

Dodgeball – Throwing Underarm and Side Sling Shot

Learning Objectives:

1. How to throw the ball using the side sling shot and underarm techniques.

Learning outcomes: (success criteria)

- 1: To develop, refine and adapt throwing technique.
- 2: To develop accuracy in throwing technique.
- 3: Select and apply different throwing techniques and tactics in game situations.
4. Develop arm flexibility through appropriate stretches.
5. To analyse performance and identify strengths and weaknesses in throwing technique.
6. To explain how the body is feeling after physical activity.

Assessment for Learning (AfL)

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| 5 | I can throw accurately using more than one technique. |
| 6 | I can throw accurately using a variety of techniques. |
| 7 | I can throw powerfully and accurately using a variety of techniques. |

Entry activity (mins); starter (mins):

Clean Your Yard Out (TP – side on and swing your arm)

Divide the group and space into 2/4.
 Each team starts with 10 points.
 The objective of the game is to get rid of any balls that are in your own area and throw into opponent's area.
 The game lasts one minute.
 For every ball remaining in an area the team are deducted a point.
 Teams are also deducted a point every time a player is hit.
 Teams gain a point for hitting or catching opponents.
 The game is over when a team loses all their points.
 Pupils identify physiological changes in the body post activity.

Pupils perform at least three stretches focusing on the upper body

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

6 x Dodgeballs
 10 x cones
 4 teams
 4 equal areas
 Stop watch

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

Guided discovery attempting different throwing techniques.
 Aim at a target.
 Lead discussion on response to activity.
 Differentiated scoring i.e. double points
 Condition the throw.
 Throw with weaker arm

Lead the rest of the group
 Identify specific muscle groups.
 Assisted by HAP to lead through a stretching routine

<p>Main (mins):</p> <p>Throw for Points (TP – point to the target with hand and non throwing foot)</p> <p>Pupils play in pairs opposite each other in a small channel. The objective of the game is to hit your opponents. Condition the throw to the underarm and side sling shot techniques. Players score 1 point for a hit on the upper body and 2 for a hit on the legs. Play for a time limit. Team with the most points moves up and least points move down to distinguish ability groupings. Pupils analyse their throwing techniques and suggest ways to improve (aim low)</p>	<p>1 ball per four players Cones to distinguish channels 4 players per channel</p>	<p>Attempt overarm and snatch techniques. Introduce catching (3 points for a catch). Increase distance away and decrease width of channel. Introduce more than one ball. Teacher led demonstration. Coaching from HAP's Video of throwing technique. Score double points. Throw with weaker arm Condition the throw</p>
<p>Abdominal Madness (step through with same foot as throwing arm for power)</p> <p>Divide the group into 2/4 teams on a Dodgeball court. Put an abdominal ball in the Dead Ball Zone along with 3 Dodgeballs. Players must hit the abdominal ball with a Dodgeball and try and get it to roll past their opponent's end line. Nobody is allowed to touch the abdominal ball. Normal Dodgeball rules apply. Distinguish between the different techniques and suggest when they're appropriate. (aim for the closest target player/ball?)</p>	<p>Abdominal ball 3 x Dodgeballs 2/4 teams 1 Dodgeball court</p>	<p>Size and weight of the ball i.e. foam shot putt. Condition the throw Invisible players – can't go out (LAP) Weaker arm Introduce more Dodgeballs or targets</p>
<p>Bombardment (same target, same time)</p> <p>Divide the group and space into 2/4 and ask the group to position three targets in their area. The objective of the game is to hit all of your opponents targets, once all have been hit then the whole team is out. The targets can be anything from cones, players, balls etc. Normal Dodgeball rules apply.</p>	<p>Dodgeball court 2/4 teams 6/12 targets – cones, players etc</p>	<p>Size/weight of the target Distance away from the target</p>

<p>Dodgeball Points Game (get as close to your opponents as possible) 2/4 teams on a Dodgeball court Team with most points wins Nobody goes out Points: Hit from a throw within a metre of the Dead Ball Zone counts as double points 2 points for a hit on the legs or hitting a blocking ball out of a players hands 1 point for a hit on the body or catch -2 for an opponent hitting a ball out of your hands of catching a ball you've thrown.</p>	<p>3 x Dodgeballs 1 x player to count points</p>	<p>Differentiated scoring Super Player – points count as double Introduce target Condition the type of throw Throw using weaker arm No blocking Disguise the throw</p>
<p>Plenary (mins):</p> <ul style="list-style-type: none"> • Throwing techniques and tactics • Arm stretches/muscles • Strengths and weaknesses in throwing technique • Physiological responses of the body post physical activity • Peer/self assessment of throwing technique 	<p>Register Dodgeballs</p>	<p>Show the rest of the group arm stretches Identify strengths and weaknesses Pupil led demonstrations</p>