

Recap: What do you know about dodgeball?

Lesson 1/6

To throw a ball in dodgeball

EDSTART KNOW

- I can explain why aiming low improves accuracy in dodgeball.
- I can describe the rules about throwing fairly.
- I can understand why it's important to release the ball quickly.

EDSTART GO

- I can throw using an overarm action with control.
- I can aim my throws at targets or opponents safely.
- I can use different throws in small-sided games.

EDSTART SHOW

- I can encourage others when they hit the target.
- I can respect opponents when they are out.
- I can play fairly by following the throwing rules.

Recap: To throw a ball in dodgeball

Lesson 2/6

To avoid being hit by the ball in dodgeball

EDSTART KNOW

- I can explain how to position my hands when catching.
- I can describe why catching helps my team.
- I can understand how catching eliminates a thrower.

EDSTART GO

- I can catch balls safely with two hands.
- I can react quickly to catches under pressure.
- I can return the ball immediately after catching.

EDSTART SHOW

- I can encourage teammates when they attempt catches.
- I can respect opponents when catching them out.
- I can celebrate catches fairly with my team.

Recap: To avoid being hit by the ball in dodgeball

Lesson 3/6

To be able to block in dodgeball

EDSTART KNOW

- I can explain why movement helps me avoid being hit.
- I can describe how to dodge by changing speed and direction.
- I can understand when to duck or jump safely.

EDSTART GO

- I can dodge to avoid incoming throws.
- I can move side-to-side to stay safe in games.
- I can use ducking and jumping to avoid being out.

EDSTART SHOW

- I can respect others by dodging safely without contact.
- I can encourage teammates when dodging successfully.
- I can support my team by staying in play longer.

Recap: To be able to block in dodgeball

Lesson 4/6

To catch a ball in dodgeball

EDSTART KNOW

- I can explain why teamwork is important in dodgeball.
- I can describe simple tactics (e.g., throwing together, passing balls).
- I can understand how to work with others to win.

EDSTART GO

- I can work with teammates to throw at the same target.
- I can pass balls to teammates in better positions.
- I can use tactics in small-sided matches.

EDSTART SHOW

- I can encourage my teammates during games.
- I can respect opponents by playing fairly.
- I can celebrate my team's effort, not just winning.

Recap: To catch a ball in dodgeball

Lesson 5/6

To introduce the rules of modified games of dodgeball

EDSTART KNOW

- I can explain the key rules of dodgeball.
- I can describe how a player can be out.
- I can understand how the game restarts after outs.

EDSTART GO

- I can follow the rules when playing small-sided games.
- I can throw, catch, and dodge fairly in matches.
- I can rotate with teammates to ensure everyone plays.

EDSTART SHOW

- I can respect referees and their decisions.
- I can support my teammates by following the rules.
- I can show fairness whether I win or lose.

Recap: To introduce the rules of modified games of dodgeball

Lesson 6/6

To play small, modified games of dodgeball

EDSTART KNOW

- I can explain how to play a full game of dodgeball.
- I can describe how to use teamwork and tactics in competition.
- I can understand how to show sportsmanship in tournaments.

EDSTART GO

- I can play competitive dodgeball matches.
- I can combine throwing, catching, and dodging skills.
- I can follow tournament rules and respect referees.

EDSTART SHOW

- I can encourage my teammates throughout tournaments.
- I can respect opponents whether I win or lose.
- I can show fairness by shaking hands at the end.