



# Physical Education

## Dodgeball Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in dodgeball.

Pupils will **develop** an understanding of when, where and why we need to dodge, throw, catch and change direction during a game.

### Inspire Me

**Dodgeball** originated in Africa where players would throw rocks at each other with the intention of incapacitating their opponents. Thankfully dodgeball is now played with a softball that when it hits you doesn't hurt!



### Key Success Criteria

- P** Pupils will develop their dodging, throwing and catching skills to outwit their opponents and win the game.
- C** Pupils will apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and take responsibility leading others.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we are in possession of the ball or when we throw the ball. The aim of the game for the attackers is to throw their ball hitting an opponent.

**Defender:** We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. The aim of the defenders is to avoid being hit by the ball.

**Possession:** Is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to throw the ball towards the opposition.



### Sport Specific Vocabulary

**Dodge:** is a method of moving quickly from one side to the other to avoid being hit by a ball.

**Throwing:** means using your arm/hand to propel a ball with force through the air towards a specific target.

**Catching:** means successfully holding a ball with our hands that has been thrown towards us.

