



In Association with
 **BIRMINGHAM CITY**
 University

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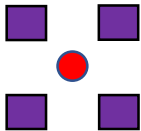
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EXPLORE

Dodgeball is a very fast, exciting game. You have to move very quickly when you are playing.



You will need the biggest space you can find and 4 objects such as cones, boxes or jumpers. Ask a family member to help you set up your game square.



Starting in the middle of your game square, run as fast as you can to any of your objects and back to the middle.

Now run to a different object as fast as you can and back to the middle.

This time run to a different object but as you are running pretend that someone is throwing bouncy clouds at your feet and you have to jump over them!

Run to your final object and back to the middle, can you jump over the clouds so that you don't squash them?

Now you have run to each of your objects one at a time, can you run to each object and back to the middle without stopping? As you get to each object can you jump over it, turn around and run back to the middle?

Where can I find out more about dodgeball?

- <https://www.britishdodgeball.org/>
- <https://www.yourschoolgames.com>

PRACTICE

Dodgeball players are very good at throwing.



You will need a pair of rolled up socks and a family member to work with you.



Practise throwing the socks to your family member. Can you aim the socks to land into their hands? If you manage to do this 3 times move back a little bit and try again.

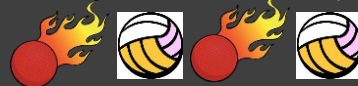
You must be very careful during the next practice. Ask your family member if you can aim the socks at them. Try to hit their feet, knees and legs. Give yourself a point each time you are on target. Can you score 10 points?

Mathematics – Shape, Space and Measure

In dodgeball we try to hit the other team with the ball over and over again.

A pattern is something that repeats over and over.

Which ball will come next in the pattern?



What comes next?



Can you make your own pattern by drawing around something round to make a ball shape? Use your 2 favourite colours to make the pattern.



Make sure you have enough room to complete the tasks.

DEVELOP



You are going to play Superhero dodgeball. Put two of your cones or items in a straight line as far apart as possible.



Decide which superhero you are going to be and ask your family member to be an evil villain!



Run between your cones as fast as possible, ask your evil villain family member to time you. Try again and see if you can beat your time. Can your family member beat your superhero time?

Now that you have shown your super speed the game really begins!

- Give your family member 5 pairs of rolled up socks.
- Decide on a superhero sound such as swoosh to start the game.
- On “swoosh” run to the other cone and back whilst the evil villain tries to stop you saving the planet by aiming evil socks at you.
 - Try to dodge and jump out of the way of the socks.
- If the evil villain hits you they get one evil point, if you dodge the socks you get one super hero point. If you catch the socks you get 2 points. Good always wins over evil!

Can you swap over with your family member or get any others to play?

Can you add to or change any of the rules to make the game any better?

Good luck superheroes!

Personal, Social and Emotional Development – Making Relationships

It is very exciting to be going back to school and seeing our friends next week. It may have been a little while since you have seen them.

It is very important to play nicely with your friends and to take turns when you are playing back in school.

You have used your hands to play dodgeball, now you are going to use them to think about your friends.

With a grown up helping you, draw around your hand. Draw a picture of 5 of the children in your class putting one in each finger or thumb. When you have finished tell your grown up your favourite things about each of the children and what you are going to play with them next week.



Parent's Tip!

Throwing and catching are an extremely significant part of so many different games.

Children are not just born with the ability to throw and catch, these skills develop with practice.

Take every opportunity you can to practise with your child; you can use socks, pieces of fruit or even a ball!





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EXPLORE



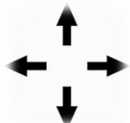
You will need 6 small objects that you can use to move around and over. These could be soft toys or rolled up socks.

Find a safe space at home and think about the different ways you can move around on your feet. For example, can you move sideways, forwards and backwards? Can you move in a zig-zag around the space?

How many other ways can you move?
 Can you move at different speeds?

Spread your objects out in your space. Move about on your feet in different ways, but this time can you dodge around the objects?

Choose 1 of your objects and put it in the middle of your space. Stand by your object to start with, then practise moving forwards, sideways and backwards. Explore lots of different ways to do this.



What are the best ways of moving that you have found?



