

# Year 6 - Dodgeball

## Lesson Plan

**COMPLETE**  
**EDSTART**

**Lesson Objective** To throw a dodgeball with precision and speed

**Lesson 1/6**

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

**Success Criteria** Children can:

- Throw the ball with precision and speed and attempt to use either hand
- Throw with increasing power and at a low trajectory
- Throw hard and low at my opponents

### 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

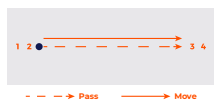
### EDSTART SHOW

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

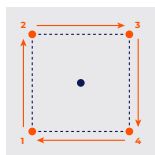
**Key Questions** Why is accurate throwing important in dodgeball? Accurate throwing helps you hit targets safely, avoid headshots, and work with your team to get opponents out.

**Warm Up** **TIG BALL:** Two children are the taggers and throw balls to tag others below shoulder height. If a player is tagged, they freeze on the spot until freed by a teammate giving them a high-10. Emphasise safe throwing, awareness of space, and quick reactions. **PROGRESSION:** Add more taggers to increase challenge or allow throws using the weaker hand only.

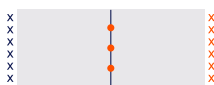
### Main Activity



**AIM & FIRE:** In groups of four, children stand opposite each other, two on one side and two on the other. Players practise their overarm throw, focusing on accuracy and appropriate power. After each throw, they follow their ball to the opposite line to keep the activity flowing. Encourage a strong side-on stance, non-throwing shoulder pointing at the target, high throwing arm, and full follow-through after release. Hold the ball with fingers spread, step forward with the opposite foot, rotate the hips and shoulders, release the ball at eye level, and finish with the throwing hand pointing towards the target to improve accuracy and control. **PROGRESSION:** Challenge groups to see how many accurate throws they can complete in one minute without a drop, add targets (cones, hoops, buckets) for bonus points, or introduce moving targets where one partner walks slowly sideways while others aim carefully.



**TARGET TUMBLE:** Set up a 10 x 10 metre grid with cones around the edge and one target cone in the centre with a ball balanced on top. Players start behind their cone, sprint around the outer grid, then on returning throw to knock the target ball off the central cone. The first player to hit it shouts "DODGEBALL!" and everyone restarts the race. Emphasise controlled running, accurate throwing, and quick recovery. **TECHNIQUE:** Slow down before throwing, plant feet shoulder-width apart, step forward with the opposite foot, keep eyes on the target, throw overarm with a high elbow, and follow through towards the cone to improve accuracy and control. **PROGRESSION:** Move the outer cones further back, use smaller targets to increase precision, or require players to complete a short fitness skill (for example 5 star jumps or 3 squats) before throwing again..



**DODGEBALL SHOWDOWN:** In teams of five, children play mini dodgeball matches to apply all throwing, catching, dodging, and teamwork skills learned. **RULES:** If the ball hits you without bouncing, you are out; if your team catches a ball, the thrower is out and one teammate returns; headshots do not count; each match lasts 2 minutes. The team with the most players left at the end — or that gets the opposition out completely — wins. **PROGRESSION:** Add challenges such as weaker-hand throws only, introduce bonus balls worth two points when caught, or run a King of the Court format where winning teams move up a court each round.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Use smaller courts for beginners, full-sized for advanced.

#### TASK

Start with target games before competitive matches.

#### EQUIPMENT

Use lighter balls for beginners, heavier balls for advanced.

#### PEOPLE

Throw individually at targets, then in pairs/groups for matches.

### Cooldown

**TARGET TOSS:** In pairs, children gently throw underarm towards a target cone, focusing on control, accuracy, and smooth technique while gradually slowing the pace each round. **PROGRESSION:** Move further away from the target while keeping throws soft, controlled, and accurate. *What helped you throw with more speed and accuracy today?*

### 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 6 - Dodgeball

## Lesson Plan

**Lesson Objective** To dodge with control in a game of dodgeball

**Lesson 2/6**

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

**Success Criteria** Children can:

- React quickly and dodge keeping good balance and control
- Know to turn my back on the other team
- Know how to use 'the court' to avoid being easily hit

### 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

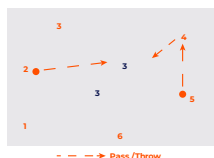
### Key Questions

How do we dodge effectively in dodgeball? We dodge by staying light on our feet, watching the ball closely, side-stepping quickly, changing direction, and using our body position to avoid being hit safely.

