lesson objectives.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> <li>• Benches</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Over arm</li> <li>• Under arm</li> <li>• Catch</li> <li>• Dodge</li> <li>• Throw</li> </ul>
6	Hot Task - Assessment Session focussing on throwing and catching	End of Unit Goal - Children will successfully throw and catch a ball with increasing accuracy using a range of techniques.	<p><b>Apply Hot Task -</b> Children to play a game of dodgeball. First, discuss the rules of the game. Explain that they should be applying all of the throwing and catching skills that we have been learning. Split the class into 2 groups to play a game of dodgeball. Use Swivl to record the game. Children to watch the video back.</p> <p><b>Plenary-</b> Play session back to the children from Swivl. What went well? What didn't go so well? What skills have we developed? What else do we need to work on? As a class mind map all of the skills that have been learnt in this unit of work.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> <li>• Swivl</li> </ul>	<ul style="list-style-type: none"> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Over arm</li> <li>• Under arm</li> <li>• Catch</li> <li>• Dodge</li> <li>• Throw</li> </ul>