PRACTICE



Find a few objects that you can safely throw. These could be soft toys, rolled up socks or a ball. You will also need something to use as a target. This could be a box, a washing basket or one of your t-shirts!

Practise moving forwards, backwards and sideways again until you can do this quickly and confidently without looking down at the floor.

Place your objects around your space and put your target at one end. Make sure it isn't too far away!
 Practise moving in different directions again, and when you reach an object, pick it up and throw it towards your target.
 Can you land your object in or onto your target? Give yourself 1 point each time you do.
 What do you need to do to be able to throw and aim accurately?

Music Challenge

African music uses drums to create tempo, rhythm and intensity.

Watch the clip:

<https://www.bbc.co.uk/bitesize/clips/zbsxn39>

After watching the video, find an object in your house that can be beaten like a drum. You could use a table, a chair or a pan for example. Try to copy the sounds and beats you can hear.

- Are they loud or quiet?
- Are they hard or soft?
- Are they fast or slow?

Now create your own rhythm. Will you make your drum rhythm:

- Loud or quiet?
- Hard or soft?
- Fast or slow?

Perform your drumming rhythm for someone at home.



Art Challenge

Dodgeball is an invasion game that originates from Africa.

The Dogon tribe in Mali in West Africa wear face masks which they design and make for ceremonies and celebrations.

Watch the video below and see examples of the masks they create:

<https://www.bbc.co.uk/programmes/p0114c6w>

Can you try to make your own African mask out of materials in your house.

- What colours do they use?
- What shapes can you see?
- What materials can you find and use to make your own mask?

DEVELOP



You should be really good at moving in different directions on your feet and throwing your objects at your target now.

Are there any other footwork patterns you can think of which could help you to move around with more ease? Think about how you moved in a zig zag in the 'explore' section.

Try the activity from the 'practice' section again. How many times can you hit the target with your objects in 2 minutes?

Ask a family member to shout out the name of the different objects you have around the room. Move quickly to the object, pick it up and throw it at your target.
 Can you do this accurately and score points?

Challenge your family members to join in! How quickly can they get to the objects? How many points can they get by throwing the objects at the target?

Try adding a second target and playing together.

Who can reach the most objects and score the most points with accurate throwing?



Parent's Tip!

Focus on one type of movement for example; forwards or backwards until your child can do this confidently.

Start at a slow pace and increase speed as your child gains confidence.

Call out the directions for your child.

If you have younger or older children encourage them to help and join in, get them to be a moving obstacle that the children must move around.





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EXPLORE



Dodgeball is an invasion game which requires a wide range of skills such as throwing, catching, dodging and jumping.

- You are going to explore different types of throws and movements that you can use in dodgeball.
- You will need a small soft object that you can throw. This could be a ball, a soft toy or some rolled up socks.
- Explore moving in different directions on your feet quickly and lightly. Hold your object in one hand as you move, ready to throw it.
- Find 4 objects that you can use as targets. This could be pieces of paper, boxes or small items of clothing. Place them in different positions around your space.
- Explore different ways of throwing your object at the target. How many different ways can you find?

Now put those 2 challenges together. Move quickly and lightly on your feet and throw your object at the different targets.



- Which was the most effective throw? Why do you think this?
- How would you use this throw in a game of dodgeball?



Where can I find out more about dodgeball?
<https://www.britishdodgeball.org/>
<https://www.yourschoolgames.com>

PRACTICE



After exploring the different skills, select one way of moving on your feet and your favourite throw.

Use one of your targets and place it off the ground – on a chair or on a wall for example. Stand 5 steps away from it.

Practise accurate throwing at your target again.

Now move around the room with your chosen footwork pattern and throw your object at the target again. For example you could perform an under arm throw, and sidestep footwork pattern.

Give yourself 1 point for each time you hit the target whilst on the move. How many points can you score in 1 minute?

History Challenge

Dodgeball is an invasion game that originated in Africa over 200 years ago.

Benin is a country in West Africa. You can find out a little bit about the history of Benin here:
<https://www.bbc.co.uk/bitesize/topics/zpvckqt>

Create a fact file about what life was like in Benin in ancient times.

