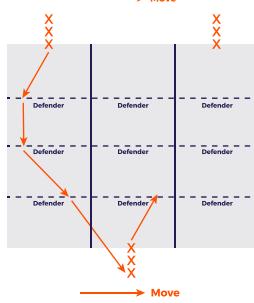
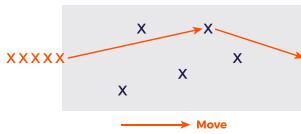
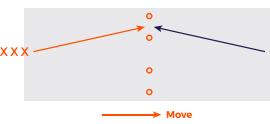
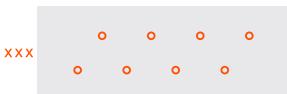
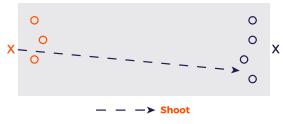


Lesson Objective	To dodge an opponent in tag rugby	Lesson 1/6
Equipment Needed	Tag belts, tags, rugby balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> Dodge a defender using a variety of different techniques Move away from crowded areas into space Change direction quickly, make sharp turns and off balance the person trying to defend them 	
Adapted Learning (Differentiation) (Challenge)	Group by ability.	
Key Questions	How do we dodge a defender?	
Warm Up	<p>Tails: Make an area 20x20m. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags. After 30 seconds count how many tags you have. The winner is the person with the most tags.</p>	
Main Activity	<p>Cross The Area: All children with a ball, starting at one side of the area, all children with a ball need to dribble to the opposite side of the area. Choose several children to become defenders. Their job is to stop the children dribbling across by tracking them and placing their foot on top of their ball. If a player has been stopped by the defender, they join the defending team.</p>  <p>Dodging: Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Attacker tries to create space by changing speed and direction to get away from the defender.</p>  <p>Gauntlet: Split the hall/field into three columns, with the class split into three. 2 Teams attack, 1 Team defends specific areas.</p> <ul style="list-style-type: none"> Children must try to run from start to finish without being tagged Defenders must try to pull a tag off of the runner, if they succeed runner goes to back of line 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Children need to be able to change direction at speed when maintain control and balance. They will attack the space and not to run directly at the defenders.	

Lesson Objective	To introduce 'tagging' an opponent	Lesson 2/6
Equipment Needed	Tag belts, tags, rugby balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none"> Understand the role of the defending team is trying to stop the opposition Understand the dangerous attacking player is the one who is carrying the ball 	
Adapted Learning (Differentiation) (Challenge)	Group by ability for challenge and differentiation.	
Key Questions	How do we tag an opponent?	
Warm Up	Stuck In The Mud: Each player has a ball and runs around the area. Defender must try and take the tag from the attacker. If the tag is taken, replace on belt, and place ball on the floor between their legs. To get back into the game, another player rolls the ball between the legs. Once this happens, they pick up the ball and continue.	
Main Activity	Tails: Make an area 20x20m. The aim of the game is to collect as many tags as possible in 30 seconds. Explain that in this game you can keep the tags and you are not out if you lost both your tags. After 30 seconds count how many tags you have. The winner is the person with the most tags.  Team Tag Thru: In teams of six. One team moves around the area holding a rugby ball each. One player from the defending team must enter area and try to steal a tag of any of the players. As soon as they do, the next player enters the area. Continue until all players are through to the other side of the area. If player drops ball, goes out of square then defender gets to walk through.  1v1 Defending: Attacking player starts by trying to run through one of the two gates in the middle of the field. The defender's role is to try and tag the attacker before they reach the gate. Defender must quickly approach the attacker, keeping eyes on the tags, staying low and reaching towards the top of the tag.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Tag Pulling: <ul style="list-style-type: none"> Keep your eyes on hips Stay low, facing attacker and reach for the top of the TAG A "tag" simulates a tackle 	

Lesson Objective	To introduce holding the hockey stick correctly and move around with and without the ball	Lesson 3/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know how to hold a hockey stick when they haven't got the ball • Know how to hold a hockey stick when they have got the ball • Move the stick and adjust it to where the ball is placed 	
Adapted Learning (Differentiation) (Challenge)	Group children in similar abilities.	
Key Questions	How do we hold the hockey stick?	
Warm Up	<p>Stick Familiarity:</p> <p>Pupils spread out around a large area. Place enough hockey balls for one each all around the area. Children move around the area, holding their stick, on the coaches call of 'BALL', they must get into position next to a ball, ready to dribble (don't touch ball). PROGRESSION: Children dribble the ball to a new space in the area.</p>	
Main Activity	<p>Skill Acquisition:</p> <p>Set up cones randomly around a netball court. The children will move around the court, being spatially aware and dribble the ball with control around the obstacles. Remind children to keep head up to see where they are going and to keep the ball under as much control as possible. Allow some children to demonstrate their technique to the others. Make sure they are holding the stick correctly.</p> <p>Dribbling Obstacles:</p> <p>In 3's children must dribble in and out of the cones and give ball to their partner who is waiting at the other end. This pattern is repeated PROGRESSION: Children can turn the stick to keep ball under control, by twisting arms as ball goes onto left side.</p> <p>Dribbling Races:</p> <p>Children get into groups of three and stand at one end of the netball court in a line. They will each have a stick and one ball per group. They will number themselves 1-3. Set up some cones in front of each group along the length of the court. Number 1s will go first and dribble the ball in and out of the cones until they reach the end of the court. They will then return the ball to their lines as quickly and as controlled as possible. When each member has had a turn, that group must raise their hands and the winners are the first to finish.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Grip:</p> <ul style="list-style-type: none"> • Hands apart • Left hand at the top of the stick • 'V's formed by thumb and index finger are in line with the edge of the stick 	



