

# **Activsports Session Plan**

**School: Primary School**

**Subject: Dodgeball**

**Class: 1**

**Topic: Introduction to Dodgeball**

**Week 1**



## **Dynamic Warm-up - 5mins**

### **Description:**

Jog around court responding to different commands from the coach e.g. jog, skip, run, side step. Followed by stretches, especially arm/shoulder etc.

## **Introduction - 10mins**

### **Description:**

Sit the group down and go through basic rules and the area of the court. Explain today's theme is just an introduction to Dodgeball, and that we will cover every topic of Dodgeball i.e. throwing, catching etc. before progressing onto match play.

Players then can move around area passing the ball to each other, getting to know/ feel the ball that they will be playing with, as well as the size of the area games will be played in

## **Technique Development - 15mins**

### **Session: Taster Session in Playing Dodgeball**

### **Description:**

#### **Dodge 'n' Throwers**

Players run from one side of the area to the other, trying to dodge the balls that are being thrown at them. If a player is hit, they must stand on the side of the area and become a thrower.

#### **The Cube**

In an area 10 x 10, 4 players stand on the outside of the grid, with 1 inside.

The player on the inside must see how long they can last dodging the balls that are being thrown at them from the outside players.

If hit, the player that threw the ball must swap places and he/she will go inside the cube.

**(No Headshots in any game)**

## **Related Practice - 20mins**

**Aim:** To play a game of Dodgeball, playing by basic laws of the game, and applying techniques that players already know.

4 teams of 5 players - only 2 teams play at any one time. The other 2 teams must watch, and take in information from the 2 teams that are playing, regarding rules and different techniques on show.

Only 7 mins a game so all teams can play at least 1 quick game.

### **Cool Down Activity -**

Moving around area - jog, skip, side step, lunges etc, to cool our body down ready to finish. Stretching arms/ shoulders.

### **Evaluation of Session - 5mins**

Re-cap on what will happen over the next 5 weeks.

1. Throwing.
2. Catching.
3. Dodging.
4. Phases of Play.
5. Tournaments.

## **Session Evaluation**

### **Comments:**

**How was the session adapted to promote inclusion?**

**Equipment:** Dodgeballs, Cones and Bibs

### **Injury/Incidents:**

None Reported.