

Year 5 - Dodgeball

Lesson Plan

Lesson Objective

To throw a ball in dodgeball

Lesson 1/6

Equipment Needed

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

Success Criteria

Children can:

- Throw the ball with good technique
- Throw the ball with accuracy
- Throw the ball in a variety of directions with some precision

Adapted Learning (Differentiation) (Challenge)

Group children by ability to add challenge and differentiation.

Key Questions

How do we throw the ball in dodgeball?

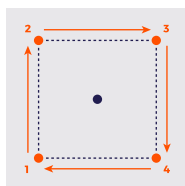
Warm Up



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.

Main Activity



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.



Hit The Spot Dodgeball:

Each team places three coloured balls towards the endzone of their court. Dodgeball rules apply with children being out when hit, but if a team manages to knock off all coloured balls of the opponents cones, they win the match.

Cooldown

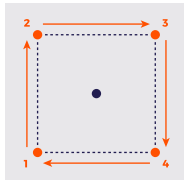
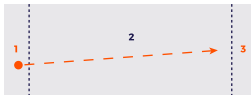
Recap and discuss Success Criteria.

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

Year 5 - Dodgeball

Lesson Plan

Lesson Objective	To avoid being hit by the ball in dodgeball	Lesson 2/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<div>Children can:</div> <ul style="list-style-type: none">• Dodge the ball with some success• Dodge the ball consistently in a variety of ways with control• That by moving around I make myself more difficult to hit	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	<div>How do we dodge a ball?</div> <div>How do I need to be stood in order to avoid being hit?</div>	
Warm Up		
Main Activity	<div><div></div><div><p>Hit The Spot:</p><p>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.</p></div><div><div></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></div></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.	

Year 5 - Dodgeball

Lesson Plan

Lesson Objective

To block in dodgeball

Lesson 3/6

Equipment Needed

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

Success Criteria

Children can:

- Dodge the ball successfully
- Know how to block a ball and can usually do this with success
- Block the ball successfully

Adapted Learning (Differentiation) (Challenge)

Group teams by ability to add challenge and differentiation.

Key Questions

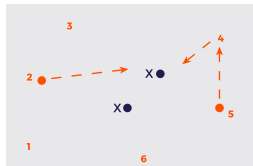
How do we block the ball?
What can we do when blocking the ball?

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.



Protection Dodgeball:

Each team places three coloured balls towards the endzone of their court. They also have two 'blocker' balls that cannot be thrown. Dodgeball rules apply with children being out when hit. The teams use the blocker balls to protect their three but if a team manages to knock off all coloured balls of the opponents cones, they win the 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.

Year 5 - Dodgeball

Lesson Plan

Lesson Objective

To catch a ball in dodgeball

Lesson 4/6

Equipment Needed

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

Success Criteria

Children can:

- Catch a ball in the ready position and attempt it in a game situation
- Know catch the ball in the ready position with good control
- Catch balls to get teammates back in the game

Adapted Learning (Differentiation) (Challenge)

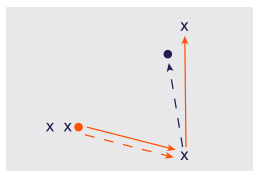
Group teams by ability to add challenge and differentiation.

Key Questions

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

Warm Up

Main Activity



→ Move - - - - - → Pass - - - - - → Throw



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.

Throw, Catch, Aim:

In groups of four, the ball is passed (and caught) by the player who then aims at a target at the other end of the court. Ball is retrieved, and players rotate round and the drill is repeated.

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 to on their bench first wins.

Cooldown

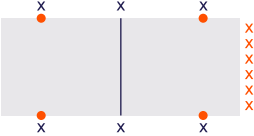

Recap and discuss Success Criteria.

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

Year 5 - Dodgeball

Lesson Plan

Lesson Objective	To introduce the rules of modified games of dodgeball	Lesson 5/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Play adapted games with special rules• Know that they need to work as part of a team• Know to aim low to get an opponent out	
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	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.	
Main Activity	<div><div></div><div></div></div> <div>Dodgeball Gauntlet: 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.</div> <div>Matches: In teams of five, children will play dodgeball matches. The children will be introduced to the basic rules:<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</div>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Single Ball Attack - One player runs towards the centre line and aims at an opponent. Team Attack - Two or more players who have a ball, both aim to throw at one individual on the other team.	

Year 5 - Dodgeball

Lesson Plan

Lesson Objective	To play small, modified games of dodgeball	Lesson 6/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Play and accept the rules• Use tactics of when to attack and when to defend• Put the needs of the team first	
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	<div><div><div><div>x</div><div>x</div><div>x</div><div>x</div><div>x</div><div>x</div></div><div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div>x</div><div>x</div><div>x</div><div>x</div><div>x</div><div>x</div></div></div><div>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></div></div>	
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.	