

Year 5 - Dodgeball

Lesson Plan

Lesson Objective To throw a ball in dodgeball

Lesson 1/6

Equipment Needed Dodgeballs (various colours if possible) cones, markers, bibs.

Success Criteria Children can:

- Throw the ball with good technique
- Throw the ball with accuracy
- Throw the ball in a variety of directions with some precision

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

Key Questions

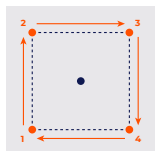
How does good throwing technique help you be more accurate and powerful in games? Good technique helps you use your whole body, not just your arm. A side-on stance, stepping forward, and full follow-through create more power and control, while eyes on the target and soft hands improve accuracy and successful catching.

Warm Up



POWER PASS RELAY: Pupils work in groups of four, with two players on one side and two directly opposite. Players practise strong, accurate overarm throws, focusing on a side-on stance, eyes fixed on the target, stepping forward with the opposite foot, and following through fully with the throwing arm toward the receiver. After each throw, pupils immediately follow their pass to join the opposite side, keeping the relay flowing continuously. Emphasise catching with soft hands, hands presented as a clear target, and quick re-positioning after every pass. This develops rhythm, coordination, upper-body strength, and controlled power in throwing while maintaining continuous movement and teamwork. **PROGRESSION:** Introduce a timed challenge to see how many accurate throws the group can complete in one minute, add target cones between partners for precision points, or increase the throwing distance to build power and control.

Main Activity



TARGET DASH: Mark out a 10×10 metre square with one target ball balanced on a cone in the centre and several cones with balls placed around the outside. Each player starts behind their own outer cone. On the coach's call, pupils sprint around all the outside cones and back to their own starting position before collecting a ball and attempting to hit the central target ball with an overarm throw. Emphasise quick acceleration, controlled stopping before throwing, side-on body position, stepping into the throw, and accurate follow-through. The first player to successfully hit the target shouts "DODGEBALL!" to win the round. This fast-paced game develops speed, accuracy under pressure, reaction time, and controlled throwing technique. **PROGRESSION:** Increase running distance, add more cones to navigate, require throws to be taken from a marked throwing line, or award bonus points for clean first-time hits to further challenge control and balance.



CONE CLASH: Split the class into two teams, each defending three coloured balls placed on cones in their end zone. Teams use standard dodgeball rules — players are out if struck below the shoulders — with the added objective of knocking all three of the opposing team's coloured balls off their cones to win. Pupils must balance powerful, accurate throwing with defensive positioning and quick evasive movement. Emphasise scanning for space, quick decision-making, stepping into throws, and protecting teammates and targets through communication and support. Teamwork, strategy, and spatial awareness are key as players decide when to attack and when to defend. **PROGRESSION:** Add a time limit for each round, introduce "power balls" worth double points, or allow a tagged-out player to re-enter if their team knocks off an opponent's target ball to encourage resilience, persistence, and teamwork.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger throwing zones for beginners, smaller targets for advanced.

TASK

Start with static throwing, progress to moving targets and games.

EQUIPMENT

Use soft foam balls for beginners, multiple balls for challenge.

PEOPLE

Work in pairs for throwing accuracy, groups for team games.

Cooldown


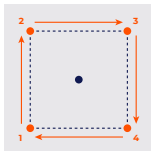
THROW & FLOW: Pupils form pairs and stand a short distance apart. They gently throw a soft ball or beanbag to each other, focusing on smooth movements and controlled catching. After each catch, pupils perform a light stretch such as arm swings, shoulder rolls, or lunges. Gradually slow the pace until the activity becomes calm and relaxing. Finish by gathering pupils in a circle to reflect: "What helped you throw accurately today?" and "How did teamwork make your throws more successful?" **PROGRESSION:** Add a challenge where pairs complete five perfect throws without a drop before finishing their cool-down stretches.

