

Lesson 1/6

To dodge an opponent in tag rugby

Success Criteria

To be able to:

- 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

Lesson 2/6

To introduce 'tagging' an opponent

Success Criteria

To be able to:

- 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

Lesson 3/6

**To introduce holding
the hockey stick
correctly and
move around with
and without the ball**

Success Criteria

To be able to:

- **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**

Lesson 4/6

To introduce passing the ball whilst stationary in hockey

Success Criteria

To be able 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

Lesson 5/6

To introduce the throwing technique in dodgeball

Success Criteria

To be able to:

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

Lesson 6/6

To introduce ways to avoid being hit in dodgeball

Success Criteria

To be able to:

- **Dodge the ball successfully**
- **Start to duck and sidestep to dodge the ball**
- **Start to block the ball that is thrown at them**