



Get Set 4 Education

Knowledge Organiser Dodgeball Year 4

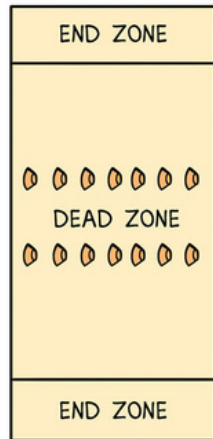
About this Unit

Dodgeball is a dynamic and fast-paced target game. The aim of the game dodgeball is to eliminate the opponents by throwing balls at them whilst also avoiding being hit.



Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Key Vocabulary



- accuracy:** how close the object is to the given target
- agility:** the ability to change direction quickly
- avoid:** keep away from or stop
- caught out:** when a player catches an opponent's ball deeming them out
- communicate:** share information
- cushion:** take the power out of an object
- decide:** to choose
- decision:** select an outcome
- hit out:** when a player in dodgeball is hit below the shoulders by a live ball
- opposition:** the other team
- release:** the point at which you let go of an object
- tactic:** a plan or strategy
- tournament:** a competition of more than two teams

Ladder Knowledge



Throwing:

One handed throws are used for speed and accuracy. Keep your elbow high and step with your opposite foot to increase the power.

Catching:

Move your feet to the ball and pull it in to your chest to help you to catch more consistently.

Movement Skills

- throw
- catch
- dodge
- jump

This unit will also help you to develop other important skills.

Social respect, communication, collaboration

Emotional honesty, perseverance

Thinking comprehension, make decisions, select and apply skills

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.
- Once a player is out, they must leave the court immediately and go to the queue of players already out from their team.

A live ball is one that has not bounced or hit a wall/ceiling.

Rules

Tactics

Applying attacking tactics will help you to score points and get opponents out. Applying defending tactics will help you to stay in the game.

Healthy Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

If you enjoy this unit why not see if there is a dodgeball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Dodge or Catch



What you need: 1 soft ball or a pair of rolled up socks, 2 players.

How to play:

- Players stand 3m apart.
- One player begins as the thrower.
- Thrower tries to hit their opponent below the shoulders to win 1 point.
- If the opponent catches the throw they win 1 point.
- Have 5 turns then change over.



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Head to our youtube channel to watch the skills videos for this unit.



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