

# **S**cheme Of Work

## **Dodgeball - KS2 (YR 5 & 6)**

<b>Lesson 1</b>	How can you throw a ball with precision and speed?
<b>Lesson 2</b>	How can you dodge with control in a game of dodgeball?
<b>Lesson 3</b>	How can you block the ball to protect yourself or a teammate?
<b>Lesson 4</b>	How can you catch a ball during a game of dodgeball?
<b>Lesson 5</b>	How can you work as a team in a dodgeball tournament?
<b>Lesson 6</b>	How can you work as a team in a dodgeball tournament?

### **Success Criteria:**

#### **Year 5**

- I can throw the ball in a variety of directions with some precision
- I can dodge the ball consistently in a variety of ways with control
- I can use a ball in a game to block and protect myself and try and keep possession of the ball
- I can sometimes catch the ball in the ready position during a game of dodgeball
- I can listen to others, express my own ideas and work well with others tactically
- I can listen to others, express my own ideas and work well with others tactically

#### **Year 6**

- I can throw the ball with precision and speed and attempt to use either hand
- I can react quickly and dodge keeping good balance and control
- I can use a ball in a game to block and protect myself and keep possession of the ball
- I can consistently catch a ball during a game of dodgeball in the ready position
- I can evaluate and recognise success to help improve performance
- I can evaluate and recognise success to help improve performance



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## **PHYSICAL ME**

- AGILITY
- BALANCE
- COORDINATION
- STRENGTH
- FLEXIBILITY
- DODGING
- PIVOTING
- THROWING
- CONTROL
- RUNNING
- AWARENESS
- SPEED
- JUMPING
- SKIPPING
- STRIDING
- 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

## **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



# SCHEME OF WORK

## End of Key Stage Attainments:

### Year 5

Can mostly use running, jumping, throwing and catching in isolation and in combination

Has begun to develop flexibility, strength, technique, control and balance

Can show some communication and collaborate with others in a variety of activities

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

Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best

Attempts to evaluate performance and can recognise their own success

### Year 6

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

Has developed flexibility, strength, technique, control and balance

Can communicate and collaborate with others in a variety of activities

Can play competitive/modified games, and apply basic principles suitable for attacking and defending

Can compare their performances with previous ones and demonstrate improvement to achieve their personal best

Can evaluate performance and 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 3/4m apart for activities (Protector)</b></li> <li><b>Length of time – 2m" (activities) and warm ups (Dodge the Jedi's).</b></li> <li><b>Counting– Scoring and remembering points scored during games</b></li> </ul>
PSHE	<ul style="list-style-type: none"> <li>Patience / turn taking / fairness</li> <li>Respecting others (not throwing when too close or somebody is already out)</li> <li>Working and being part of a team</li> <li>Communication, working in pairs / teams</li> <li>Perseverance, to improve on skills and scores</li> <li>Supporting their peers and showing good communication skills</li> <li>Verbal and non-verbal communication and tactical awareness and input</li> </ul>



# SCHEME OF WORK

## Health & Safety

- 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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