### Warm Up

**TIG BALL:** Same rules as standard Tig Ball, but children can only dodge by side-stepping or turning their back. Emphasise body awareness, quick reactions, and safe movement when avoiding the ball. **PROGRESSION:** Narrow the playing space to encourage faster dodging and decision-making.

### Main Activity



**DODGE ZONE CHAOS:** In a large playing area, six players form a circle around two target players in the middle. The outer players use two soft dodgeballs to try to hit the targets below the waist. The inside players must dodge, duck, and weave to stay in as long as possible. When an outer player successfully hits a target, they join their circle mates to try and get the final inside player out. **TECHNIQUE:** Stay light on your feet with knees bent, keep your eyes on the ball, use quick side-steps and changes of direction, lower your body to duck safely, and recover quickly back to a balanced ready position after each dodge. **PROGRESSION:** Reduce the circle size to make dodging harder, add a third ball for CHAOS MODE, or introduce SAFE ZONES where targets can rest for three seconds before re-joining play.



**DODGE TUNNEL:** Mark out a 15 x 5 metre rectangular area with two throwers at each end and one dodger in the middle. Throwers pass the ball across the tunnel, trying to hit the dodger below the waist without stepping over the line. The dodger scores 1 point for every 10 seconds they survive without being hit. **TECHNIQUE:** Stay light on your feet with knees bent, keep your eyes on both throwers, use quick side-steps and changes of direction, lower your body to duck safely, and recover quickly to a balanced ready position after each movement. **PROGRESSION:** Add a second ball for faster passing, allow two dodgers at once, or make dodgers complete small tasks (such as touching a cone) before dodging again to increase movement challenges.

**HERO HEALER:** Split the class into two teams. Each team secretly chooses one DOCTOR, whose identity is kept hidden from the opposition. Normal dodgeball rules apply, if a player is hit below the waist, they kneel down on the spot and wait to be revived. The doctor moves around the playing area carefully, using awareness, timing, and dodging skills to safely reach teammates and revive them by tapping them on the shoulder. Doctors must avoid holding the ball and cannot shield themselves behind teammates. If the doctor is caught out, their entire team freezes and the other team wins immediately. Emphasise teamwork, communication, deception, and strategic movement throughout the game. **PROGRESSION:** Add two doctors per team for larger groups, give doctors POWER-UPS (for example reviving two players at once after completing a trick pass), or introduce a MYSTERY ROUND where new doctors are secretly chosen mid-game to increase unpredictability and excitement.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Increase dodging area for beginners, decrease space for advanced.

#### TASK

Begin with slow throws, progress to faster and multiple throws.

#### EQUIPMENT

Use larger/lighter balls for beginners, faster dodgeballs for challenge.

#### PEOPLE

Work 1v1 for dodging practice, then small groups for games.

### Cooldown

**SHADOW DODGE:** In pairs, one pupil moves slowly side-to-side while the other mirrors their movements, focusing on balance, footwork, and quick reactions. Finish with calm stretches to lower the heart rate. **PROGRESSION:** Add a ball held by the leader to feint throws and challenge anticipation.: Which dodge worked best to keep you in the game?

### 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.

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

**Lesson 3/6**

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

**Success Criteria** Children can:

- Use a ball in a game to block and protect themselves
- Use the block to regain possession of the ball
- Know what I need to do when my team is down to the last couple of players

### 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

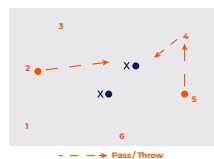
- I can encourage teammates when they defend
- I can respect the rules when blocking in games
- I can work with my team to stay in the game

**Key Questions** How can blocking help you stay safe and effective in dodgeball? Blocking helps deflect the ball away from your body, protects teammates, and gives you time to recover, reposition, and continue playing safely.

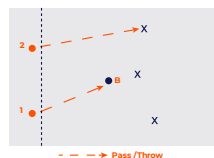
### Warm Up

**DODGER IN THE MIDDLE:** Throwers stand at each end of the playing area and attempt to hit the player in the middle below the waist. The dodger must move quickly, change direction, and react to avoid being hit. Emphasise light footwork, eyes up, and quick recovery after each dodge. **PROGRESSION:** Add a ball for the dodger to practise blocking as well as dodging.

