

Dodgeball - Intercepting a Ball

End of Unit Goal -Children will use a range of simple tactics for attacking and defending when participating in competitive games.

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	Cold Task -Assessment Session focussing on intercepting a ball.		<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.</p> <p>Plenary - Play the recording back to the children. What did they do well? What do we still need to work on? What other skills do we need to have in dodgeball? Discuss how we can dodge the ball.</p>	<ul style="list-style-type: none"> • Balls • Cones • Bibs • Swivl 	<ul style="list-style-type: none"> • Dodgeball • Team • Winner
2	Can identify areas of activities that need improve e.g. power in throws to throw further	Children will be able to recognise what skills they need to improve in order to successfully play a competitive game of dodge ball.	<p><u>Warm up</u>- Play Super Hero Tag Evil villain taggers move around the playing area and their aim is to throw evil villain red balls at students below the shoulders. When students are hit, they are caught and must freeze with their hands in the catching position. To get freed, superheroes must throw blue superhero balls to them and then they must be thrown the ball back. If the ball is dropped, it must be repeated. Superheroes can be no closer than 2 giant steps from the person they are saving. Superheroes cannot get caught.</p> <p><u>Recap</u>- Stations to recap skills from the unit station one- move towards a ball to catch it station two- catch a ball from a bench</p>	<ul style="list-style-type: none"> • Balls • Cones • Bibs • Benches 	<ul style="list-style-type: none"> • Bounce pass • Chest pass • Over arm • Under arm • Catch • Dodge • Throw • Tactics

			<p>station three- types of throws- children to look at the types of throws they can use, partner to call out a throw, they must perform it correctly, what did they do well, what can they improve?</p> <p>Station 4- aiming practise- children to practise aiming at a given target. what type of throw is best to use and why T to support between the bench and moving towards a ball being thrown.</p> <p>Cool Down- Stretch, recap lesson while doing so, reflecting on the lesson objectives.</p>		
3	<p>Begin to look for space to pass to or run to in order to receive</p> <p>Show awareness of teammates and opponents in games</p>	<p>Children will be able to negotiate space when playing a competitive game.</p>	<p>Warm up- Play Dodge Alley. 7 children to be placed in a hoop with bibs that have been tied up into a ball. The rest of the class then have to run across the hall from the stage to the back wall. The children not in the hoops have to dodge the children throwing balls to get across the hall. As the children are caught they need to pick a place to become a blockage by crouching down on the floor in a space. They are not to move. The children running now have to dodge them too by running around them and changing the direction they are moving. Remember to link this to skills they need to playing a game of dodgeball.</p> <p>Recap- Think back to the workshop session last week. What did improve? How could they apply this in a game of dodgeball?</p> <p>Teach- Think about the tactics we can apply when playing bench dodgeball. What can we do to make it harder for the people on the bench to catch the ball? T to model how to block the children on the bench from getting the ball. Children on the bench to remember to move into a space. Encourage them to think about where they are standing in relation to their opponents. Can their teammates see them. Talk about the importance of staying safe on the bench and being at a safe distance. Split the class into 3 groups, one to mark, one to catch, one to throw then rotate. Practise this skill.</p> <p>Apply- Play a game of bench dodge ball. Same rules as regular dodgeball, but when out they go to the bench rather than to the side. If they catch a ball while on the bench who ever is out can rejoin the game.</p> <p>Cool Down- Stretch, recap lesson while doing so, reflecting on the lesson</p>	<ul style="list-style-type: none"> • Balls • Cones • Bibs • Benches 	<ul style="list-style-type: none"> • Bounce pass • Chest pass • Over arm • Under arm • Catch • Dodge • Throw • Tactics

			objectives.		
4	Select and apply a small range of simple tactics	Children will be able to negotiate space when playing a competitive game.	<p>Warm Up- Play Escape Artist- Children to be put into pairs and think about how they can get away from each other. Children to swerve, side step and duck to get away from them. Remind children to look for space and change direction when they move to make it harder for them to catch, remind children this will also help in a game as it will make them harder to hit with a ball.</p> <p>Recap- Recap tactics while on the bench. Children on the bench to remember to move into a space. Encourage them to think about where they are standing in relation to their opponents. Can their teammates see them. Talk about the importance of staying safe on the bench and being at a safe distance. Split the class into 3 groups, one to mark, one to catch, one to throw then rotate. Practise this skill.</p> <p>Teach/Apply- Spend longer in this section of the session. Focus on tactics while playing a game. Split the class into two teams. Teacher to coach children through a game, are they in the correct space, are they ensuring opponents on the bench are unable to get the ball by marking them.</p> <p>Cool down- Jump start Johnny cool down clips, sit and meditate, deep breathing until they are calm and relaxed.</p>	<ul style="list-style-type: none"> • Balls • Cones • Bibs • Benches 	<ul style="list-style-type: none"> • Bounce pass • Chest pass • Over arm • Under arm • Catch • Dodge • Throw • Tactics
5	Select and apply a small range of simple tactics. Make choices about appropriate throws for different types of activity	Children will be able to appropriately choose which throwing and defending skills they need when playing a competitive game.	<p>Warm up- Mirroring - Each child find a partner. Choose one partner to start doing various motions/exercises They can kick, move their arms, spin around, or do any other motions. The child's partner will try to mirror their motions. Swap after a couple of minutes.</p> <p>Recap- Children to think about the range of passes we have used this term. In partners, children to practise over arm/under arm throw, chest pass and bounce pass. Give each pair cones and set them a distance, which throw is best for the distance they are at. E.g chest pass for power.</p> <p>Teach/Apply- Think back to when we thought about what passes were good for different stages of a game. Why was this. Bounce pass- of caught not out so good if last one in (safe) Under arm- ball goes high so over the top of markers so children on bench can catch/</p>	<ul style="list-style-type: none"> • Balls • Cones • Bibs • Benches 	<ul style="list-style-type: none"> • Bounce pass • Chest pass • Over arm • Under arm • Catch • Dodge • Throw • Tactics

			<p>Over arm- drops down on opponent- good element of surprise. Chest pass- quick and powerful- good to get children who aren't looking, harder to catch as it is more powerful. Teacher to split class into two teams and coach through a game with a focus on the tactics taught to date.</p> <p><u>Cool down-</u> Children start off walking around the room, as you shout out poses they have to freeze in them for 3 seconds. For example, you could shout:</p> <ul style="list-style-type: none"> • Balance on one foot • Crouch on hands and knees • Sit on bottoms • Freeze like a soldier and stand up straight • Pretend to be asleep - this is a perfect pose to finish on! 		
6	Hot Task - Assessment Session	<p>End of Unit Goal - Children will use a range of simple tactics for attacking and defending when participating in competitive</p>	<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> - Dodgeball tournament (Teacher to observe games and assess how skills are applied)</p>	<ul style="list-style-type: none"> • Balls • Cones • Bibs • Swivl 	<ul style="list-style-type: none"> • Throw • Catch • Over arm throw • Bounce throw • Chest pass • Dodge • Team

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