

Year 6 - Dodgeball

Lesson Plan

COMPLETE
EDSTART

Lesson Objective

To throw a dodgeball with precision and speed

Lesson 1/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Throw the ball with precision and speed and attempt to use either hand
- Throw with increasing power and at a low trajectory
- Throw hard and low at my opponents

Adapted Learning (Differentiation) (Challenge)

Group children by ability to add challenge and differentiation.

Key Questions

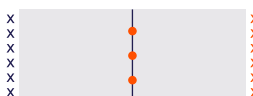
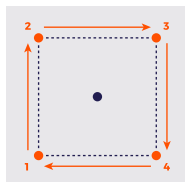
How do we throw the ball in dodgeball?

Warm Up

Tig Ball:

Two children to be the 'tiggers', the children who are on must throw the ball and try to hit the other children (Below the shoulder/above the knee). If you get hit, you must stand still until you get a high ten from another player.

Main Activity



Skill Acquisition – Throwing:

In groups of four, children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.

Hit The Spot:

In a 10x10m area, players are situated at a ball placed on a cone. There is a ball sat on the cone in the middle of the area. The aim of the drill is to be the first one to run round the outer balls and back to their own ball, throw and hit the target ball from the cone in the middle of the area. The first player to do this is the winner and shouts 'DODGEBALL' All players run round in the same direction.

Matches:

In teams of five, children will play dodgeball matches. The children will be introduced to the basic rules:

- If the ball hits you without bouncing, then you are out
- If the opposite team catch the ball, then you are out and you can allow ALL of the team back in
- Head shots don't count
- Games will last for two minutes, the winning team is the team that gets every one of the opponents out or the team with the most players left on court at the end of the match

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

- Grip the ball between fingers and thumb, raise arm at shoulder height behind the head. Elbow should be slightly bent
- Step towards target with opposite foot and release the ball at side of head, follow through towards the intended target

Lesson Objective	To dodge with control in a game of dodgeball	Lesson 2/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • React quickly and dodge keeping good balance and control • Know to turn my back on the other team • Know how to use 'the court' to avoid being easily hit 	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	<p>How do we dodge a ball?</p> <p>How do I need to be stood in order to avoid being hit?</p>	
Warm Up	<p>Tig Ball:</p> <p>Two children to be the 'tiggers', the children who are on must throw the ball and try to hit the other children (Below the shoulder/above the knee). If you get hit, you must stand still until you get a high ten from another player.</p>	
Main Activity	<div>  <p>Circle Ball (Dodging):</p> <p>In a large area, six players create a circle around two target players. Children in the circle, use two balls to try and get the target players out. To win the game, each player in the circle must get a player out.</p> <p>The two target players aim to stay in the game as long as possible.</p> <p>Once a player in the circle has got a target player out, they work with their teammates to help them get the target player out.</p> </div> <div>  <p>Dodger In The Middle:</p> <p>In a 15x5m area, stand two throwers at either end of the rectangle. One player acts as the dodger in the middle. The throwers must pass the ball and hit the dodger, the dodger is not allowed to leave the area. The throwers are not allowed to step forward past the throwing line. Play for two minutes, see how many time the dodger is hit. Swap roles and play for a further two minutes.</p> </div> <div> <p>Doctor Dodgeball:</p> <p>Each team chooses a doctor, the rules of the game stay the same other than that if they get hit they must kneel and they can get back up is when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win.</p> </div>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Children should avoid being still and stand in a ready position to keep moving in different directions. Keep on your toes and be able to react quickly.	

Lesson Objective

To block the ball to protect yourself or a teammate

Lesson 3/6

Equipment Needed

Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Use a ball in a game to block and protect themselves
- Use the block to regain possession of the ball
- Know what I need to do when my team is down to the last couple of players

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

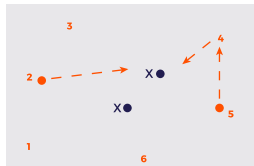
How do we block the ball?
What can we do when blocking the ball?

Warm Up

Dodger In The Middle:

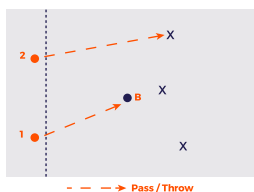
In a 15x5m area, stand two throwers at either end of the rectangle. One player acts as the dodger in the middle. The throwers must pass the ball and hit the dodger, the dodger is not allowed to leave the area. The throwers are not allowed to step forward past the throwing line. Play for two minutes, see how many time the dodger is hit. Swap roles and play for a further two minutes.

Main Activity



Circle Ball (Blocking):

In a large area, six players create a circle around two target players who have a ball in their hands to use to block any shots that are aimed at them. Children in the circle, use two balls to try and get the target players out. To win the game, each player in the circle must get a player out. The two target players aim to stay in the game as long as possible. Once a player in the circle has got a target player out, they work with their teammates to help them get the target player out.