### Main Activity



**SHIELD STRIKE:** In a large area, six players form a circle around two DEFENDERS in the middle. The defenders each hold a ball, which they can use as a SHIELD to block incoming shots thrown by the outer circle. Players around the circle use two soft balls to try to hit the defenders below the waist, while defenders deflect, duck, side-step, and reposition to stay safe. Each successful hit by the attackers earns a point. Defenders work together to communicate, cover space, and survive as long as possible. Hold the shield ball with two hands in front of the body, keep elbows slightly bent, stay low with knees bent, and watch the thrower closely. Angle the shield to deflect the ball away from the body, use quick side-steps to stay balanced, and recover to a ready position after each block. **PROGRESSION:** Add a third ball for the attackers, shrink the circle to increase difficulty, or challenge defenders to survive for 60 seconds without being hit.



**BODYGUARD BLITZ:** In groups of six, assign 2 THROWERS, 1 BLOCKER, and 3 RUNNERS. Throwers stand behind a clear throwing line and aim to tag runners below the waist using controlled, accurate throws. The blocker, holding a foam shield or ball, positions themselves between the throwers and runners to protect teammates by blocking, deflecting, or absorbing incoming throws. The blocker starts with 5 points and loses one point each time a runner is hit, encouraging smart positioning and awareness. Runners move constantly, change direction, and communicate to stay safe and use the blocker effectively. After two minutes, swap roles so everyone experiences blocking, throwing, and running. The blocker with the most points remaining at the end of the round wins. Emphasise teamwork, quick reactions, communication, and safe play throughout. **PROGRESSION:** Move throwers closer to increase pressure, reduce the playing area to challenge movement and decision-making, or allow blockers to swap roles mid-round when a runner is hit to maintain intensity and fairness.

**GUARD THE KING/QUEEN:** Each team chooses one KING or QUEEN and one ROYAL GUARD holding a different-coloured ball. All other players follow standard dodgeball rules — if hit, they kneel down. The Royal Guard's role is to protect their King or Queen using clever positioning, blocking throws, and movement. If the King or Queen is hit, the game ends immediately. **PROGRESSION:** Give the Guard a 3-second SHIELD ZONE power-up, allow two Guards for larger teams, or add a bonus round where the King or Queen must move to a new safe zone halfway through the game.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Wider playing areas for beginners, smaller courts for challenge.

#### TASK

Practise blocking without pressure, then with live throws.

#### EQUIPMENT

Use different coloured balls to show blockers, lighter balls for beginners.

#### PEOPLE

Work in pairs for blocking drills, groups for protect-the-doctor games.

### Cooldown

**CIRCLE BLOCK:** Children stand in a circle and gently pass balls across the space while one or two BLOCKERS stand in the middle practising soft, controlled blocks. Emphasise watching the ball, cushioning it away safely, and quick recovery to a ready position. **PROGRESSION:** Add extra balls to increase focus and reaction speed. **How did blocking help you or your team today?**

### 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 6 - Dodgeball

## Lesson Plan

**COMPLETE**  
**EDSTART**

**Lesson Objective** To catch a ball during a game of dodgeball

**Lesson 4/6**

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

**Success Criteria** Children can:

- Consistently catch a ball during a game of dodgeball in the ready position
- Attempt to catch the ball and when to dodge
- Catch balls low down and thrown at pace at me

### 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

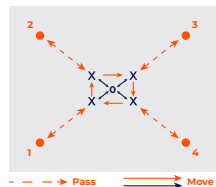
### Key Questions

**Why is catching important in dodgeball?** Catching allows your team to get opponents out, bring teammates back into the game, and maintain control and momentum during play.

### Warm Up

**COLLECT THE CONES:** Players run to collect cones from the centre or far end of the area while avoiding soft, controlled throws from designated throwers. Emphasise awareness, quick changes of direction, and safe dodging. **PROGRESSION:** Add more throwers to increase challenge or reduce the space between runners and throwers to raise pressure.

### Main Activity



**SAFE HANDS SHOWDOWN:** In groups of four, children stand opposite each other — two on one side and two on the other. Players practise overarm throws and catches, following their pass to the back of the line to keep the activity flowing and maintain continuous involvement. Emphasise soft hands to cushion the ball, eyes tracking the ball all the way into the hands, a balanced side-on stance, and clear communication between partners. Encourage pupils to call names, signal readiness, and move smoothly into space before receiving. As confidence grows, challenge pupils to adjust the weight and height of their throws while maintaining accuracy and control. This activity develops coordination, timing, reaction speed, and teamwork in a dynamic, game-like setting. **PROGRESSION:** Step back after every successful catch to increase distance, add movement before throwing to challenge footwork and positioning, or introduce one-handed **SUPER CATCHES** for bonus points and advanced challenge.

