

VIRTUAL INTRA-SCHOOL GAMES

DODGEBALL – SKILLS CHALLENGES

SKILL ONE – DODGEBALL SLAM

LEVEL ONE – EASIER

- ★ Mark out 10m from a rebounding surface, such as a wall and mark with a cone
- ★ In groups of 5, line up in a linear way behind a safety cone, facing the wall with an arm's length gap between each player
- ★ The first player throws the ball towards the target marked out on the wall
- ★ Once released, the throwing player runs to the back of the line, and the second player advances to the throw line/marker to catch the ball before it bounces
- ★ A point is scored for each successful throw and catch
- ★ The game ends when the ball is dropped, or 2 minutes is reached

LEVEL TWO – MEDIUM

- ★ Mark out 10m from a rebounding surface, such as a wall and mark with a cone
- ★ In groups of 3, line up in a linear way behind a safety cone, facing the wall with an arm's length gap between each player
- ★ The first player throws the ball towards the target marked out on the wall
- ★ Once released, the throwing player runs to the back of the line, and the second player advances to the throw line/marker to catch the ball before it bounces
- ★ A point is scored for each successful throw and catch
- ★ The game ends when the ball is dropped, or 2 minutes is reached

DODGEBALL



Do you want to challenge yourself? Turn over and try **LEVEL THREE – HARDER**

DIFFERENTIATION & INCLUSION

Remember you can adapt the space, task and equipment to suit individual needs and abilities, in order to attempt the challenge.

- ★ Players line up one arm's length apart from each other, with all players facing the wall – player 1 throws the ball at the wall for player 2 to catch
- ★ Allow the ball to bounce on the ground before catching it
- ★ Roll the ball towards the wall
- ★ Increase the size of the ball i.e. soft plastic ball
- ★ Increase the size of the target
- ★ Lower the level of the target on the wall

- ★ Catch the ball with 1 hand or non-dominant hand
- ★ Decrease the size of the ball
- ★ Decrease the size of the target
- ★ No points scored if the ball is not thrown onto the target



VIRTUAL INTRA-SCHOOL GAMES

DODGEBALL – SKILLS CHALLENGES

LEVEL THREE – HARDER

- ★ Mark out 15-20m from a rebounding surface, such as a wall and mark with a cone
- ★ In groups of 3-5 players, line up in a linear way behind a safety cone, facing the wall with an arm's length gap between each player
- ★ The first player throws the ball towards the target marked out on the wall
- ★ Once released, the throwing player runs to the back of the line, and the second player advances to the throw line/ marker to catch the ball before it bounces
- ★ A point is scored for each successful throw and catch
- ★ The game ends when the ball is dropped, or 2 minutes is reached

DIFFERENTIATION & INCLUSION

Remember you can adapt the space, task and equipment to suit individual needs and abilities, in order to attempt the challenge.

- ★ Catch the ball with 1 hand or non-dominant hand
- ★ Decrease the size of the ball
- ★ Decrease the size of the target
- ★ Have different sized targets on the wall to promote catching from different angles – the more challenging targets carry more or bonus points

SCORING

(Personal Challenge)

- ★ 1 point per successful throw and catch
- ★ With each attempt try and beat the previous score

CURRICULUM LINKS

Type of Sport:

- ★ **Invasion**

Fundamental Movement Skills:

- ★ Agility/Balance/Coordination

Techniques & Skills:

- ★ Creation of space & time
- ★ Throwing & catching of the ball
- ★ Physical development: speed, power, reaction time

TAKING PART AT HOME?

Adaptations for participating at home:

- ★ Set up the activity in a safe space away from obstacles
- ★ Instead of a ball use rolled up socks
- ★ It could be played in pairs
- ★ If you do not have a partner, then once the ball has been thrown towards the wall do a complete turn (360o) before catching the ball

EQUIPMENT

- ★ Wall
- ★ Ball
- ★ Cones/markers

DODGEBALL



USEFUL LINK:



YOUNG LEADERS

Roles & Responsibilities

- ★ Activity set up
- ★ Recording scores
- ★ Timing

