

## Dodgeball – Ducking and Jumping to Dodge

### Learning Objectives:

1. How to jump and duck to avoid being hit by the ball

### Learning outcomes: *(success criteria)*

- 1: *To develop jumping and ducking techniques.*
- 2: *Select and apply different techniques and tactics to avoid being hit by the ball.*
- 3: *Pupils develop their reactions to cope with the demands of the activity.*
- 4: *Pupils can analyse and comment on the skills needed to Dodge effectively.*
- 5: *Pupils can identify the components of fitness needed to dodge the ball.*

### Assessment for Learning (AfL)

- |          |  |
|----------|--|
| <b>5</b> | I can keep my eye on the ball                                    |
| <b>6</b> | I am constantly moving to avoid being hit                        |
| <b>7</b> | I can use a variety of techniques to avoid being hit by the ball |

### Entry activity (mins); starter (mins):

#### Free for All (ball on ball)

Players in a 20 x 20 area.  
No teams.  
Anyone can throw a ball, but cannot move with the ball once in possession.

Whole class discussion on the components of fitness needed for Dodging.

### Resources: *(inc. ICT used to move learning forward)*

20 x 20 area  
Dodgeballs

Laptop

### Differentiation / Students *(Identify students or groups of students for each box)*

Players have lives  
Increase/decrease the size of the area  
Increase/decrease number of balls  
Condition the throw i.e. rolling or overarm.

Demonstrations.  
Video analysis

### Main (mins):

#### Staying Alive (keep on the move)

Use a Dodgeball court with three balls.  
1 person starts as an attacker on one side of the court.

1 Dodgeball court  
3 x balls

Size of the ball – ab balls,  
200mm balls  
More/less balls  
Give players lives

<p>Everyone else is dodging on the other side of the court. Once hit dodging players become attackers until everyone has been hit. Condition the throw so players have to jump or duck to avoid being hit Pupils develop their reactions by adding more balls and overloading (stay at the back of the court to avoid being hit)</p>		<p>Increase/decrease size of the area</p>
<p><b>Dodge This (jump with two feet bend at the waist to duck)</b></p> <p>1 team throwing 1 team dodging. Dodging team start at the Dead Ball Zone. Throwing team are positioned behind each end line. 10 bibs are put in and around the Dead Ball Zone. Dodging players must go into the court one at a time and try and avoid being hit by the ball. Dodging players must pick a bib up and on the spot put it on, only then can they retreat off the court. Every time they get a bib without being hit they receive a point. The dodging team have a number of lives to avoid being hit Pupils not dodging analyse the skills required to dodge effectively.</p>	<p>2 teams – dodging and throwing 1 Dodgeball court 10 Bibs 3 x Dodgeballs</p>	<p>Size/type of ball. Number of bibs. Positioning of bibs – closer/further away from throwers. Number of balls. Number of throwers. Increase/decrease size of the area. Number of players allowed to go into the court. Bounces and hits the player still counts as a hit</p>
<p><b>Between Two Fires (use peripheral vision to spot incoming balls)</b></p> <p>Players play in front of the end line, each team must have a space behind them (5m). When a player is out they go and play behind the other team. In order to get back in they have to hit an opponent. They come back in and play on their original side of the court. Pupils identify components of fitness used whilst dodging and give examples of each. (spread out)</p>	<p>1 x Dodgeball court 3 x balls</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</p>

<p><b>Army Commando Dodgeball</b></p> <p>If a player is hit in the back or torso they're out.          If hit in any of their four limbs they lose the use of that limb.          Once they've lost all their limbs they're out  <b>(jumpers in the middle and duckers on the outside)</b></p>	<p>2 x teams          3 x Dodgeballs          1 x dodgeball court</p>	<p>Can still catch with their arms if they lose the use of them          Regain all limbs by catching the ball          Size/number of balls          Diving and rolling</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>• Reaction time and why important in Dodgeball</li> <li>• Identification of components of fitness used when dodging</li> </ul>	<p><b>Register Dodgeballs</b></p>	