



These plans are made for all primary school aged children to do at home to keep active there are different ways they can be adapted to make easier/harder for each age group (colour coded **BLUE = Rec & KS1**, **GREEN = YEAR 3 & 4**, **ORANGE = YEAR 5 & 6**)

Unit Title: Dodgeball (Throwing and Catching)

Time	Content	Activity description working individually	Adaptation for 2+ players	Equipment needed	Additional Skills
10 – 15 mins	Throw and catch against a wall	<p>Practice the skills of throwing and catching against a wall:</p> <p>Try and get 3 throw and catches without dropping</p> <p>Try and get 5 throw and catches without dropping</p> <p>Try and get 10 throw and catches without dropping</p> <p>Teaching points (eye on ball, good throw, catch with 2 hands)</p>	If there are 2 or more players, you can time each other to see who can do the most?	Ball Wall	Counting Reaction time
10 – 15 mins	Throwing at a target	<p>Practice over arm throwing accuracy by throwing a ball at a target:</p> <p>Hit a target 5 times</p> <p>Hit a target 10 times</p> <p>Hit a target 15 times</p> <p>Teaching points (use non-throwing arm to aim, lots of power, arm finishes where you want ball to go)</p>	If there are 2 or more players see who can hit the target the most	Ball Target	Counting



10 – 15 mins	Dodgeball	<p>Play a game of dodgeball with other members of your household.</p> <p>Aim of the game is to hit the other person/people with the ball below head or waist (you decide).</p> <p>If you get hit by the ball, then you are out (if you are playing 1 v 1 then the other person would win).</p>	<p>Play a game of dodgeball with other members of your household.</p> <p>Aim of the game is to hit the other person/people with the ball below head or waist (you decide).</p> <p>If you get hit by the ball, then you are out (if you are playing 1 v 1 then the other person would win).</p>	Balls	Reaction time
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