

Recap: What do we know about dodgeball?

Lesson 1/6

To throw a dodgeball with precision and speed

EDSTART KNOW

- I can explain how to grip and throw a dodgeball correctly.
- I can describe why throwing low and fast makes it harder for opponents.
- I can understand the rules about legal throws.

EDSTART GO

- I can throw a dodgeball hard and low at opponents.
- I can throw using either hand with accuracy.
- I can use power and follow-through when throwing.

EDSTART SHOW

- I can respect my opponents when playing matches.
- I can encourage my teammates during games.
- I can follow the rules fairly in dodgeball.

Recap: To throw a dodgeball with precision and speed

Lesson 2/6

To dodge with control in a game of dodgeball

EDSTART KNOW

- I can explain how to dodge safely in dodgeball.
- I can describe how turning my back helps avoid being hit.
- I can understand how to use space on the court to stay safe.

EDSTART GO

- I can dodge quickly to avoid being hit.
- I can keep balance while dodging in different directions.
- I can use the court to move into safe areas.

EDSTART SHOW

- I can respect the throwers and dodgers when playing.
- I can encourage teammates to keep moving.
- I can play fairly and accept when I am out.

Recap: To dodge with control in a game of dodgeball

Lesson 3/6

To block the ball **to protect yourself** **or a teammate**

EDSTART KNOW

- I can explain what blocking means in dodgeball.
- I can describe how a ball can be used to protect myself.
- I can understand what happens if a ball is blocked but still live.

EDSTART GO

- I can use a ball to block incoming throws.
- I can regain possession after blocking.
- I can block to protect my teammates.

EDSTART SHOW

- I can encourage teammates when they defend.
- I can respect the rules when blocking in games.
- I can work with my team to stay in the game.

Recap: To block the ball to protect yourself or a teammate

Lesson 4/6

To catch a ball during a game of dodgeball

EDSTART KNOW

- I can explain the best way to catch a dodgeball.
- I can describe what happens when I catch an opponent's throw.
- I can understand when to catch and when to dodge.

EDSTART GO

- I can catch balls thrown at me in a ready position.
- I can catch balls thrown at speed or low to the ground.
- I can secure the ball into my body after catching.

EDSTART SHOW

- I can respect my opponent when catching them out.
- I can celebrate my teammate's catches.
- I can play fairly and follow catching rules.

Recap: To catch a ball during a game of dodgeball

Lesson 5/6

To work as a team in a modified dodgeball game

EDSTART KNOW

- I can explain why teamwork is important in dodgeball.
- I can describe different attack tactics.
- I can understand how to choose the right moment to attack or defend.

EDSTART GO

- I can time my throws with teammates for stronger attacks.
- I can decide when to defend and when to attack.
- I can use teamwork to keep my team in the game.

EDSTART SHOW

- I can encourage teammates to work together.
- I can respect my opponents during tactical games.
- I can show good sportsmanship when winning or losing.

Recap: To work as a team in a modified dodgeball game

Lesson 6/6

To work as a team in a dodgeball tournament

EDSTART KNOW

- I can explain the rules of dodgeball tournaments.
- I can describe how to defend using balls or positioning.
- I can understand how to evaluate my own performance.

EDSTART GO

- I can play in competitive matches following the rules.
- I can use defence and attack tactics in games.
- I can adapt my play to help my team.

EDSTART SHOW

- I can respect referees, scorers, and opponents.
- I can encourage my team throughout the tournament.
- I can accept results fairly and reflect on my performance.