Key Technical Points

- Grip the ball between fingers and thumb – raise arm at shoulder height behind the head – elbow should be slightly bent
- Step towards target with opposite foot and release the ball at side of head, follow through towards the intended target

Year 5 - Dodgeball

Lesson Plan

Lesson Objective	To avoid being hit by the ball in dodgeball				Lesson 2/6
Equipment Needed	Dodgeballs (various colours if possible) cones, markers, bibs.				
Success Criteria	Children can: <ul style="list-style-type: none">Dodge the ball with some successDodge the ball consistently in a variety of ways with controlThat by moving around I make myself more difficult to hit				
EDSTART KNOW	EDSTART GO		EDSTART SHOW		
<ul style="list-style-type: none">I can explain how to position my hands when catchingI can describe why catching helps my teamI can understand how catching eliminates a thrower	<ul style="list-style-type: none">I can catch balls safely with two handsI can react quickly to catches under pressureI can return the ball immediately after catching		<ul style="list-style-type: none">I can encourage teammates when they attempt catchesI can respect opponents when catching them outI can celebrate catches fairly with my team		
Key Questions	How can quick reactions and good positioning help you stay in the game during dodgeball? Quick reactions help you dodge throws and respond to commands instantly, while good positioning keeps you balanced, aware of space, and ready to catch, throw, or evade safely and effectively.				
Warm Up	DODGE & DASH: Pupils spread out in a defined area, each with a soft ball or beanbag. When the coach calls "DODGE!", pupils react instantly by ducking low, twisting their body, side-stepping quickly, and staying light on their toes to avoid imaginary throws. On "CATCH!", pupils freeze and show perfect catching shape with knees bent, hands forming a soft target, and eyes focused forward. On "THROW!", they perform a quick underarm or overarm throwing action to an invisible target, stepping forward and following through for balance and control. This high-energy activity develops fast reactions, coordination, balance, and spatial awareness. PROGRESSION: Add real soft balls so pupils work in pairs, gently throwing to each other while still reacting instantly to the coach's commands.				
Main Activity	<div></div> <p>TARGET DASH: Mark out a 10x10 metre area with each pupil starting behind their own cone and a ball placed on top. A target ball is balanced on a cone in the centre. On the whistle, pupils sprint around all the outer cones, return to their start point, collect their ball, and attempt to hit the centre target with a controlled overarm throw. Emphasise quick acceleration, controlled deceleration before throwing, side-on stance, stepping into the throw, and accurate follow-through. The first pupil to hit the target shouts "DODGEBALL!" to win the round. This develops power, precision, fitness, and reaction speed. PROGRESSION: Add a throwing line pupils must stay behind, increase the number of laps, or award bonus points for clean first-time hits.</p> <p>DODGER CHASE: Mark out a 15x5 metre rectangle with a thrower at each end and one "dodger" in the middle. Throwers pass the ball between them and aim to hit the dodger below the waist using controlled, accurate throws. The dodger must stay within the zone and use quick footwork, drops in body height, side-steps, and directional changes to avoid being hit. Throwers must remain behind the throwing lines at all times. Play for two minutes and count hits before rotating roles. This game develops agility, anticipation, throwing accuracy, and timing for both attackers and dodgers. PROGRESSION: Add multiple dodgers, introduce a second ball, or shorten the space to increase intensity and teamwork demands.</p> <p>MEDIC MAYHEM: Split the class into two teams. Each team secretly selects one "doctor" whose role is to revive teammates who are hit by tapping them on the shoulder. Standard dodgeball rules apply — players are out when struck below the shoulders and must sit or kneel until revived. If a team's doctor is hit, the round immediately ends and the opposing team wins. Pupils must work tactically to attack, defend their doctor, and protect revived teammates. This variation develops teamwork, communication, protection strategies, and tactical awareness under pressure. PROGRESSION: Use two doctors for larger groups, introduce timed rounds with scoring for revivals and successful hits, or restrict doctors to a specific revival zone for added challenge.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE	TASK	EQUIPMENT	PEOPLE	
	Shorter throws for beginners, longer for challenge.	Begin with partner throws, progress to catching in live games.	Softer/larger balls for beginners, smaller for challenge.	Work in pairs for technique, groups for "Protect the King."	
Cooldown	DODGEBALL FREEZE FRAME: Pupils walk slowly around the court or hall, performing gentle dodging movements such as side-steps, controlled squats, twists, and light reaches. On the coach's call of "FREEZE!", pupils hold a dodge pose, crouch, twist, or duck, focusing on balance, posture, and controlled breathing before slowly relaxing into a stretch. After several rounds, gather pupils for static stretches targeting shoulders, legs, and back to aid recovery. Finish with reflection questions: "What helped you dodge successfully today?" and "How did teamwork make a difference in the game?" PROGRESSION: Add a light partner challenge where pairs mirror each other's slow dodging movements before stretching together to develop coordination, balance, and body awareness.				
Key Technical Points	Children should avoid being still and stand in a ready position to keep moving in different directions. Keep on your toes and be able to react quickly.				