How did the people live?
 What sorts of jobs did they do?
 What was important to them?

What other interesting facts can you find out?



Make sure you have enough room to complete the tasks.

DEVELOP



Now that you have practised and feel confident in moving and throwing, you are going to challenge yourself by selecting a variety of targets to throw at.

Find 4 targets that are different sizes. You could use items of clothing such as a t-shirt or a glove, or household items such as a waste paper bin or empty food container.

Place them at different heights in your space – be careful to make sure that this is safe to do so!

Practise moving and throwing at the different sized targets. What could you do to make this more challenging if you are hitting the targets easily?

Ask someone at home to give you simple directions such as move left, right, forward, backwards as you move and throw.



Can you make up a simple game using these skills for you and other people at home to play?

- What will the rules be?
- How will you score points in the game?

Music Challenge

The Djembe is a type of drum that originates from West African nations.

The drum is played using only the hands. All parts of the drum are used to create different sounds.

Watch this video link to learn about how to play the West African Djembe:
<https://www.youtube.com/watch?v=q5U8md4rZS8>

Find something in your home to use as a Djembe drum, and have a go at playing the different parts of your object. A waste paper bin, plastic container or plastic cup would be perfect.

Can you use the sides, the top and the rim to make different sounds and rhythms?

Have a go at making your own Djembe drum to play. You can see how to do this here:

<https://www.natgeokids.com/uk/primary-resource/african-djembe-drum-art-primary-resource/>



Parent's Tip!



Encourage your child to stand closer to the target until they can throw accurately towards it.

Encourage and motivate your child and help them to understand what they have done well.

Talk to them about what they have enjoyed in each activity.

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EXPLORE



Dodging out of the way of the ball is an essential skill in dodgeball.

Mark out an area that is free from objects with some markers. Within this area, how many different ways can you think of to change direction quickly?

Can you:

- Move from one foot to the other?
- Move at different speeds?
- Use a faint dodge by transferring your weight from one side of your body to the other?
- Duck down quickly and touch the floor?
- Jump up high and bring your feet up behind you?

Ask an adult to help you with the next exercise. Ask them to shout “HIGH”, “LOW”, “LEFT” and “RIGHT”.

Imagine that the dodgeball is coming towards you from these different directions – what can you do to evade the ball?

Can you think of any other ways the ball might hit you in a game? Ask your family member to add in these commands to your practice.

Think about your posture – what is the best body position to have so that you can dodge as quickly as possible?

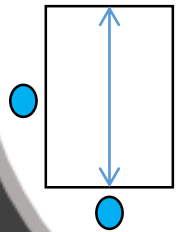
Where can I find out more about dodgeball?
<https://www.britishdodgeball.org/>
<https://www.yourschoolgames.com>

PRACTICE



You will need a soft ball or soft object and a family member to help you with this practice.

Stand to one side of your marked out area. Your family member will need 4 soft objects and should stand half way along the sideline.



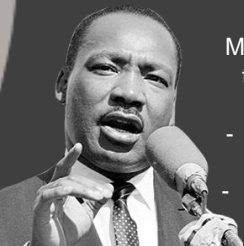
Time yourself for 30 seconds. How many times can you reach the opposite line without getting hit by a soft object from your family member?

Score one point for every time you make it across the area. One point is taken off every time you are hit!

Remember – only hits below head height count!

History Challenge

The United States of America are currently second in the men’s dodgeball world rankings.



Martin Luther King Jr was a key figure in the American Civil Rights movement.

- What was the Civil Rights Movement and what were their objectives?
- Why was this movement so important in America in the 1960s?

What were the roles of the following people in the Civil Rights Movement:

- Rosa Parks
- Minnijean Brown and the Little Rock Nine

What is the legacy of the Civil Rights Movement today?

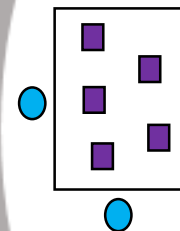


Make sure you have enough room to complete the tasks.

DEVELOP



Use your marked out area again for this practice. Put 5 objects down within the area. The family member helping you can now move around the perimeter of the area.



On the command “GO”, time how long it takes you to pick up all the objects and return them to outside the area.

