



RESOURCES

- Class set foam dodgeballs, cones

LEARNING OBJECTIVE

- Develop catching technique against faster balls.

ASSESSMENT

- Emerging: Can infrequently catch a ball thrown at the body.
- Expecting: Can sometimes catch a ball thrown at the body, tracking it with their eyes.
- Exceeding: Can consistently catch a ball thrown at the body, tracking it with their eyes.

TEACHING POINTS

- Get into the 'ready position' (knees slightly bent, feet shoulder width apart, hands out).
- Keep your eyes on the ball all the time.
- Pull the ball into your body as you catch.

WARM UP - BIG TIG

All pupils must try to tag their classmates without being tag themselves. If two pupils tag each other at the same time, then they have both been caught. Anyone caught must go to a zone and complete a task e.g. 10 star jumps or a 3-point balance.

TRANSITION QUESTION

Can you show your partner how to catch a ball without using any words?

SKILL - SPEED CATCH

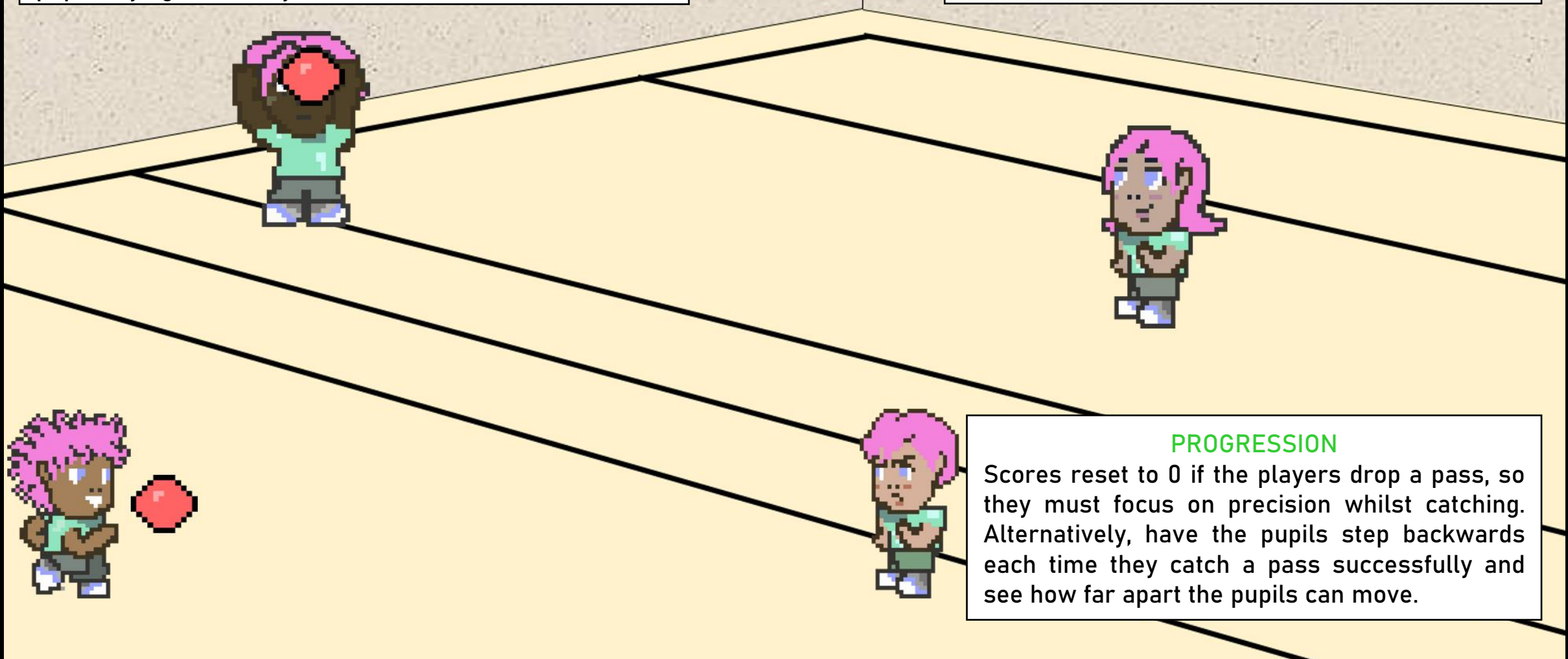
DESCRIPTION

Tell pupils to show you the **RESOURCE Ready Position**. Pupils to stand opposite their partner. They must pass the ball to their partner as many times as possible in 30 seconds. Discuss catching techniques and have the pupils try again and try to beat their score.

