



LEARNING OBJECTIVE

Apply all Dodgeball skills in competitive matches using the British Dodgeball Primary School rules, demonstrating teamwork, respect and decision making.



SUCCESS CRITERIA

- Use dodging, catching, throwing and blocking effectively.
- Make smart decisions during games.
- Work together as a team.
- Follow the rules and play fairly.
- Reflect on performance and set goals for improvement.



EQUIPMENT

- 8–12 Foam Dodgeballs
- 20 Cones
- Bibs (2 colours)
- Hoops or target spots
- Stopwatch
- Whistle
- Court markers
- Scoreboard (if available)



SESSION JOURNEY

Time	Activity	Focus
10 mins	Skills Stations	Consolidation
15 mins	Mini Games	Skill Application
25 mins	Tournament	Competition
5 mins	Reflection & Assessment	Review Learning



WARM UP – SKILLS STATIONS

Purpose: Review and consolidate all key skills.

Organisation: Set up 4–5 stations around the area. Groups rotate every 90 seconds.

- Station 1 – Dodging (cones & throwers)
- Station 2 – Catching (pairs passing)
- Station 3 – Throwing Accuracy (targets/hoops)
- Station 4 – Blocking (block ups)
- Station 5 – Fitness (shuttle runs/burpees optional)

COACHING CUES

- Stay active.
- Focus on technique.
- Encourage effort.
- Support teammates.

SUPPORT

More time at stations
Less complex tasks

CHALLENGE

Less time
More complex tasks



SKILL BUILDER – TEAM CHALLENGES

Purpose: Apply skills in fun team challenges.

Organisation: Small team challenges.

- Challenge 1 – Most catches in 1 minute
- Challenge 2 – Accuracy target hit challenge
- Challenge 3 – Fastest team to clear opposition (soft balls)

COACHING CUES

- Communicate.
- Encourage everyone.
- Use skills you know.
- Stay positive.

SUPPORT

Larger targets
Softer throws
More time

CHALLENGE

Smaller targets
Faster throws
Time limit



SKILL CHALLENGE – APPLY IT ALL

Purpose: Combine all skills in game-like situations.

Organisation: 4 v 4 or 5 v 5 games with set conditions.

- Only 3 balls in play
- Hit below shoulders
- Focus on movement and decision making

COACHING CUES

- Use space.
- Support teammates.
- Make quick decisions.
- Keep communicating.

SUPPORT

More space
Fewer balls

CHALLENGE

Smaller space
More balls
Extra conditions



CONDITIONED GAME – MINI TOURNAMENT

Objective: Play competitive matches using British Dodgeball Primary School rules.

Organisation: Run a mini round-robin or knockout tournament based on group size. Matches = 2 halves of 3 sets (6 sets total). Overtime set (if needed) = 1 minute.

Refer to British Dodgeball Primary School Rules.

CONDITIONS

- Follow all primary school rules.
- Below shoulder throws.
- Respect all players.
- Fair play and teamwork.

COACH FOCUS

- Decision making.
- Communication.
- Teamwork.
- Resilience & respect.



REFLECTION

1. What did you do well in the tournament?
2. Which skill helped your team the most?
3. How did you support your teammates?
4. What will you improve in the future?



COACH'S CORNER

OBSERVE

- Are pupils using all key skills?
- Are they making good decisions?
- Are they showing respect and fair play?
- Are they working well as a team?

COMMON ERRORS

- Ignoring rules or safety.
- Not communicating.
- Standing still.
- Forcing throws.

SUPPORT

- Remind pupils of key skills.
- Guide decision making.
- Reduce complexity if needed.
- Praise effort and teamwork.

EXTEND

- Add extra rules or challenges.
- Reduce time for games.
- Encourage tactical play.
- Use scoring or target challenges.

ASSESSMENT

Skill	Emerging	Developing	Secure
Dodging	☐	☐	☐
Catching	☐	☐	☐
Throwing accuracy	☐	☐	☐
Blocking	☐	☐	☐
Decision making	☐	☐	☐
Teamwork	☐	☐	☐
Respect & Fair Play	☐	☐	☐