



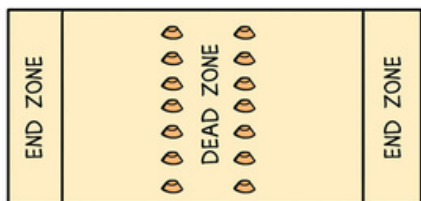
Get Set 4
Education

Knowledge Organiser

Dodgeball Year 5 and Year 6

About this Unit

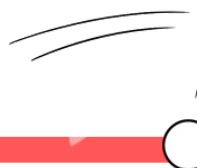
Dodgeball is a target game between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.



Dodgeball was first played in Africa over 200 years ago. Instead of soft balls, players threw rocks at the opposition, while also defending their own teammates who were under attack. The game was meant to encourage teamwork for when the players went into battle with other tribes.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Key Vocabulary

abide: act in accordance with the rules
anticipate: to expect / be ready
appropriate: suitable approach
assess: make a judgement of the situation
collaborate: collaborate
cushion: take the power out of an object
fake: to pretend
officiate: to be in charge of the rules
situation: circumstances that create the environment
stance: the body position taken
tactic: a plan or strategy
trajectory: the path the object takes in the air



Ladder Knowledge



Year 5: aim low to make it difficult for an opponent to catch.

Year 6: assess the situation before deciding who to throw at to get opponents out.

Catching:

Year 5: stay towards the back of the court area to give you more time to catch.

Year 6: make quick decisions on if to catch or if to dodge the ball.

Movement Skills

- throw
- catch
- dodge
- block

This unit will also help you to develop other important skills.

Social collaboration, respect, leadership, communication

Emotional honesty, determination, confidence

Thinking make decisions, select and apply tactics

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.
- Once a player is out, they must leave the court immediately and go to the queue of players already out from their team.

A live ball is one that has not bounced or hit a wall/ceiling.

Rules

Tactics:

Year 5: apply tactics relevant to the situation.

Year 6: create and apply a tactic for the specific situation or outcome.

Tactics

Healthy Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

If you enjoy this unit why not see if there is a dodgeball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Wall Catch


What you need: 1 ball a wall.

How to play:

- Stand 1m away from the wall.
- Throw the ball against the wall and try to catch it before it touches the floor.
- Can you get to 5 catches in a row?
- Take a step back and repeat.
- How far from the wall can you get?



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Head to our youtube channel to watch the skills videos for this unit.  @getset4education136