

EDSTART KNOW

- I can explain how to use different throwing, catching, and dodging techniques in dodgeball.
- I can describe how to use both my dominant and non-dominant sides effectively during play.
- I can understand how to restart play safely and follow the basic rules of the game.

EDSTART GO

- I can use a variety of throwing, catching, and dodging techniques with control and accuracy.
- I can apply different throwing actions and movements using both sides of my body effectively.
- I can serve or restart play accurately and consistently, showing good awareness of space and rules.

EDSTART SHOW

- I can demonstrate control, accuracy, and tactical awareness during competitive dodgeball games.
- I can work as part of a team, communicating effectively to attack or defend.
- I can play confidently, fairly, and safely, showing respect and good sportsmanship throughout the game.

Key Vocabulary

**throw, dodge,
catch, target,
accuracy, reaction,
teamwork,
strategy**

Role Models



Alex Harrison
British Dodgeball
Player



Alice Bonsignori -
England Dodgeball
Player

What do we know about Dodgeball?

Modern dodgeball developed in America during the early 1900s, though earlier forms were played in Africa with rocks and sticks. The objective is to eliminate opponents by hitting them below the shoulders with a soft ball while avoiding being hit yourself. The game improves agility, coordination and teamwork. In the UK, the sport is governed by British Dodgeball, which oversees national competitions and school participation programmes.

In Year 4 we learnt

- to adopt a ready position suitable for the game and react quickly to the ball during competitive play.
- to move efficiently around the court to position themselves effectively for attacking or defending.
- to use a variety of throwing, catching, or striking techniques depending on the type of game and situation.