



Key Knowledge and Skills:

Throwing a ball at a moving target: Stand with one foot in front of the other and aim at your target. Aim to throw the ball slightly ahead of the moving target so that when it arrives it should be on target. Point your throwing hand towards your target after you throw.



Catching a ball with control at different heights: Begin in a ready position with knees bent. Move your feet to the ball (use small steps to make a quick change of direction). Watch the ball and use two hands to catch.



Dodging a ball using jumps, dodges and ducks: Keep your head up to see the throwers. Stand in the ready position with your knees bent and ready to move.

Jump



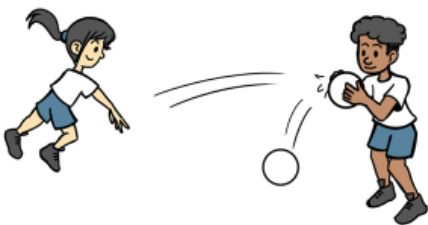
Dodge



Duck



Blocking a ball: In dodgeball, you can use a ball to block another ball from hitting you. If a ball hits your hand when you are using another ball to block, the hit does not count. If a ball hits your hand when you are using another ball to block, and you drop the ball, that counts as a hit.



Key Vocabulary:

Vocabulary:	Definition:
Dodging	Moving out the way of a ball.
Target	An area or object to aim for.
Blocking	Stopping or obstructing a ball.
Opposition	The opposite team/someone you are playing against.
Consecutive	One after the other.
Conceding	You don't manage to stop the other team winning a point.
Dead Zone	The coned zone in the centre of the court where you can't step.
End Zone	The back lines of the court.

Using tactics:

- Trick the opposition by pretending to throw in one direction and then throwing at someone else.
- Communicate and call your teammates name when you want to throw them the ball.
- You can use a ball to block another ball from hitting you.

Knowing the rules of dodgeball:

- You are out if you are hit by a ball before it bounces or if an opponent catches your throw.
- Use below the shoulder shots.
- If you are 'out', quickly stand off-court.
- Do not step in the 'Dead Zone'.

