

## Dodgeball – Rolling and Diving to Dodge

**Learning Objectives:**  
 1. How to roll and dive to avoid being hit by the ball

**Learning outcomes: (success criteria)**  
 1: To develop rolling and diving techniques.  
 2: Select and apply different techniques and tactics to avoid being hit by the ball.  
 3: Develop flexibility by performing activity specific dynamic stretches  
 4: Set self a target for the lesson  
 5: Identify what type of Dodging they are best suited to

### Assessment for Learning (AfL)

5	I can keep my eye on the ball.
6	Constantly moving to avoid being hit.
7	Use a variety of techniques to avoid being hit by the ball.

Entry activity (mins); starter (mins):	Resources: (inc. ICT used to move learning forward)	Differentiation / Students <small>(Identify students or groups of students for each box)</small>
<p><b>Diving and Rolling Circuit (roll onto the round of your back)</b></p> <p>Pupils follow a circular circuit.                      Consists of roll mats and crash mats                      Pupils attempt different rolls on the roll mats and dive onto the crash mats                      2 pupils hold the crash mats to prevent them sliding</p> <p>Pupils perform activity specific stretches</p> <ul style="list-style-type: none"> <li>- Active/passive</li> <li>- Dynamic/static</li> </ul>	<p>2 x crash mats                      2 x roll mats                      4 x non-slide mats to go under crash mats                      Dodgeballs</p>	<p>Introduce throwers in the middle to attempt hitting pupils when they're rolling and diving                      If a pupil catches the ball when they're rolling or diving they receive a life.                      Give dodging pupils a ball so they can block                      Pupils set themselves a target for the lesson based on the lesson objectives</p>
<p><b>Main (mins):</b></p> <p><b>Staying Alive (keep your eyes open facing the opposition)</b></p> <p>All the mats a positioned in the dead ball zone with 2 pupils</p>	<p>2 x crash mats</p>	<p>Type of roll and dive i.e. pencil</p>

<p>nominated to dodge. Other players are throwers and have to throw the ball from behind the end line. Dodging players have to avoid being hit by diving and rolling on the mats. Every time they get a catch they gain a life. Thrower that hits the dodger swaps roles <b>Safety – roll/dive away from each other</b></p>	<p>2 x roll mats 4 x non-slide mats to go under crash mats Dodgeballs</p>	<p>roll, forward roll, backwards roll or commando roll. Give the Dodgers a blocking ball Throwers can only throw from one side of the court Distance away from dodgers. More dodgers</p>
<p><b>Mat Dodge (stay on the move)</b></p> <p>Crash mats and roll mats are positioned on each side of the court. Play normal game of Dodgeball. Players can use the mats to dodge, catch, block etc. If a dodge or catch is made using a roll or dive any players that are out come back in the game.</p>	<p>2 x crash mats 2 x roll mats 4 x non-slide mats to go under crash mats Dodgeballs x 3</p>	<p>Condition the type of roll/dive Rebound catches Blocking yes/no</p>
<p><b>Doctor Dodgeball (jumping, rolling, diving, ducking)</b></p> <p>Each team nominates a Doctor When a player is hit they have to lie on the floor The Doctor has got to high 5 them within 5 seconds to prevent them going out. Dead players aren't allowed to move on the floor. If a player is out for any reason other than being hit they go out and can only get back in from a catch. Pupils identify whay type of Dodging they are suited to – rolling, diving, ducking, jumping. <b>(jumpers in the middle of the court dodgers on the outside)</b></p>	<p>1 x Dodgeball court 3 x balls 1 x Doctor on each team</p>	<p>Condition the throw – rolling, overarm etc. Hits on the legs only Distance away from dodgers Number and size of balls Diving and rolling using mats The Doctor can have lives or when hit is not allowed back into the game.</p>

<p><b>Last Player</b></p> <p>Normal Dodgeball rules apply.          If the last player can stay in for longer than 30 seconds without going out the whole team come back in.          (use all your dodging techniques to stay in)</p>	<p>2 x teams          1 x Dodgeball court          3 x Dodgeballs</p>	<p>More/less time for the last player          Incorporate mats</p>
<p><b>Plenary (mins):</b></p> <ul style="list-style-type: none"> <li>• Techniques and tactics to avoid being hit</li> <li>• Analysis of skills involved in Dodging</li> <li>• Rolling and diving – analysis of techniques</li> <li>• What type of Dodging are they suited to?</li> <li>• What type of stretches are appropriate for Dodgeball</li> </ul>	<p>Register          Dodgeballs</p>	