Year 5 - Dodgeball

Lesson Plan

Lesson Objective To block in dodgeball

Lesson 3/6

Equipment Needed Dodgeballs (various colours if possible) cones, markers, bibs.

Success Criteria Children can:

- Dodge the ball successfully
- Know how to block a ball and can usually do this with success
- Block the ball successfully

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

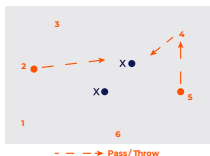
Key Questions

How can you use movement, teamwork, and positioning to stay safe and successful in dodgeball-style games? By staying low and balanced, reacting quickly with agile footwork, communicating clearly with teammates, and working together to block, shield, or evade the ball, players can avoid being hit, protect targets more effectively, and create better attacking opportunities under pressure.

Warm Up

DODGER IN THE MIDDLE: Mark out a 15x5 metre area with one controlled thrower at each end and one dodger positioned in the centre. The two throwers pass the ball between themselves, aiming to hit the dodger below the waist with accurate, measured throws while staying behind the boundary line. The dodger must use quick footwork, twists, ducks, drops in body height, and fast side-steps to evade the ball but must remain inside the area at all times. Play for two minutes before swapping roles so everyone experiences both attacking and dodging. This fast-paced activity develops agility, reaction speed, spatial awareness, balance, and evasion skills under pressure. **PROGRESSION:** Add a second ball to increase reaction demands, increase the number of dodgers in the middle for a team challenge, or shorten the space to raise intensity.

Main Activity



CIRCLE DEFENCE: In a large space, six players form a wide circle around two target players standing in the middle. Each target player holds a ball to use as a shield to block throws aimed at them. The outer players use two balls between them and work together to throw below the waist, planning attacks by passing, drawing defenders, and timing their throws. The inside players must anticipate the direction of each throw, react quickly, use strong blocking positions, and move together to stay protected for as long as possible. When one target is hit, the outer team focuses on removing the remaining player. This activity develops anticipation, blocking technique, teamwork, decision-making, and defensive coordination. **PROGRESSION:** Reduce the circle size to increase pressure, add a time limit survival challenge, or limit the targets to one blocker ball for advanced pupils.



SHIELD WARS: Divide the class into two teams, each defending three coloured balls placed on cones in their end zone. Each team is also given two "blocker" balls that cannot be thrown but can be used to deflect incoming shots and protect the targets. Players use standard dodgeball rules — they are out if struck below the shoulders — but the main objective is to knock all three of the opposing team's target balls off their cones. Pupils must balance powerful attacking throws with smart defensive blocking, quick repositioning, and constant communication to protect their targets. This game builds tactical thinking, teamwork, spatial awareness, throwing accuracy, and defensive responsibility. **PROGRESSION:** Introduce a rule that one blocker must always be moving, reduce blockers to one for added challenge, or create bonus scoring zones worth extra points if hit.

Adapted Learning (Differentiation) (Challenge)

SPACE

Wider dodge zones for beginners, narrower for advanced.

TASK

Start with movement-only dodging, progress to live dodgeball.

EQUIPMENT

Use lighter balls for safety, increase number for challenge.

PEOPLE

Individual dodge races, then teams for invasion games.

Cooldown

MIRROR MOVES: Pupils work in pairs and face each other in a clear space. One pupil becomes the leader and performs slow, controlled dodging movements such as side-steps, ducks, twists, and crouches, while the partner mirrors the actions as smoothly and accurately as possible. Emphasise soft knees, balanced posture, controlled breathing, and smooth changes of direction to encourage relaxation while still maintaining body control. After 30 seconds, pupils swap roles so both experience leading and following. Gradually transition into static stretches for shoulders, arms, and legs to support full-body recovery. Finish with a short reflection: "What helped your team protect your targets today?" and "How did teamwork make blocking and dodging easier?" **PROGRESSION:** Add a synchronisation challenge where pairs must mirror their movements in time with a slow clap or steady beat to further develop focus, rhythm, and coordination during cooldown.

Key Technical Points

The defender may block a live ball with another ball. That ball is still a live ball however, until it hits the floor, wall or ceiling.

Year 5 - Dodgeball

Lesson Plan

Lesson Objective To catch a ball in dodgeball

Lesson 4/6

Equipment Needed Dodgeballs (various colours if possible) cones, markers, bibs.

