

EDSTART KNOW

- I can explain where to aim my throw to make it difficult for an opponent to dodge or catch.
- I can describe how good hand-eye coordination helps me throw, catch, and react quickly during a game.
- I can understand how to use different types of throws and tactics to outwit my opponents.

EDSTART GO

- I can aim my throws accurately at targets or opponents with control and precision.
- I can use good hand-eye coordination when throwing, catching, and dodging to stay in the game.
- I can use a variety of throwing techniques and tactics to create attacking and defensive opportunities.

EDSTART SHOW

- I can demonstrate accuracy, awareness, and control during competitive dodgeball games.
- I can make smart tactical decisions by choosing the right throw or movement at the right time.
- I can show teamwork, communication, and sportsmanship while competing fairly with others.

Key Vocabulary

**throw, dodge,
catch, target,
tactics, reaction,
positioning,
teamwork**

Role Models



Mark Allen
British Dodgeball
Player



Abby Gower -
England Dodgeball
Captain

What do we know about Dodgeball?

Modern dodgeball originated from an ancient African war training exercise but was formalised in US colleges in the early 20th century. Today it's played in over 60 countries and governed by the World Dodgeball Federation and British Dodgeball. Matches usually feature six players per side and require rapid reaction times and team coordination. Dodgeball improves reflexes, peripheral vision and strategic movement. The sport encourages inclusion and mixed-gender competition, developing confidence and fitness in a fun environment.

In Year 5 we learnt

- to use a variety of throwing, catching, and dodging techniques with control and accuracy to sustain rallies or stay in play.
- apply different throwing actions and movements using both dominant and non-dominant sides effectively during a game.
- serve or restart play accurately, demonstrating control, consistency, and understanding of the basic rules and tactics of dodgeball.