



PE – Dodgeball – Year 3/4

Key Learning

1. To know how to link skills and actions to suit the games activity.
2. To know how to use skills with coordination and control.
3. To know how to take part in competitive games.
4. To know how to work well in teams to develop games of dodgeball.
5. To know the rules of dodgeball.
6. To know how to cause challenges for the opposition.

Vocabulary

Dodge	To move out of the way quickly so the ball doesn't hit you.
Throw	To aim and toss the ball at an opponent to try and get them out.
Catch	To grab a ball thrown by the other team before it touches the ground. If you catch it, the thrower is out.
Out	You're out if you get hit by a ball or if the other team catches your throw.
Live Ball	A ball that has just been thrown and can still get someone out.
Block	Using a ball in your hands to stop another ball from hitting you.
Team	A group of players who work together to win the game.
Referee	The space or area where the dodgeball game is played.
Court	The person who watches the game and makes sure everyone follows the rules.
Boundary Line	The edge of the court. If you step out, you could be out of the game.

Key Athletes



Alex Harrison

Alex, a long-time England team member, debuted at the 2010 London European International and remains one of the sport's most highly decorated players.

Abbie Gower

She began playing dodgeball at 13, chose it over football at university, and has since captained England teams at major tournaments, including the 2024 World Championships.