You can only pick up one object at a time. If the family member hits you with an object during this time, you have to return to your starting position.

Once you have completed the challenge, swap over with your family member and see if they can beat your time.

Reflect upon your performance – how many different ways did you use to dodge away from the objects thrown by your family member?



The next Dodgeball World Championship has been postponed until 2021. Glasgow will be the host city.

Can you find out which nations will be taking part in the event?

PSHE Challenge

In 1905, the first official rules of dodgeball were written down.

Rules are important in sport and wider society to ensure fairness and equality.

- What are the British values that underpin our society?
- Why are these values so important to us as a country?
- Can you think of any examples where these values have not been upheld?

What can we do as individuals and as a society to uphold our British Values?



Parent’s Tip!

Demonstrate the actions of dodging for your child. Do this without the ball to start with.

Make sure that any objects thrown are soft!

Throw objects lightly at first until your child has mastered the different dodging techniques.

KS3



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EXPLORE



Blocking occurs in dodgeball when a player uses the ball to block or deflect an incoming ball from hitting them.

Find a soft object and stand opposite a wall. Mark four different points on the wall and number them – you could do this with paper or chalk. Try to make sure each mark is at a different height.

Ask a family member to shout out different numbers – how quickly can you run to each number and touch it with the ball? Try to:

- Stay on the balls of your feet.
- Keep your balance.
- Bend your knees slightly.
- Keep your head up.

Now turn away from the wall and repeat the exercise. How quickly can you turn around and touch the correct number with the ball?

Ask a family member to stand opposite and facing you and throw their ball towards you.

Can you block their throw with your ball? Try to get the rebound to roll back to them.

Where can I find out more about dodgeball?
<https://www.britishdodgeball.org/>
<https://www.yourschoolgames.com>

PRACTICE



Set up two markers and stand in between them. Ask a family member to stand opposite you with a soft object or soft ball.



Time yourself for one minute. How many times can you travel sideways to a marker without being hit? Use the soft object or your ball to block the throw from your family member.

How many times can you block the throw with the soft object you have? Can you react quickly to make sure you don't get hit?

Add two more markers so that you have to move forwards and backwards to block the ball.

Geography Challenge



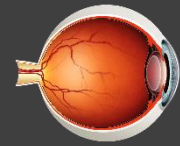
Malaysia are currently second in the women's dodgeball world rankings.

Deforestation has been a major issue for the Malaysian government over the past 20 years.

- What is deforestation?
- What measures have been put in place to ensure that rainforests continue to survive and thrive?
- What specific policies have the Malaysian government implemented to conserve the natural rainforests?
- How effective have these measures been? Try to give reasons to justify your answers.

Biology Challenge

In 2016, Melbourne hosted the World Dodgeball Championships.



Australian scientist, Fred Hollows is credited with restoring the eyesight of thousands of Australians.

Look at the cross section of the eye above. Can you label:

**CORNEA PUPIL SCLERA OPTIC NERVE
 IRIS LENS RETINA CILIARY MUSCLE**

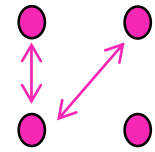
What are the functions of the structures you have labelled?

DEVELOP



If you block a thrown ball and a teammate catches the ball without it hitting the floor, the thrower from the opposing team is out.

You will need two soft balls that bounce for this practice. Stand opposite your family member. Each of you needs a ball. Ask your family member to throw their ball towards you. Can you block the ball up into the air so that they can catch the ball?



Challenge yourself and change the angle of the throw and catch. Set up your markers and ask your family member to throw the ball to you. Can you rebound the ball to the diagonally opposite cone for your family member to catch before it bounces?

How many different ways can you think of to change the angle for the block?

Ask your family member to throw the ball with a different pace.

- How can you control the block so it is easier for them to catch the rebound when the ball is thrown at speed?
- How can you generate power to rebound the ball accurately when it is thrown with less force?



Parent's Tip!

Make sure that all objects are soft! Use larger objects to block to begin with until the correct techniques are mastered.

Add in different movement patterns and rebound the ball of a wall to challenge reaction time!



Make sure you have enough room to complete the tasks.

KS4