DIFFERENTIATION

Challenge: More able pupils are glued to the spot so must reach to catch inaccurate passes.

Support: Decrease distance for less able pupils/Less able pupils receive 2 points per catch.



PROGRESSION

Scores reset to 0 if the players drop a pass, so they must focus on precision whilst catching. Alternatively, have the pupils step backwards each time they catch a pass successfully and see how far apart the pupils can move.



SOCIAL - Pupils must work effectively as a team in order to catch and throw quickly.
SOCIAL - Pupils must communicate non-verbally whilst developing tactics for speeding up their passes.

KEY QUESTIONS

Which throws are easiest to catch?
What are your hands/legs/body/brain doing when you catch?

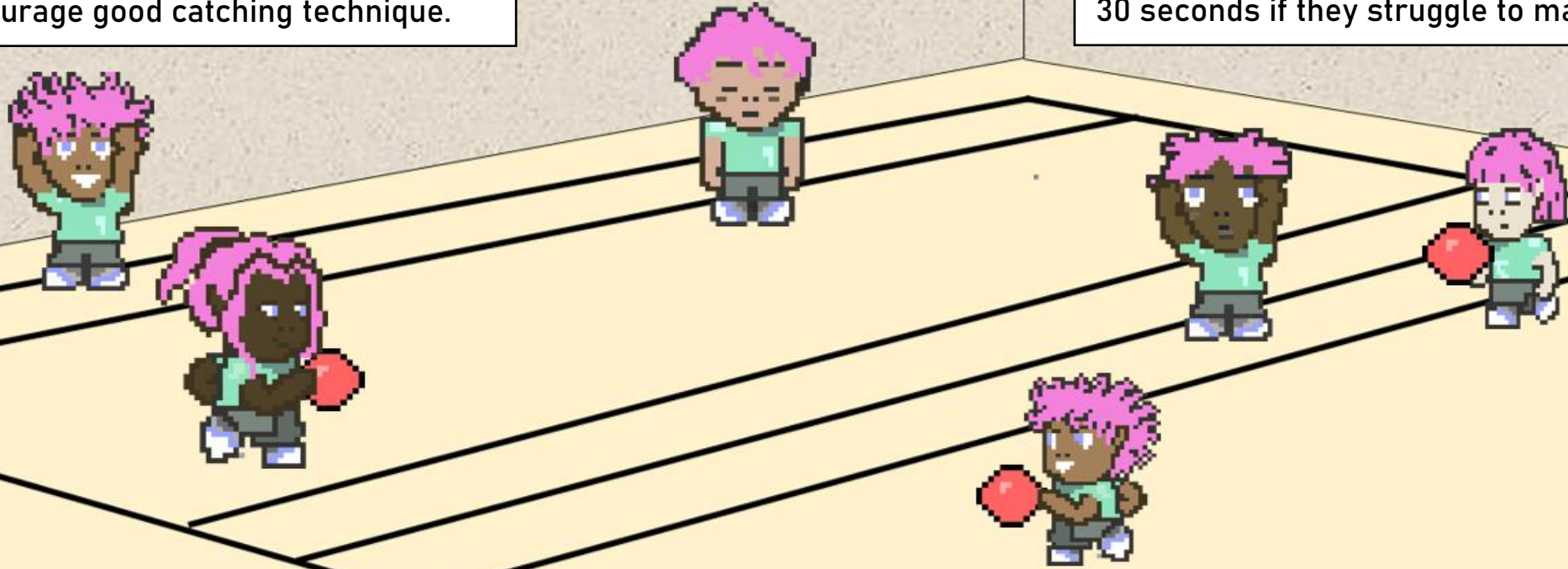
GAME - CATCHING STATUES

DESCRIPTION

Set up a [big game of dodgeball](#). Once out, pupils must stand still. Their feet are glued to the floor until they catch a pass thrown by an opponent, and then they can resume playing again.. Encourage good catching technique.

DIFFERENTIATION

Challenge: Make more able pupils commanders, determining their team's strategy from the side.
Support: Less able pupils are only frozen for 30 seconds if they struggle to make a catch.



PROGRESSION

Encourage teams to discuss tactics for winning the game



SOCIAL - Pupils must develop roles within the team.
SOCIAL - Pupils must identify good helpers or effective teammates.

KEY QUESTIONS

Does anyone have any tips for making catches in this game?
How could you communicate that you need help?

PLENARY - LINKS AND CONNECTIONS

How can something you practiced today help you in everyday life?

