



# LEARNING JOURNEY

## Dodgeball

### F - A - C - T



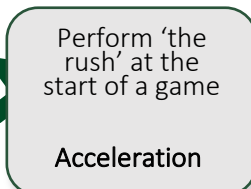
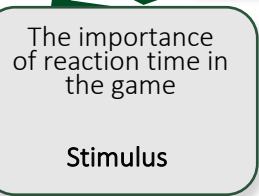
This unit will build upon many of the key movement skills you have learned previously at KS2. Key movement skills such as throwing, catching and dodging which are essential in all sports will be focussed upon. Many of these skills will facilitate future learning not only in this unit but across a wide range of sports from cricket to lacrosse.

You will start off by developing your understanding of the basic rules of dodgeball to allow you to participate fully in gameplay moving forwards. This will progress onto the key fundamental skills of the game. There will be opportunities to evaluate your own performance.

During the second half of this curriculum, you will learn attacking and defensive strategies to implement into the game. Parts of this unit will focus on developing your self-regulation through officiating small practices with Honesty.

**What will you include in your warm-up today?**

**What is the why behind your lesson today?**



Awareness, trajectory, eliminate, cushioning, stimulus & acceleration