**AROUND THE WORLD CATCH QUEST:** Split into groups of eight. Half the group forms an outer circle and the other half an inner circle, with each inside player paired with someone on the outside and sharing one ball. The ball is passed from the outer player to the inner player, who must secure the catch, touch the centre cone, and return the ball accurately. As this happens, the outer player moves one space clockwise to create constant rotation and movement. The aim is to complete a full **WORLD TOUR** without dropping the ball, encouraging concentration, communication, and consistent catching technique. Emphasise soft hands, eyes on the ball, quick footwork, and clear calling between partners. **PROGRESSION:** Add a second ball for **CHAOS MODE**, switch to counter-clockwise travel to challenge coordination, or race to complete a full rotation in under 60 seconds.

**BENCH HEROES:** Two teams face off with a bench positioned behind each court, creating a clear **BENCH ZONE** for each team. When a player is hit below the waist, they must move to their team's bench zone and wait to be rescued. To return to play, a teammate on the court must throw them a clean, accurate catch, encouraging calm throwing, strong catching technique, and communication under pressure. Benched players must stay alert and ready to receive the ball, while on-court players decide when it is safe to attempt a rescue. Once every opponent is benched, the heroes win the round. Emphasise teamwork, awareness, decision-making, and fair play throughout the game. **PROGRESSION:** Add a **GOLDEN CATCH** worth double rescues, introduce a mystery **SUPER SAVER** who can free two players at once, or move the benches forward every minute to increase intensity, challenge reactions, and raise excitement.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Increase throwing distance for challenge, shorten for beginners.

#### TASK

Practise simple catches first, progress to game-based catching.

#### EQUIPMENT

Use larger/lighter balls for beginners, smaller/heavier balls for challenge.

#### PEOPLE

Work in pairs for throwing/catching, teams for dodgeball benchball.

### Cooldown

**CATCH & STRETCH:** In pairs, pupils gently throw and catch the ball, holding a controlled stretch after each successful catch to promote balance, control, and calm recovery. **PROGRESSION:** Add low or high throws to vary challenge and focus. **What helped you hold onto the ball under pressure?**

### Key Technical Points

- Be in the 'ready position' (Knees slightly bent, feet shoulder width apart, hands out)
- Keep your eyes on the ball all the time
- Bring ball into your body as you catch

# Year 6 - Dodgeball

## Lesson Plan

**COMPLETE**  
**EDSTART**

**Lesson Objective** To work as a team in a modified dodgeball game

**Lesson 5/6**

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

**Success Criteria** Children can:

- Know that if they drop an attempted catch, they are out
- Choose the right moment to attack and defend
- Know who to target on the opposition and what tactics might be best deployed

### 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

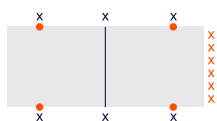
### Key Questions

How can teamwork and decision-making help you succeed in dodgeball games? Working together, communicating clearly, and choosing when to throw, block, or dodge helps teams stay in longer, protect teammates, and win games safely.

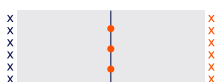
### Warm Up

**PROTECT YOUR TEAM:** One player acts as the BLOCKER, defending teammates while others focus on moving, dodging, and staying safe. The blocker positions themselves between the throwers and their team, using controlled blocks and body positioning to reduce hits. Emphasise awareness, communication, and quick recovery to a ready position. **PROGRESSION:** Add more balls to increase pressure or rotate blockers more quickly to keep intensity high.

### Main Activity



**THE DODGEBALL DASH:** Split the class into teams of six. One team positions themselves around the sides of the court as THROWERS, while the other team lines up at one end as RUNNERS. On the coach's call of "GO!", runners sprint across the court aiming to reach the opposite side without being hit by the throwers' shots. Each successful run earns 1 point for the team, encouraging repeated effort, confidence, and resilience. Emphasise fast acceleration, sharp changes of direction, feints, and strong spatial awareness to avoid throws safely. Throwers focus on controlled, accurate throws below the waist, working together to cut off running lanes rather than throwing wildly. Encourage clear communication between throwers to cover space effectively. Rotate roles regularly so all pupils experience both throwing and running, ensuring fairness and inclusion. This activity develops speed, agility, reaction time, decision-making, and teamwork under pressure in a fun, high-energy environment. **PROGRESSION:** Add time limits for each round to increase urgency, reduce the number of throwers to raise difficulty, introduce staggered runner starts, or challenge runners to carry a ball across for double points if they make it safely.



