



Physical Education Dodgeball Year 3

Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in dodgeball.

Pupils will **develop** an understanding of when, where and why we need to dodge, throw, catch and change direction during a game.

Inspire Me

Dodgeball originated in Africa where players would throw rocks at each other with the intention of incapacitating their opponents. Thankfully dodgeball is now played with a softball that when it hits you doesn't hurt!



Key Success Criteria

- P** Pupils will develop their dodging, throwing and catching skills to outwit their opponents and win the game.
- C** Pupils will apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and take responsibility leading others.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we are in possession of the ball or when we throw the ball. The aim of the game for the attackers is to throw their ball hitting an opponent.

Defender: We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. The aim of the defenders is to avoid being hit by the ball.

Possession: Is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to throw the ball towards the opposition.



Sport Specific Vocabulary

Dodge: is a method of moving quickly from one side to the other to avoid being hit by a ball.

Throwing: means using your arm/hand to propel a ball with force through the air towards a specific target.

Catching: means successfully holding a ball with our hands that has been thrown towards us.





Physical Education

Communication and Tactics Year 3

Unit Purpose

The unit of work will **explore** what makes an **effective team** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils **developing** their **communication** skills, essential to working within a team to complete the activities.

Inspire Me

Did you know... the on field referee in rugby may need to verbally communicate with the video referee. It is important that information communicated is clear and accurate to ensure the correct decision is made.



Key Success Criteria

- P** Pupils will work within teams to complete the different problem solving challenges successfully.
- C** Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.
- S** Pupils will develop life skills such as collaboration and communication as they apply both speaking and listening skills within their teams.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.



Vocabulary for Learning

Communication: is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.



Sport Specific Vocabulary

Attacker: We are considered an 'attacker' when we or our team are trying to capture the flag. The aim of the game for the attackers is to capture the flag to score a point.

Defender: We are considered a 'defender' when we are trying to tag the other team, trying to prevent them from taking a flag.

Tag: is the method applied by the defending team to stop the attackers from capturing the flag.