Success Criteria Children can:

- Catch a ball in the ready position and attempt it in a game situation
- Know catch the ball in the ready position with good control
- Catch balls to get teammates back in the game

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

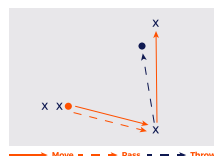
Key Questions

How can quick reactions and correct body position help you catch and throw more successfully under pressure? Quick reactions allow you to move into line with the ball early, while correct body position — eyes on the ball, balanced stance, and soft hands, helps you control the catch and make an accurate, effective return pass.

Warm Up

CATCH ME QUICK: Pupils pair up and stand facing each other about 3–4 metres apart with one soft ball between them. The coach calls out commands such as “High!”, “Low!”, or “Quick!” and the thrower must respond with the matching type of throw — a gentle lob, a low bounce, or a fast chest throw. The catcher adjusts their position, footwork, and body shape to react in time and secure the ball cleanly. After a few rounds, partners swap roles. This energising warm-up builds reaction speed, coordination, focus, and catching readiness. **PROGRESSION:** Add movement by swapping places after each throw or jogging to a new partner. For greater challenge, introduce a second ball for quicker decision-making.

Main Activity



CATCHING CHAMPS: Pupils work in groups of four, standing opposite each other with two players on each side. Using an overarm throw, players pass and immediately follow their ball to the opposite side, keeping the sequence continuous and flowing. Emphasise a strong side-on stance, eyes fixed on the target, stepping forward with the opposite foot, high elbow, and a smooth follow-through pointing toward the receiver. Catchers show clear target hands, soften the elbows to cushion the ball into the body, maintain balanced foot position, and reset quickly into a ready stance for the next pass. Clear verbal cues such as the receiver's name should be used before every throw to improve timing and awareness. This activity develops coordination, throwing and catching accuracy, footwork, reaction speed, and teamwork under continuous movement. **PROGRESSION:** Add movement by stepping forward or backward after each throw, introduce a non-dominant hand catch, or set a one-minute challenge to count how many clean, uninterrupted catches the group can complete.

TARGET THROW RELAY: Pupils stay in their groups of four. The first player passes the ball to a teammate, who catches and immediately throws at a target placed at the far end of the court. After throwing, the player retrieves the ball, rejoins the line, and the next player steps up. The relay continues at speed, demanding accurate throwing, quick catching under pressure, and strong communication. **PROGRESSION:** Move the target further away, reduce the target size, or introduce scoring — one point for a hit and two for landing inside the target.

BENCH BATTLE: Two teams face off, each defending a bench at the back of their court. When a player is hit by a ball, they must stand on their team's bench. To be freed, a teammate must successfully throw a ball that the bench player catches cleanly. The first team to get all opponents onto the bench wins. This fast-paced invasion game combines dodging, throwing, and catching while promoting teamwork, strategy, and constant engagement. **PROGRESSION:** Require bench players to be freed only from throws behind a marked line for precision, or limit the number of balls in play to increase tactical decision-making.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger courts for beginners, smaller tighter zones for tactical play.

TASK

Start with simple passing drills, progress to 4v4 and 5v5 games.

EQUIPMENT

Use fewer balls for beginners, more for advanced tactical play.

PEOPLE

Teams of 3–5 to develop strategy.

Cooldown

CATCH & REFLECT: Pupils form a large circle and gently toss a soft ball around the group, catching and passing in a calm, steady rhythm. After a few minutes, begin light stretches for shoulders, arms, and legs. As each pupil catches the ball, they share one tip or skill they improved during the session, such as aiming better, catching confidently, or working as a team. **PROGRESSION:** Add a second ball into the circle for greater focus and awareness, or play a “silent round” where pupils must communicate non-verbally using only eye contact and gestures to pass smoothly.

Key Technical Points

Stand in a strong ready position with knees slightly bent, feet shoulder-width apart, and hands held out in front to react quickly. Keep your eyes on the ball at all times to track its flight accurately, and as you catch, draw the ball smoothly into your body to secure it with control and prevent it from being knocked away.

Year 5 - Dodgeball

Lesson Plan

Lesson Objective

To introduce the rules of modified games of dodgeball

Lesson 5/6

Equipment Needed

Dodgeballs (various colours if possible) cones, markers, bibs.

