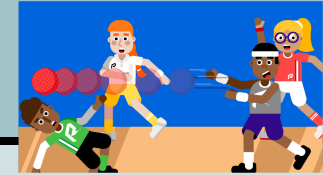


Autumn 1

Owls (Yr 4/5)

PE - Year 4/5 - Dodgeball



What I should already know... throwing, catching, following rules, positioning in a game

Learning Objectives

To develop throwing / throw under pressure and apply this to a target game.

To develop and select dodging skills to avoid being hit / for the given situation

To develop catching and with increasing consistency whilst under pressure and whilst learning the rules of the game.

To develop defensive techniques and select the appropriate action for the situation.

To begin to think and further develop tactics and apply this to a game.

To apply skills and knowledge to compete in a tournament. To start officiating and referring games

Vocabulary

Dead Zone : *The area that runs through the centre of the court. Only a player's hands are allowed in the dead zone.*

End Zone : *The areas at the back of the court where players must stand at the start of the games.*

Live Ball : *A 'Live 'ball is one that has not bounced or hit a wall / ceiling*

Target : *Any 'live' player on the opposing team.*

Other Voabulary :

- Attack
- Block
- Catch
- Caught
- Communicate
- Consistently
- Co-operatively
- Court
- Defend
- Dodge
- Fair play
- Officiate
- Opposition / Opponent

Links to the National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

- *Outwit*
- *Pressure*
- *Protect*
- *Referee / Rules*
- *Rules*
- *Support*
- *Sportsmanshup*
- *Tactics*
- *Tournament*

Key Rules of Dodgeball

A player is OUT if:

- *A 'Live' ball hits their body (shoulders or below) or their clothing*
- *An opposition player watches a 'live' ball they have thrown. So if a player throws it and their opponent catches it cleanly 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 eliminated from their team outside and behind the court area.*

5 Facts about DODGEBALL

1. *Dodgeball was thought to have started over 200 years ago in Africa but they used rocks instead of balls.*
2. *Dr Carlisle saw the game played in Africa and brought it back to St Mary's College in Norfolk - but he swapped the stones for a leather ball and in 1884 there was a game between some students from St Mary's College and Yale university in America.*
3. *In 1884, there was no playing court and the game was on an open field.*
4. *The first 'official' rules for dodgeball were written in 1905.*
5. *The sport is celebrated e- internationally - each year on April 27th.*