

Dodgeball - Throwing and Catching

**End of Unit Goal -Children will successfully throw and catch a ball using a range of techniques.**

	Objective	Outcome	Session	Resources	Key Vocabulary
1	Cold Task -Assessment Session focussing on throwing and catching		<p><u>Warm up</u> - Children to move around the room in a variety of ways: jog, run, tip toe, stretch up high, jump, and hop. Children to stop when teacher calls out freeze.</p> <p><u>Assessment</u> - Children to be put into two teams to play a game of dodgeball. Teacher to record the game using Swivl to play back to the children. Basic rules to be explained to the children.</p> <p><u>Plenary</u>- Play session back to the children from Swivl. What went well? What didn't go so well? What skills are we going to develop? Explain to children they will be developing skills as they work through the dodgeball unit this half term.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> <li>• Swivl</li> </ul>	<ul style="list-style-type: none"> <li>• Dodgeball</li> <li>• Team</li> <li>• Winner</li> </ul>
2	I can catch a medium sized ball from a short distance.	Children will be able to catch a medium sized ball when it has been thrown	<p><u>Warm up</u> - Teacher to model a variety of stretches to the children. Children to copy. Can some children come up with their own stretches to model to the class for them to copy?</p> <p><u>Recap</u>- What skills did we discuss after watching back our dodgeball game? What did we say we need to develop? Discuss catching a ball. What do we need to do in order to catch a ball successfully?</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> <li>• Swivl</li> </ul>	<ul style="list-style-type: none"> <li>• Throw</li> <li>• Catch</li> <li>• Aim</li> <li>• Target</li> <li>• Team</li> </ul>

		from a short distance.	<p><u>Teach</u> - Teacher to model how to catch a ball talking through each step. Ask a child to try and catch a ball with their eyes closed. Why was this tricky? Encourage children to look towards the ball and move with the direction of the ball. Children to work with a partner to throw and catch a medium sized ball. Cones to be placed a short distance apart and children to stand facing their partner.</p> <p><u>Apply</u> - Children to be put into team teams to play a game of dodgeball. Remind them we are focussing on trying to catch the ball as it comes towards us.</p> <p><u>Plenary</u> - What have we learnt today? What can we do to successfully catch a ball?</p>		
3	I can perform an over arm throw with some accuracy towards a target.	Children will be able to throw a ball using an overarm technique.	<p><u>Warm up</u> - Play Jump Start Jonny warm up clips on the screen. Children to find a space and copy the actions on the screen. Encourage children to notice the effects that exercising is having on their bodies. What do they notice?</p> <p><u>Recap</u> - What did we learn last week? What should we do in order to catch a ball successfully? Is there anything we shouldn't do? Why not? Children to work in pairs to show how to catch the ball successfully.</p> <p><u>Teach</u> - Ask children: how can we ensure we are getting the ball to where we want it to go when we are throwing it? Explain to children that we need to aim for a target of where you want the ball to go to. Explain that we need to look at the target and then move our arms into the direction that we want the ball to go. Explain and model an over arm throw. Children to work with a partner to throw and catch a medium sized ball using an over arm throw. Cones to be placed a short distance apart and children to stand facing their</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Jump Start Jonny</li> <li>• Cones</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Throw</li> <li>• Over arm throw</li> <li>• Catch</li> <li>• Dodgeball</li> <li>• Aim</li> <li>• Target</li> <li>• Dodge</li> <li>• Accuracy</li> </ul>

			<p>partner.</p> <p><u>Apply</u> - Play Mud Monsters. Give a ball to 5 children, these children will be 'on'. Children to run around the hall, the 5 children who are on need to throw the ball at the other children trying to hit them. Children must throw the ball using an over arm throw. If a child is hit with a ball they become 'stuck in the mud' and must stand with their arms out to the side until another child runs under their arms to free them.</p> <p><u>Plenary</u> - What have we learnt today? What can we do to successfully throw a ball?</p>		
4	I can perform a bounce pass with some accuracy towards a target.	Children will be able to throw a ball using a bounce pass.	<p><u>Warm up</u> - Children to move around the room in a variety of ways: jog, run, tip toe, stretch up high, jump, and hop. Children to stop when teacher calls out freeze.</p> <p><u>Recap</u> - What should we do in order to catch a ball successfully? Is there anything we shouldn't do? Why not? Teacher to model an over arm throw. What do we call this throw? Children to work in pairs to practice their over arm throw. How can we ensure we are getting the ball to where we want it to go when we are throwing it?</p> <p><u>Teach</u> - Ask children: how can we ensure we are getting the ball to where we want it to go when we are throwing it? Explain to children that we need to aim for a target of where you want to the ball to go to. Explain that we need to look at the target and then move our arms into the direction that we want the ball to go. Explain and model a bounce pass throw. Children to work with a partner to throw and catch a medium sized ball using a bounce pass. Cones to be placed a short distance apart and children to stand facing their partner.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Throw</li> <li>• Over arm throw</li> <li>• Bounce pass</li> <li>• Catch</li> <li>• Dodgeball</li> <li>• Aim</li> <li>• Target</li> <li>• Dodge</li> <li>• Accuracy</li> </ul>

