

# DODGEBALL 'SOCIAL FOCUS' LESSON 2 - Year 1 & 2

Learning Intention: *How can we work with others during activities?*

Year 1:

I can take turns with others during activities

I can communicate with others during activities

I can communicate in a positive way with others during activities

Year 2:

I can communicate with others during activities

I can communicate in a positive way with others during activities

I can communicate in a positive way verbally and visually with others during activities

## EQUIPMENT:

15 medium-sized balls, hoops  
cones, mats, benches.

## WARM UP: Bridges

Children to move around in a given area (run, hop, skip).

Teacher to call "bridges"; children find a partner and make the shape of a bridge with their hands. This can be repeated a number of times for a pulse-raiser.

**Extension:** The quickest pair to get into a bridge shape can be given a challenge – to run through as many of the other bridges as they can in 10 seconds.

*Social focus (SF) - be willing to make a bridge with anyone in the class*

## TEACHING POINT:

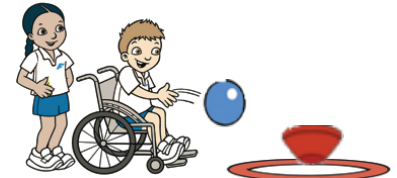
1. Favoured foot forward
2. Throwing hands point in direction of the target

## ACTIVITY 1: Underarm Throw (two hands)

1. Child A throws the ball using two hands, aiming to get the ball to bounce inside the hoop.
2. Teacher to ask children to demonstrate good examples.
3. Challenge - as a team how many points can you score in 2 minutes?  
1 point for each time a cone is hit.

*Social focus (SF) - Work together to organise who is collecting the equipment.  
- How will you take it in turns?*

*Make it harder:* Use smaller hoops/vary the distance.



## ACTIVITY 2: Underarm Throw (one hand)

1. Go through Teaching Points with children.
2. Child A throws the ball using one hand, aiming to get the ball to bounce inside the hoop.
3. Teacher to ask children to demonstrate good examples.
4. Challenge - as a team how many points can you score in 2 minutes?  
1 point for each time a cone is hit.

*Social focus (SF) - What can you do if your partner does not get the ball? How can you help them?*

*Make it harder:* To use a different target, e.g. tall cones.

*Make it easier:* Use throw-down feet to help with feet position.

## TEACHING POINT:

1. Opposite arm and opposite leg
2. Bend knees
3. Non-throwing hand points to the target
4. Throwing hand points in direction of the target



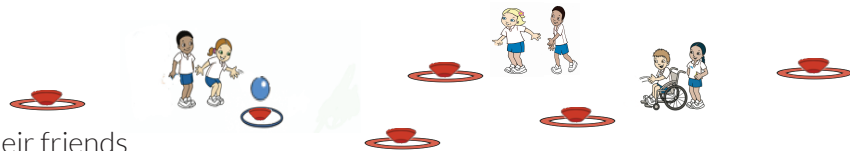
## ACTIVITY 3: PBs

1. Each pair to run around to all the different hoops and see how many times they can throw the ball into each of the hoops in one minute.

*Social focus (SF) - Pairs to communicate- who is going first? Who will pick up the ball? Who will pick up the cones? Who will put the cones back if the cone comes out of the hoop? How are you going to work together? How can you listen to each other?*

2. After they have completed the first minute, pairs to discuss and agree what their score is.
3. Children to now repeat again a see if they can get a personal best (PB) .

Q& A - What is important when playing this activity? What do you and your partner need to do to get a PB?

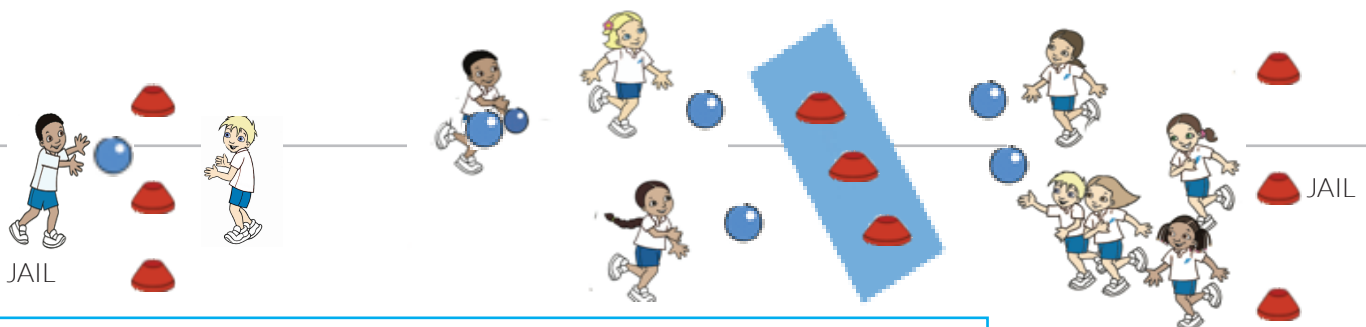


**Safety:** children to look out for their friends

## ACTIVITY 4: Free-them Dodgeball

1. You can play this game as a whole class or split the class into smaller teams.
2. You can use a variety of different size balls, soft or sponge balls only (at least 5 balls) - a suitable area is the size of 1 badminton court- it is also advised to use gymnastics mats to mark the halfway line of the court.
3. Rules e.g. Team 1 v Team 2.
  - All the children start standing on the baseline of the court.
  - When the teacher calls “ready, steady, play” the children have the option to run to the centre line and collect a ball (children do not have to collect a ball if they don’t want to) they must then return to their baseline and tap the ball on the floor to make the ball ‘magic’: this is only done once at the start of the game.
  - At no point in the game can children cross the halfway line to the other team’s half: if they do they are out of the game (**safety** - we advise using mats to mark the halfway line - if you touch a mat during the game you are out).
  - Children must stay inside the court at all times: they can only leave to collect a ball. If they get hit when outside the court collecting a ball they are not out.
  - Children must underarm roll or throw the ball at the other team, aiming to hit each other anywhere below the waist this includes all of the legs and feet - hands cannot be used to block balls only to try and catch balls.
  - When hit by a ball anywhere below the waist, they are out of the game and go to jail (stand on the baseline of the court - the starting position of the game) and can only get back in play if a child on their team throws them a ball that they must catch and then throw back. If this happens they are ‘free’ and can rejoin the game.
  - After 3 minutes the team with the least number of children in jail are the winners.

*Social focus (SF) - How can support your team members? How can you ensure you have a fair game?*



### COOL DOWN

Teacher to repeat the warm up Bridges game. This time children to move around area (jog slowly, walking, tiptoeing).

### PLENARY

What did you enjoy about the lesson? How can we work with others during PE?