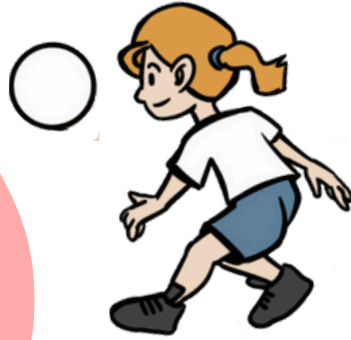


About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Key Vocabulary



- agility:** the ability to change direction quickly
- caught out:** when a player catches an opponent's ball deeming them out
- communicate:** share information
- hit out:** when a player in dodgeball is hit below the shoulders by a live ball
- opposition:** the other team
- power:** speed and strength combined
- tactic:** a plan or strategy
- teammate:** a player on the same team as you
- technique:** the action used correctly
- tournament:** a competition of more than two teams

Ladder Knowledge



Throwing:

Throw slightly ahead of a moving target.

Catching:

Begin in a ready position to help you react to the ball.

Movement Skills

- throw
- catch
- dodge
- jump

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

Social respect, co-operation, communication

Emotional honesty, self regulation, confidence

Thinking comprehension, select and apply, tactics

Rules

- A player is 'hit -out' when hit below the shoulders with a ball that has not bounced.
- A player is 'caught-out' when an opponent catches their throw.

Tactics

Using simple tactics will help your team succeed e.g. spread out so that you are harder to aim for.

Healthy Participation



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

Home Learning

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

Fireball



What you need: 1 x pair rolled up socks, 2 x cushions, 2 x players

Practise:

- Practise throwing the socks to a partner.
- Every 4 successful catches move back a little bit and try again.

How to play:

- Place the cushions 4m apart.
- How many times can you run between the cushions without being hit by the socks.
- Thrower can only aim below the shoulders.
- Swap roles.



www.getset4education.co.uk

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.

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



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