**THE ULTIMATE SHOWDOWN:** In teams of five, children play full dodgeball matches applying all key rules in a competitive but respectful environment. **RULES:** If the ball hits you without bouncing, you are out; if the opposition catches your throw, you are out and their whole team returns to play; head shots do not count; players must throw below the waist; stepping over boundary lines results in a turnover; games last 2 minutes. The winner is the team that gets all opponents out or has the most players remaining at the end. Emphasise teamwork, fair play, communication, and positive encouragement throughout, including supporting teammates who are out and respecting decisions. Encourage players to think tactically about when to throw, pass, dodge, or block. Rotate teams regularly to maintain high activity levels and inclusion for all pupils. **PROGRESSION:** Introduce a GOLDEN BALL worth two outs, allow teams to nominate a CAPTAIN who earns bonus points if still in at the end, add a no-holding rule where players must throw within five seconds, or play BEST OF THREE mini-finals to crown the court champion.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Bigger courts for beginners, smaller courts for tactical pressure.

#### TASK

Start with single ball attacks, progress to coordinated team attacks.

#### EQUIPMENT

Use different coloured balls for tactical play.

#### PEOPLE

Teams of equal ability for fairness, mix groups for new challenges.

### Cooldown

**TEAM PASS:** Groups pass the ball slowly around the court, focusing on accuracy, clear communication, and moving into space to support teammates. Finish with calm stretching to recover. **PROGRESSION:** Add a time challenge to see how many successful passes can be completed before a drop. *How did your team decide when to attack or defend?*

### 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 6 - Dodgeball

## Lesson Plan

**COMPLETE**  
**EDSTART**

**Lesson Objective** To work as a team in a dodgeball tournament

**Lesson 6/6**

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

**Success Criteria** Children can:

- Know their own strengths and where they can improve
- Know evaluate and recognise success to help improve performance
- Play within rules and to resolve any dispute

### 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

**Key Questions** How can teamwork and smart decisions help you succeed in dodgeball tournaments. Working together, communicating clearly, and choosing when to throw, dodge, block, or run helps teams stay in longer, protect teammates, and win games safely.

### Warm Up

**DODGEBALL GAUNTLET:** One team runs across the court while the other teams throw soft balls, aiming to tag runners below the waist. Runners focus on speed, dodging, and awareness, while throwers work on controlled accuracy and teamwork. **PROGRESSION:** Narrow the running lane to increase pressure or limit the number of dodges allowed to encourage quicker decision-making.

### Main Activity

**EDSTART DODGEBALL CUP:** In teams of six, children compete in a fast-paced dodgeball tournament designed to test throwing, catching, dodging, blocking, and teamwork under pressure. Matches are played with clear expectations for safety, fairness, and respect. **RULES:** If the ball hits you without bouncing, you are out and must leave the playing area; if the opposition catches your throw, you are out and their entire team returns to play, creating exciting momentum shifts; head shots do not count and play restarts with the ball awarded to the opposing team; players may only hold the ball for 5 seconds before throwing to keep the game flowing; balls may be used to block incoming throws, encouraging quick reactions and protective positioning. Games last 2 minutes, and the winning team is the one that eliminates all opponents or has the most players remaining at the end.



Throughout the tournament, emphasise teamwork, fair play, clear communication, and positive competition. Encourage pupils to support teammates, make tactical decisions about when to throw or pass, and work together to control space on the court. Rotate teams regularly to ensure high participation and inclusion for all pupils, and celebrate effort, improvement, and sportsmanship as much as winning.

**PROGRESSION:** Introduce a **GOLDEN LIFE** round where each team can save one player once per game, add bonus points for clean catches to reward safe hands, or run a **CHAMPIONS COURT** where winning teams move up to face stronger opponents. For an extra challenge, reduce match time to 90 seconds, limit the number of balls in play, or introduce **SUDDEN-DEATH** rounds where the first hit decides the winner, increasing intensity and excitement.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Standard courts for fairness, adjust size for beginners.

#### TASK

Start with short matches, progress to tournament format.

#### EQUIPMENT

Use different sizes of dodgeballs to vary difficulty.

#### PEOPLE

Teams grouped by ability, rotate roles for fairness.

### Cooldown

**CELEBRATION CIRCLE:** Teams sit in circles and gently roll the ball to each other, taking turns to share one skill they have improved this term. Encourage calm communication, listening, and reflection while keeping the ball moving smoothly. **PROGRESSION:** Each child leads their favourite stretch for the group to support relaxation and confidence. *Which skill have you improved most this term, and how will it help you in games?*

### 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.