Success Criteria

Children can:

- Play adapted games with special rules
- Know that they need to work as part of a team
- Know to aim low to get an opponent out

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

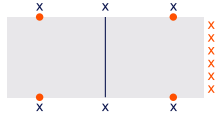
Key Questions

How can quick movement, accurate throwing, and teamwork help you succeed in dodgeball activities?: Quick movement helps you evade opponents and reach space safely, accurate throwing increases your chances of scoring or getting opponents out, and teamwork through communication and passing allows your team to attack effectively, defend together, and stay organised under pressure.

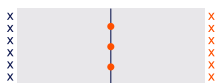
Warm Up

QUICK CATCH RELAY: Pupils work in groups of four, standing opposite each other with two players on each side. Players use controlled overarm throws, focusing on a strong side-on stance, stepping forward with the opposite foot, eyes on the target, and a smooth follow-through. Catchers show soft hands, cushion the ball into the body, and reset quickly into the ready position. After each throw, players immediately follow their pass and join the opposite line to keep the relay flowing continuously. Encourage pupils to clearly call their teammate's name before throwing to improve communication, timing, and awareness. This activity develops rhythm, coordination, control, teamwork, and throwing accuracy under continuous movement. **PROGRESSION:** Add a light jog before each throw, increase throwing distance, or challenge groups to see how many clean passes they can complete in one minute without dropping the ball.

Main Activity



THE GAUNTLET RUN: Split the class into teams of six. One team lines both sidelines of a dodgeball court holding balls and acts as the throwers, while the opposing team lines up at one end as runners. On the coach's call of "Go!", runners sprint to the opposite end while throwers aim to strike them below the shoulders using controlled throws. Emphasise good sprinting technique for runners — head up, arms driving forwards and backwards, quick knee lift, and pushing powerfully through the balls of the feet. Runners should use sharp side-steps, sudden changes of speed, drops in body height, and zig-zag movement to evade the ball while staying aware of space and other players. Throwers focus on a side-on stance, stepping forward with the opposite foot, eyes fixed on the target, and a smooth follow-through for accuracy and control rather than power. Any runner who reaches the far side safely scores one point for their team. Rotate roles after each round so everyone practises throwing, dodging, and sprinting. This activity develops agility, speed, coordination, reactions, spatial awareness, and resilience under pressure. **PROGRESSION:** Add a time limit for crossing, introduce multiple balls for higher intensity, require runners to complete a set skill (e.g. two star jumps or a tuck jump) before their next run, or restrict throwers to using only controlled underarm throws to increase accuracy demands.



DODGEBALL SHOWDOWN: Organise pupils into teams of five to play short, fast-paced dodgeball matches. Emphasise teamwork, fair play, positioning, and tactical decision-making. Core rules apply: if the ball hits you without bouncing you are out; if your team catches an opponent's throw, the thrower is out and one teammate returns to play; head shots do not count. Games last two minutes, and the winning team is either the one that eliminates all opponents or has the most players still active at the end. Encourage quick passing between teammates, constant movement into space, and clear communication to stay organised. **PROGRESSION:** Introduce variations such as "King Dodgeball," where one protected player must not be hit, or "Timed Respawn," where players return after 20 seconds to keep the game fast, inclusive, and high-energy.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust court size depending on group ability.

TASK

Start with simple versions (no headshots), progress to full rules.

EQUIPMENT

Use soft foam balls for all games.

PEOPLE

Balanced teams to ensure fairness.

Cooldown

DODGE, DROP & STRETCH: Pupils jog slowly around the court, performing light dodging movements such as side-steps, squats, and twists at the coach's signal. Gradually slow to a walk and gather in a circle. Pupils then perform stretches for their arms, shoulders, and legs, mirroring the movements they used in the lesson. Finish with a reflection: "What helped you dodge successfully today?" and "How did teamwork make a difference in your matches?" **PROGRESSION:** Add a light throwing and catching challenge during the cooldown using soft balls — pupils gently toss and catch while holding a stretch to reinforce coordination and control during recovery.

Key Technical Points

Single Ball Attack:

One player runs towards the centre line and aims at an opponent.

Team Attack:

Two or more players who have a ball, both aim to throw at one individual on the other team.

