

# **S** SCHEME OF WORK

## **Dodgeball - KS2 (YR 3&4)**

<b>Lesson 1</b>	How can you throw a ball in dodgeball?
<b>Lesson 2</b>	How can you avoid being hit by the ball in dodgeball?
<b>Lesson 3</b>	How can you block in dodgeball?
<b>Lesson 4</b>	How can you catch a ball in dodgeball?
<b>Lesson 5</b>	How can you work as part of a team when you compete in a dodgeball game?
<b>Lesson 6</b>	How can you work as part of a team when you compete in a dodgeball game?

### **Success Criteria:**

#### **Year 3**

- I can throw the ball with good technique
- I can dodge the ball with some success
- I can block the ball with some success
- I can catch the ball in the ready position with good control
- I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time
- I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time

#### **Year 4**

- I can throw the ball with accuracy and good technique
- I can dodge the ball successfully
- I can block the ball successfully
- I can catch a ball in ready position and attempt it in a game situation
- I can play and embrace the rules, being gracious in victory and defeat
- I can play and embrace the rules, being gracious in victory and defeat



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## PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- STRENGTH
- FLEXIBILITY
- DODGING
- PIVOTING
- THROWING
- CATCHING
- CONTROL
- RUNNING
- AWARENESS
- POWER
- SPEED
- JUMPING
- STRIDING
- SHOOTING
- BLOCKING

## SOCIAL ME

- CO-OPERATE WITH OTHERS
- MINI COACH – MAKING UP AND LEADING WARM UPS
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE GROUP
- PEER ASSESSMENT
- FAIRNESS- COMPETITION

## THINKING ME

- SELECT AND APPLY SKILLS
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- LEARNING NEW RULES
- TACTICAL AWARENESS
- REMEMBERING NEW GAME RULES

## HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



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## **End of Key Stage Attainments:**

### **Year 3**

**Can use running, jumping, throwing and catching in isolation**

**Has begun to develop flexibility, control and balance**

**Is beginning to communicate with others during physical activities**

**Has begun to play competitive/modified games, and apply some basic principles suitable for attacking**

**Is beginning to compare their performances with previous ones**

**Can begin to recognise their own success**

### **Year 4**

**Can begin to use running, jumping, throwing and catching in isolation and in combination**

**Has developed flexibility control and balance**

**Can communicate with others during physical activities**

**Has begun to play competitive/modified games, and apply basic principles suitable for defending**

**Can compare their performances with previous ones**

**Can recognise their own success**



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## Links to National Curriculum:

Literacy	<ul style="list-style-type: none"><li>• Imagination – Thinking about tidying individual planets during game play and dodging an imaginary laser ball!</li></ul>
Numeracy	<ul style="list-style-type: none"><li>• <b>Distance – standing 4m apart for activities (Experiment)</b></li><li>• <b>Length of time – 2m" (activities) and warm ups.</b></li><li>• <b>Counting – Counting steps during Jedi warm up.</b></li><li>• <b>Counting- Scoring and remembering points scored during games</b></li></ul>
PSHE	<ul style="list-style-type: none"><li>• <b>Patience / turn taking / fairness</b></li><li>• <b>Respecting others (not throwing when too close or somebody is already out)</b></li><li>• <b>Working and being part of a team</b></li><li>• <b>Communication, working in pairs / teams</b></li><li>• <b>Perseverance, to improve on skills and scores</b></li><li>• <b>Supporting their peers and showing good communication skills</b></li><li>• <b>Verbal and non-verbal communication and tactical awareness and input</b></li></ul>



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## **Health & Safety**

- It is advised that all equipment is appropriately cleaned in line with government guidelines for the corona virus, before and after each lesson
- Children to stay hydrated
- Warm up and down before and after the lesson
- Children to remember it is non-contact - no diving, no collisions
- Children to wear appropriate footwear
- Children are not to throw directly at others heads



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