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5	I can perform a chest pass throw with some accuracy towards a target.	Children will be able to throw a ball using a chest pass.	<p><u>Warm up</u> - Teacher to model a variety of stretches to the children. Children to copy. Can some children come up with their own stretches to model to the class for them to copy?</p> <p><u>Recap</u> - What should we do in order to catch a ball successfully? Is there anything we shouldn't do? Why not? Teacher to model an over arm throw. What do we call this throw? Teacher to model a bounce pass. What do we call this throw? Children to work in pairs to practice their over arm throw. How can we ensure we are getting the ball to where we want it to go when we are throwing it? Children to then work in pairs to practice their bounce pass.</p> <p><u>Teach</u> - Ask children: how can we ensure we are getting the ball to where we want it to go when we are throwing it? Explain to children that we need to aim for a target of where you want to the ball to go to. Explain that we need to look at the target and then move our arms into the direction that we want the ball to go. Explain and model a chest pass throw. Children to work with a partner to throw and catch a medium sized ball using a chest pass. Cones to be placed a short distance apart and children to stand facing their partner.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> </ul>	<ul style="list-style-type: none"> <li>• Throw</li> <li>• Over arm throw</li> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Catch</li> <li>• Dodgeball</li> <li>• Aim</li> <li>• Target</li> <li>• Dodge</li> <li>• Accuracy</li> </ul>

			<p><u>Apply</u>- Children to be put into team teams to play a game of dodgeball. Remind them that they can use a variety of different throws during the game. How do we aim for a target?</p> <p><u>Plenary</u> - What have we learnt today? What can we do to successfully throw a ball?</p>		
6	I can attempt to intercept and catch a ball.	<b>To be able to successfully throw and catch a ball using a range of techniques</b>	<p><u>Warm up</u> - Children to move around the room in a variety of ways: jog, run, tip toe, stretch up high, jump, and hop. Children to stop when teacher calls out freeze.</p> <p><u>Recap</u> - What should we do in order to catch a ball successfully? Is there anything we shouldn't do? Why not? Teacher to model an over arm throw. What do we call this throw? Teacher to model a bounce pass. What do we call this throw? Children to work in pairs to practice their over arm throw. How can we ensure we are getting the ball to where we want it to go when we are throwing it? Children to then work in pairs to practice their bounce pass. What do we call this throw? Teacher to model a chest pass throw. Children to work in pairs to practice a chest pass throw.</p> <p><u>Teach</u> - What is the best way to catch a ball? What happens if we drop it in a game of dodgeball? Explain to children that they can cradle the ball to their chest to keep it safe. Teacher to model this by throwing the ball into the air and cradling the ball as it is caught. Children to then work independently to throw the ball into the air and catch it accurately, cradling the ball as they catch it. Teacher then to model how to do this if the ball has been thrown by someone else. Children to play the game over and under- It requires two balls.</p>	<ul style="list-style-type: none"> <li>• Balls</li> <li>• Cones</li> <li>• Bibs</li> <li>• Swivel</li> </ul>	<ul style="list-style-type: none"> <li>• Throw</li> <li>• Over arm throw</li> <li>• Bounce pass</li> <li>• Chest pass</li> <li>• Catch</li> <li>• Dodgeball</li> <li>• Aim</li> <li>• Target</li> <li>• Dodge</li> <li>• Accuracy</li> </ul>

		<p><b>Hot Task -</b> Assessment Session focussing on throwing and catching</p>	<p>Designate one partner as the "over" and one as the "under." The person who throws over will throw their ball in the air to their partner. The one who throws under will bounce the ball on the floor to their partner. Count to three before each bounce and see how many times you can simultaneously pass between each other without dropping either ball!</p> <p><b>Apply Hot Task</b> - Children to play a game of dodgeball. First, discuss the rules of the game. Explain that they should be applying all of the throwing and catching skills that we have been learning. Split the class into 2 groups to play a game of dodgeball. Use Swivl to record the game. Children to watch the</p> <p><u>Plenary</u>- Play session back to the children from Swivl. What went well? What didn't go so well? What skills have we developed? What else do we need to work on?</p>		
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