Dodgeball – Catching

Learning Objectives:
1. How to catch a Dodgeball at different heights

Learning outcomes: *(success criteria)*
1: *Pupils develop, adapt and refine catching techniques*
2: *Pupils develop tactics for catching the ball*
3: *Pupils develop confidence in catching the ball*
4: *Pupils suggest ways to improve their own performance*
5: *Pupils can identify the phalanges*

Assessment for Learning (AfL)

5	I can move into line with the ball to catch it.
6	I can catch the ball at different heights and speeds most of the time.
7	I use a variety of techniques to catch the ball and can distinguish when to go for a catch.

Entry activity (mins); starter (mins):	Resources: (*inc. ICT used to move learning forward*)	Differentiation / Students (*Identify students or groups of students for each box*)
Scramble: (get your body behind the ball and go for catches inside the line of the body) Played in a space 20 x 20 Start off with 2 attackers with 2 balls Other players have to try and catch the ball Once a player catches a ball they become an attacker and original attacker would become a catcher. Introduce the phalanges and suggest why important when catching	20 x 20 space 2 attackers 2 balls	Each player has 3 lives Condition the throw – underarm/overarm Introduce more balls/attackers Space smaller/bigger Size of the ball Ball can bounce first Introduce more attackers
Main (mins): **Trenchball (pinkies together below chest, Big W above chest)** Divide the group into two teams and put on opposite sides of the Dodgeball court. Have a clearly defined end line with a space behind it (5m). To get a player out you have to hit them on the legs.	Space behind the end line 3 x Dodgeballs Dodgeball court 2 teams	Can be hit anywhere Condition the throw Catch below the waist all players back in

Once out a player has to go and play behind the other team's end line. Players cant make catches in normal play to get players out. The only way they can get back in is to catch a ball thrown by a team mate (develop confidence in catching has no bearing on the game if they miss a catch)		Introduce more balls No blocking Bounce and catch Can catch a player
Get down (make the ball safe in chest) 2 teams on opposite sides of the Dodgeball court. Hit once play on knees. Hit on knees play lying down on the floor. Hit lying down out of the game. Catches on feet bring players back in. Make a catch on knees or lying down get back on feet. Player straight out for any other infringement i.e. caught. **(take catches at the back of the court to give yourself more time/less speed on the ball)**	1 Dodgeball court 2 teams	Lying down get a catch only go onto knees Can catch off the walls 1 bounce 1 handed catch Rebound catch Increase/decrease size of the area No blocking
Marathon Ball (2 hands, 2 eyes, 2 feet) Every time a catch is made anybody who is out comes back in. (if the ball hits you try and push up in the air for rebound catch)	1 Dodgeball court 2 teams	Condition the catch Limit players coming back in No blocking
Invisiplayer (**catches win matches**) 1 player from each team becomes invisible and cannot go out. Every time the invisiplayer gets a catch anybody who is out comes back in. **(pick your catches wait for the weak throws)**	1 Dodgeball court 2 teams 2 bibs	2 people come back in from a catch More invisiplayers Condition the catch i.e. rebound Swap invisiplayer every 60 seconds

Plenary (mins):	Register	Demonstrations
• Catching techniques and tactics • When and when not to catch the ball • Pupils identify one way they're going to improve their own performance • Identification of the phalanges and discussion on why important when catching		Lead discussions and questions