

## Dodgeball – Throwing Overarm and Snatch

**Learning Objectives:**  
 1. How to throw the ball using the overarm and snatch techniques

**Learning outcomes: (success criteria)**  
 1: *Develop throwing technique*  
 2: *Improve accuracy when throwing*  
 3: *Select and apply tactics and strategies when throwing*  
 4: *Develop mental determination to get the other team out*  
 5: *Pupils are informed about extra-curricular opportunities to take part in Dodgeball*

### Assessment for Learning (AfL)

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<p><b>Entry activity (mins); starter (mins):</b></p> <p><b>Jackpot (swing-step-point)</b>                  4 pupils are positioned on a corner of half a Dodgeball court with a ball each                  A ball is positioned on a cone in the middle of the square                  On the whistle the pupils have to run around the outside of the square in a clockwise direction back to their original position. Once they reach their original position they have to try and knock the ball off the cone in the middle of the court                  If they miss the target they can gather their ball and cone back to their original cone</p>	<p><b>Resources: (inc. ICT used to move learning forward)</b></p> <p>Half Dodgeball court                  One cone                  1 x Dodgeball each</p>	<p><b>Differentiation / Students</b> <i>(Identify students or groups of students for each box)</i></p> <p>Size of the target ball                  Distance away from the target                  Increase number of players and stations                  Increase number of times they have to run around the court                  Throw with weaker arm</p>
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<p><b>Main (mins):</b></p> <p><b>Agility Ball (point hand and non-throwing foot to the target)</b></p> <p>Each team has a small and large target on their side of the court preferably a basketball backboard and a cone</p>	<p>Small target – cone                  Large target – basketball</p>	<p>Players who are out can also attempt to hit the targets</p>
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<p>The small target is put into a defined area i.e. basketball key          If a player steps into the area they are out          If a player hits the large target (backboard) one player from their team comes back in          If a player hits the small target or gets the ball in the basket then all players that are out come back in          Normal Dodgeball rules apply</p>	<p>backboard          Defined area – 3 point line/basketball key          3 x Dodgeballs          Dodgeball court</p>	<p>Condition the type of throw          Hit on the legs gets 2 players back in          Size of the target          Differentiated targets</p>
<p><b>Snatch and Roll (snatch and throw in one movement)</b></p> <p>The game is played like the normal game of Dodgeball.          When a team is in possession of a ball they must roll it into their opponents.          The player receiving the ball must pick it up off the floor and throw it straight away.          If the ball isn't thrown straight away possession is given back to the other team.</p>	<p>6 x Dodgeballs          1 x Dodgeball court</p>	<p>Scooping technique underarm          Snatch and Overarm throw technique          Type of ball – deflate the ball so players can grip easily          Introduce a target          Weaker arm</p>
<p><b>Jail Ball (look one way and throw the other)</b></p> <p>A jail is marked out on both sides of the court          When a player is out they go to jail and cannot come out unless they gain possession of a ball and hit one of their opponents or catch an incoming ball          The game ends when all players on one team are in jail</p>	<p>Cones to mark jail out          Dodgeballs x 3</p>	<p>Condition the throw          Size of the jail          Positioning of the jail – back or front of the court          Disguise on the throw          Roll the ball for a snatch</p>
<p><b>President Ball (use both arms to throw)</b></p> <p>2 teams – 1 has more players          1 team are the assassins (more players 60/40)          1 team consists of the bodyguards and a president          The objective of the game is to eliminate the president or all of the</p>	<p>Assassins          President          Bodyguard          Dodgeball court</p>	<p>Number of lives for the bodyguards, assassins and president</p>

<p>assassins  The president and assassins both have one life  The bodyguards have 3 lives  If the president is hit the game is over.  <b>(aim for the closest player)</b></p>	<p>Dodgeballs x 3</p>	<p>Players can move anywhere  Weaker arm throw  Disguise the throw  Condition the throw  Introduce 2 presidents  Roll the ball for a snatch</p>
<p><b>Throw Low</b></p> <p>2 teams – 1 throwing and 1 catching  Throwers have to hit a small target  Catchers have to try and catch a rebound off the wall and can be hit directly  If a ball is caught directly or off the wall the thrower is out  If a ball is caught after hitting a target the entire throwing team is out and the team swap roles  If the ball isn't caught after hitting the target then the normal game of Dodgeball is played</p> <p><b>(aim at the feet)</b></p>	<p>Small target – cone, stick etc.  1 team of catchers &amp; 1 team of throwers  6 x Dodgeballs</p>	<p>Weaker arm  Condition the throw  Introduce a time limit  Disguise the throw  Size of the target  Jump shot  Kamikaze  Pupils develop mental determination to succeed by trying to change roles within the game to become the attacking team</p>
<p><b>Plenary (mins):</b></p> <p>Recap on throwing techniques  Teaching points for technique and accuracy  Tactics and strategy for throwing  Mental determination to succeed  Pupils are informed about extra-curricular provision and linked to the website <a href="http://www.ukdba.org">www.ukdba.org</a></p>		<p>Demonstrations</p>