Protect Your Team:

In groups of six (Two throwers, one blocker, three other players). The throwers are positioned behind the throwing line. The throwers attempts to hit the other players with the ball whilst the blocker attempts to defend the players. If a player is hit behind the blocker, the blocker loses a point (Each blocker starts on five points). Swap after two minutes. The player with the most points at the end of the game is the winner.

Protect The Doctor Dodgeball:

Each team chooses a doctor; the rules of the game stay the same other than that if they get hit they must kneel and they can get back up is when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win. Each team nominates a 'protector' who holds a ball for the duration of the game (Different colour if possible) and they aim to stop the doctor being hit. Swap roles at the end of each match.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling.

Lesson Objective To catch a ball during a game of dodgeball **Lesson 4/6**

Equipment Needed Dodgeballs (Various colours if possible) cones, markers, bibs.

Success Criteria Children can:

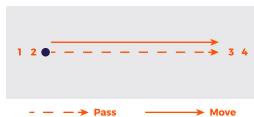
- Consistently catch a ball during a game of dodgeball in the ready position
- Attempt to catch the ball and when to dodge
- Catch balls low down and thrown at pace at me

Adapted Learning (Differentiation) (Challenge) Group teams by ability to add challenge and differentiation.

Key Questions What is the best way to catch the ball?
What happens if I catch a ball?

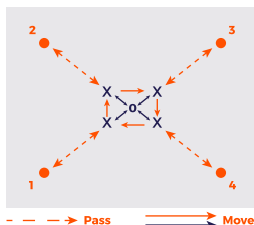
Warm Up **Collect The Cones:**
Can be played in small groups of four as follows but you can alter to suit the needs of your group. Cones are spread out within a marked area. The runners are trying to run from one end of the area to the other, one at a time, picking up a cone as they go, without getting hit by the throwers. If a player is hit then they must return to their team without a bib or cone.

Main Activity



Skill Acquisition – Catching:

In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.



Round The Clock:

Group is split into groups of eight. One half of the group is the outer circle and the other half is the inner circle. Each player then pairs up and one ball is used between pairs. Ball is passed from outer to inner. Inner receives ball then touches centre spot. When outer throws ball outer moves round clockwise one position.



Dodgeball Benchball:

Each team will have a bench at the back of their court. If they hit somebody on the other team, they must go to the bench. To be set free they must catch a ball thrown from their teammates. The team to get everybody on to their bench first wins.

Cooldown Recap and discuss Success Criteria.

Key Technical Points

- Be in the 'ready position' (Knees slightly bent, feet shoulder width apart, hands out)
- Keep your eyes on the ball all the time
- Bring ball into your body as you catch

Lesson Objective	To work as a team in a modified dodgeball game	Lesson 5/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know that if they drop an attempted catch, they are out • Choose the right moment to attack and defend • Know who to target on the opposition and what tactics might be best deployed 	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	What is the best types of attack in dodgeball?	
Warm Up	<p>Protect Your Team:</p> <p>In groups of six (Two throwers, one blocker, three other players). The throwers are positioned behind the throwing line. The throwers attempts to hit the other players with the ball whilst the blocker attempts to defend the players. If a player is hit behind the blocker, the blocker loses a point (Each blocker starts on five points). Swap after two minutes. The player with the most points at the end of the game is the winner.</p>	
Main Activity	<p>Dodgeball Gauntlet:</p> <p>Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to get as many people to the other side as possible.</p> <p>Matches:</p> <p>In teams of five, children will play dodgeball matches. The children will be introduced to the basic rules:</p> <ul style="list-style-type: none"> • If the ball hits you without bouncing, then you are out • If the opposite team catch the ball, then you are out and you can allow ALL of the team back in • Head shots don't count • Games will last for two minutes, the winning team is the team that gets every one of the opponents out or the team with the most players left on court at the end of the match 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Single Ball Attack - One player runs towards the centre line and aims at an opponent.</p> <p>Team Attack - Two or more players who have a ball, both aim to throw at one individual on the other team.</p>	

Lesson Objective	To work as a team in a dodgeball tournament	Lesson 6/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know their own strengths are and where they can improve• Know evaluate and recognise success to help improve performance• Play within rules and to resolve any dispute	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	What are the best types of defence in dodgeball?	
Warm Up	Dodgeball Gauntlet: <p>Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to get as many people to the other side as possible.</p>	
Main Activity	Tournaments: <p>In teams of six, children will play dodgeball matches. The children will be introduced to the basic rules:</p> <ul style="list-style-type: none">• If the ball hits you without bouncing, then you are out• If the opposite team catch the ball, then you are out and you can allow ALL of the team back in• Head shots don't count• You can only hold the ball for five seconds before throwing it• You can use the ball to block other balls <p>Games will last for two minutes; the winning team is the team that gets every one of the opponents out or the team with the most players left on court at the end of the match.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Defence – At risk of being hit if you stand near the centre line. Once thrown, retreat towards back line to avoid danger. Player can use the ball to block if they have one when defending.	