Year 5 - Dodgeball

Lesson Plan

Lesson Objective	To play small, modified games of dodgeball				Lesson 6/6
Equipment Needed	Dodgeballs (various colours if possible) cones, markers, bibs.				
Success Criteria	Children can: <ul style="list-style-type: none">• Play and accept the rules• Use tactics of when to attack and when to defend• Put the needs of the team first				
EDSTART KNOW	<ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• I can play competitive dodgeball matches• I can combine throwing, catching, and dodging skills• I can follow tournament rules and respect referees		EDSTART SHOW <ul style="list-style-type: none">• 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
Key Questions	How can speed, awareness, and teamwork help you succeed in dodgeball games like the Gauntlet Run and Dodgeball Cup? Speed helps you escape danger and create scoring chances, awareness allows you to anticipate throws and move into safe space, and teamwork through communication, support, and passing helps your team attack effectively and defend together under pressure.				
Warm Up	THE GAUNTLET RUN: Split the class into teams of six. On one dodgeball court, one team lines both sidelines as controlled throwers while the opposing team lines up at one end as runners. On the coach's call of "Go!", runners sprint across the court to the opposite side, using sharp changes of direction, drops in body height, and quick footwork to avoid being hit. Throwers aim below the shoulders using accurate, controlled throws rather than power. Any runner who reaches the far side safely scores one point for their team. Once all runners have crossed, swap roles so every pupil experiences both throwing and dodging. This fast-paced activity develops sprint speed, agility, awareness, anticipation, and evasion skills under pressure. PROGRESSION: Add a requirement for runners to perform a quick skill such as a jump, squat, or star jump before starting, introduce additional balls to increase intensity, or add a time limit to raise pressure and decision-making demands.				
Main Activity	<p>CATCH & COUNTER: In pairs, pupils stand a short distance apart and practise fast reaction catching and dodging. One player throws a soft ball at chest or waist height using a controlled action, while the partner must decide instantly whether to catch the ball with soft hands and bent elbows or dodge it using a quick sidestep, drop in body height, or twist of the torso. Award one point for a clean catch and one point for a successful dodge without flinching. After one minute, swap roles. This activity develops quick thinking, hand-eye coordination, reaction speed, balance, and defensive movement in a fun competitive format. PROGRESSION: Reduce the distance between pairs to shorten reaction time, vary the height and speed of throws, or add a rule that each throw must be released within three seconds to increase tempo and challenge.</p> <p>EDSTART DODGEBALL CUP: Split the class into teams of six and organise a round-robin or knockout-style tournament using small-sided courts so multiple games run simultaneously and waiting time is minimised. Begin each match with a clear reminder of the core rules: if the ball hits a player without bouncing, they are out; if a team catches an opponent's throw, the thrower is out and one eliminated teammate returns to play; head shots do not count; players may only hold the ball for five seconds before throwing; and players may use a ball in their hands to block incoming throws. Matches last two minutes, with the winning team being the one that eliminates all opponents or has the most players remaining at the end. Emphasise tactics such as spreading out into space, quick passing between teammates, protecting weaker players, and clear communication throughout. Between games, pause briefly for teams to reflect on their performance by discussing questions such as "How did we support each other?" "When did communication help us most?" and "What could we change to work better as a team next game?" to strengthen teamwork and decision-making. PROGRESSION: Introduce a league table with one point for a win and one for a draw to crown an overall "Dodgeball Champion Team." Add themed rounds such as "Weak Hand Only," "One Ball Round," or a "Silent Round" where no verbal communication is allowed to increase tactical challenge and highlight the importance of teamwork.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE Use full-size courts, smaller courts for younger/less confident groups.	TASK Begin with short timed matches, progress to tournament format.	EQUIPMENT Use soft balls for safety, increase ball number for advanced.	PEOPLE Rotate teams and roles for fairness across tournament.	
Cooldown	SHADOW DODGE: Pupils move slowly around the court, mirroring light dodging movements such as side steps, crouches, twists, and controlled pivots to gradually lower their heart rate after the session. At random intervals, the coach calls "Freeze!" and pupils hold a strong dodge position for three seconds, reinforcing balance, core control, and body awareness even during cool down. Pupils then move into gentle stretches for arms, shoulders, legs, and back while breathing slowly and deeply. Use this calm moment to reflect with questions such as, "What helped your team stay in the game the longest?", "How did good communication make a difference today?", and "Which dodge or movement helped you most during the games?" to reinforce learning and teamwork. PROGRESSION: Add a partner element where one pupil leads with slow dodging movements while the other mirrors, swapping roles after 30 seconds to develop coordination, focus, and cooperative control even during recovery.				
Key Technical Points	Defence: At risk of being hit if you stand near the centre line. Once thrown, retreat towards back line to avoid danger. Player can use the ball to block if they have one when defending.				