Lesson Objective	To introduce passing the ball whilst stationary in hockey	Lesson 4/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know how to pass the ball by sliding the ball towards a teammate – Push Pass • Use the stick to pass short and long and know where to place their hands on the grip • Know when to dribble and when to look to pass the ball 	
Adapted Learning (Differentiation) (Challenge)	Group children in similar abilities.	
Key Questions	How do we dribble?	
Warm Up	<p>Stick Familiarity: Pupils spread out around a large area. Place enough hockey balls for one each all around the area. Children move around the area, holding their stick, on the coaches call of 'BALL', they must get into position next to a ball, ready to dribble (don't touch ball). PROGRESSION: Children dribble the ball to a new space in the area.</p>	
Main Activity	<p>Ball Mastery: Each child has a stick in their hands and holds it correctly while moving around the area. Children are encouraged to keep head up and look for space on the field. Half the children then have a ball, and dribble around the area, they then pass to a child who is open and doesn't have a ball.</p> <p>Passing In Pairs: Children will partner up and then stand a set distance apart from each other. The children will slide the ball to each other using the technique shown.</p>  <p>Battleships (Passing Accuracy): For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this is where the ball must be placed. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's turn to try and sink a ship. The child that sinks all four ships first wins!</p> 	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Push Pass:</p> <ul style="list-style-type: none"> • Use the flat side of stick to contact the ball • From the right side of the body, push the ball across towards left hand side and push ball softly towards the target 	

Lesson Objective

To introduce the throwing technique in dodgeball

Lesson 5/6

Equipment Needed

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

Success Criteria

Children can:

- Throw the ball with good technique
- Aim at and sometimes hit a moving target
- Throw the ball whilst on the move

Adapted Learning (Differentiation) (Challenge)

Group by ability, use different sized balls.

Key Questions

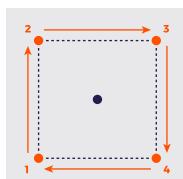
How do we throw the ball?

Warm Up

Throwing:

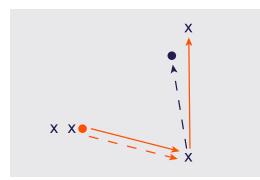
In groups of four. Children stand opposite each other. Two on one side and one on the other side. Children practice an overarm throw to each other. They must pass and follow the ball.

Main Activity



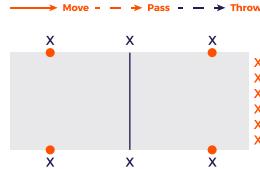
Hit The Spot:

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.



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 Gauntlet:

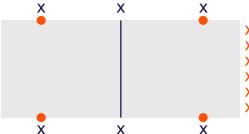
Split the class into teams of six. On one dodgeball court, have one team stood on the sides of the court acting as throwers, the other team stand at the end of the court. On the coaches call of 'GO' children must try and run to the other side of the court without being hit by the ball thrown by the throwers. The aim of the game is to as many to the other side as possible.

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

Lesson Objective	To introduce ways to avoid being hit in dodgeball	Lesson 6/6
Equipment Needed	Dodgeballs (Various colours if possible) cones, markers, bibs.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> Dodge the ball successfully Start to duck and sidestep to dodge the ball Start to block the ball that is thrown at them 	
Adapted Learning (Differentiation) (Challenge)	Group teams by ability to add challenge and differentiation.	
Key Questions	How do we avoid being hit?	
Warm Up	<p>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.</p>	
Main Activity	<p>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 times the dodger is hit. Swap roles and play for a further two minutes.</p>  <p>Dodgeball Gauntlet: Split the class into teams of six. On one dodgeball court, have one team stand 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 as many people to the other side as possible.</p>  <p>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 when the doctor taps them on the shoulder. If the doctor gets hit, the other team automatically win.</p>	
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.	