

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Dodgeball	5/6	#1	Improving Our Attacking

#### Equipment

- Dodgeballs/soft balls
- Cones
- Bibs
- Large ball/yoga ball
- Benches

#### Learning Objective

- To perform skills using good accuracy and technique
- To improve throughout the session

#### Success Criteria

- I can use good technique and accuracy when completing different types of throws.
- I understand where to aim when throwing the ball at an opponent

#### Key words

- Accuracy
- Technique

#### Preparation Ideas/Warm Up

##### Germ & Medicine

Select 3-4 players to be taggers (germs) and give them a ball each. The rest of the class find a space in the playing area.

When go is signaled, the game starts and the germs, only using underarm throws, have to try to strike the other players on the legs. If you are struck on the legs, you must stand still with your hand in the air. To return to the game, someone must give you a hi 5.

#### Skill Development

##### Time bomb

Set up a playing area with 2 narrow areas on either side, and 1 large area in the middle. Playing 2 teams at a time, each team must be stood in a narrow area. They must throw the ball from this area. Give each team 3-4 dodgeballs each (if possible one per player). Place a large ball in the middle of the hall (this may be a basketball, football or a beach ball type ball).

The aim of the game is for the team to strike the large ball in the middle area with their dodgeballs, causing the ball to travel towards the opponent's area. If the ball passes into the opponent's area, you win a point. You can move out of the narrow area to collect a ball, but you must return to that zone to throw the ball.

If you have enough space, you can set up two playing areas and split the class into 4 even teams. If not, have 2 teams playing, with the others watching and set a 3 minute time limit.

### Game

Keep the same teams as before for this game. Set up a dodgeball court and at the back of each area, set up 2 benches. This is the jail.

We are going to play normal dodgeball rules however this time, if you are out, instead of standing to the side, you will go to jail on the opposite side of the court. When in jail, you will stand on the bench and wait to be freed.

To be freed, your team mate must throw the ball over for you to catch, whilst standing on the bench. If you catch the ball, you drop the ball and return to your team's side. If you catch the ball but fall off the bench in the process, this does not count and you remain in jail.

Play a 5 minute game limit. The team with the most players left in at the end are the winners.

### Teaching points

- When playing time bomb, we want to see good accuracy of throws. We cannot move the time bomb to the opponent's area without having an accurate throw and actually striking the bomb. Yes, the more power added will help move the bomb forward, but if we don't strike the bomb, it won't move at all, so accuracy is key
- Make sure the children are using the overarm technique when throwing, ensuring they are holding their non throwing arm out for aim. When aiming in dodgeball, it is best to aim low towards our opponent's legs. This way, they find it harder to move to dodge the ball, and also minimizes the chances of them catching the throw. So always aim low.
- When playing jail break, the children must use tactics in order to win the game. Will they look to get opposition players out, or do they need to break their team mates free? These are the decisions that need to be made during the game. They may decide to have some players who free their team mates and others who look to get opposition players out, it is up to them to come up with a strategy to win the game

### Key Questions

- How can we throw the ball with greater accuracy?
- Where should we aim when throwing the ball at an opponent in dodgeball, and why?
- What tactics/strategies did we use in jailbreak in order to win the game?

### National curriculum links:

- Use running, throwing and catching in isolation and combination
- Play competitive games against others, applying basic principles for both attacking and defending
- Develop control and technique through playing dodgeball.
- Compare our performance against a previous attempt and look for improvements to our personal best

**Social and environmental skills:**

- Develop team work and collaboration skills
- Develop good communication skills
- Show creativity in their work by coming up with tactics
- Showing resilience in their work by looking to improve
- Making good decisions throughout the session