



PE - Knowledge Organiser

Year 5 – Autumn 2 – Dodgeball



Knowledge Organiser Dodgeball Year 5

About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.

It's a game of strategic moves that use both defence and attack. On the defensive front, you'll need to use swift moves, and quick thinking to avoid being hit. On the attack you'll need to throw with precision and speed to get opponents out.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Powerful Knowledge

- avoid:** keep away from or stop
- communication:** share information
- cushion:** take the power out of an object
- fake:** to pretend
- force:** create power
- officiate:** to be in charge of the rules
- opponent:** the other team
- situation:** circumstances that create the environment
- tactic:** a plan or strategy



Ladder Knowledge



Movement Skills

- throw
- catch
- dodge
- jump
- block

Throwing:

Aim low to make it difficult for an opponent to catch.

Catching:

Stay towards the back of the court area to give you more time to catch.

This unit will also help you to develop other important skills.

- Social** co-operation, respect, communication
- Emotional** confidence, honesty, independence
- Thinking** tactics, comprehension, observation, creativity

Rules

OUTS

A player is "out" when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.

A live ball is one that has not bounced or hit a wall/ceiling.

Tactics

Apply tactics relevant to the situation.

Healthy Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

If you enjoy this unit why not see if there is a dodgeball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Sock-tastic Dodge

What you need: 1 x pair rolled up socks

Practices:

- Throw the socks with one hand and catch with two.
- Throw the socks with one hand and catch with the opposite hand.
- Throw the socks with one hand and catch with the same hand.
- Throw the socks up and see how many of a chosen activity you can do before catching it again e.g. claps or star jumps.

How to play:

- Create your own version of a dodgeball game.
- Set the rules. What happens if the ball hits you? How do you get back in the game? How do you decide the winner?
- Invite people in your household to play the game.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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