

DODGING

Cor i leataobh








	EXPLORATION	DEVELOPING	MASTERING
Movement	<ul style="list-style-type: none">• Movement is stiff and not fluid in nature.	<ul style="list-style-type: none">• The pupil tends to dodge in one direction.	<ul style="list-style-type: none">• Movements in all directions are quick, fluid and coordinated.
Legs	<ul style="list-style-type: none">• Knee bend is minimal.	<ul style="list-style-type: none">• Some force is generated in the plant and push off movement.	<ul style="list-style-type: none">• Knees are bent and the body leans forward with a low centre of gravity.
Body	<ul style="list-style-type: none">• Body position is high preventing a low centre of gravity.• Feet often cross.	<ul style="list-style-type: none">• An upright body position is less frequent, as is the crossing of feet.	
Deception	<ul style="list-style-type: none">• No deception or fake movement evident.	<ul style="list-style-type: none">• There is some deception event.	<ul style="list-style-type: none">• Pupils include deception using a head and shoulder movement.

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Target Pupil								Comments
<p>Head up and eyes focused forward</p> 	Head							
<p>Low body position</p> 	Trunk							
<p>To change direction plant foot, bend knee and push off from the outside of the foot</p> 	Legs							
<p>To add a deceptive element to the dodge, step/lean one way and push off in the other direction</p> 	Deception							
<p>Able to dodge on both sides</p> 	Extra							

Hints	What instructions should I give?	From where should I observe this skill?	What equipment do I need?
	Zig-zag forwards between the cones as fast as you can.	The front.	Cones placed in a zig zag formation, whistle.

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PUPIL ASSESSMENT: PEER OBSERVATION

My name is:

Class:

My partner's name is:

Date:

Today we are looking at the skill of: **Dodging**



Looks good



Needs more practice

My partner needs to:

It:

1 Keep their body as low as possible



2 Plant their foot, bend their knee and push off from the outside of the foot if they want to change direction



3 Keep their head up and eyes looking forward



4 Dodge on both sides



Pupil's Comments:

Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT

My name is:

Class:

My challenge is:

Date:



What steps do I need to take to get there?

What I want to do next:

3

2

1

What I can do now:

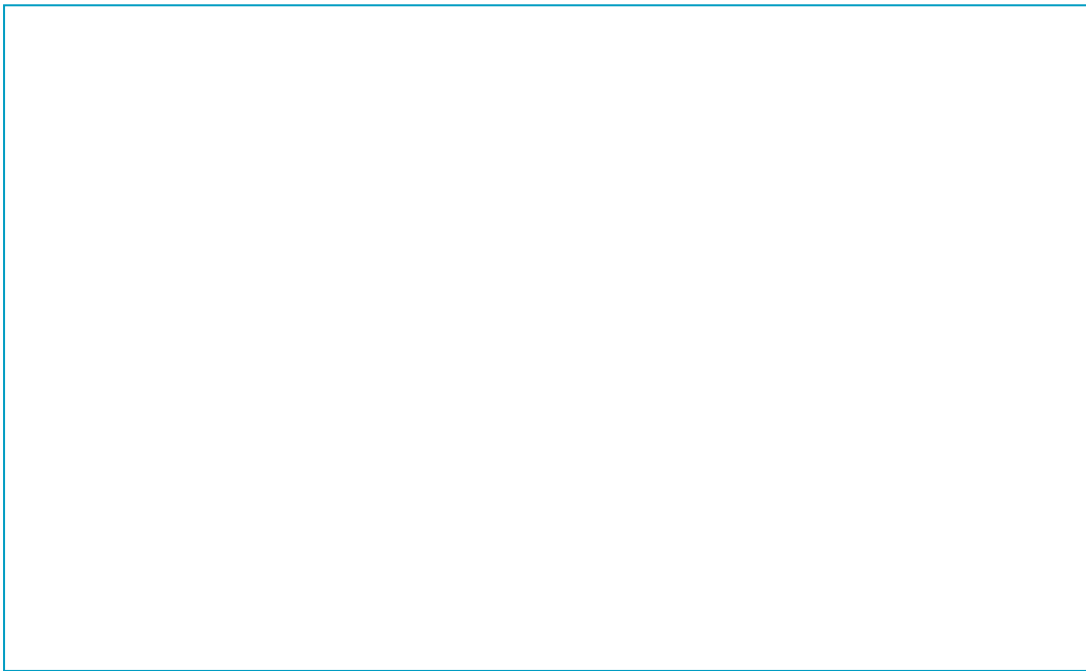
Teacher's Comments:

SELF-ASSESSMENT FOR INFANT CLASSES

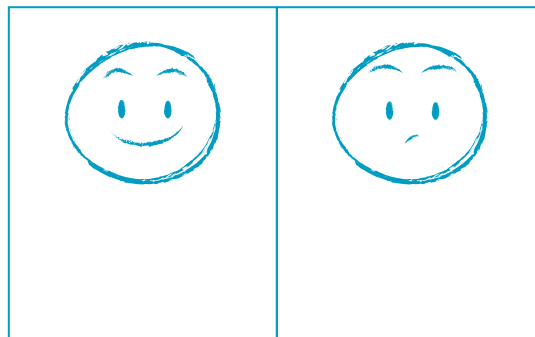
My name is:

Date:

Here is a picture of me dodging.

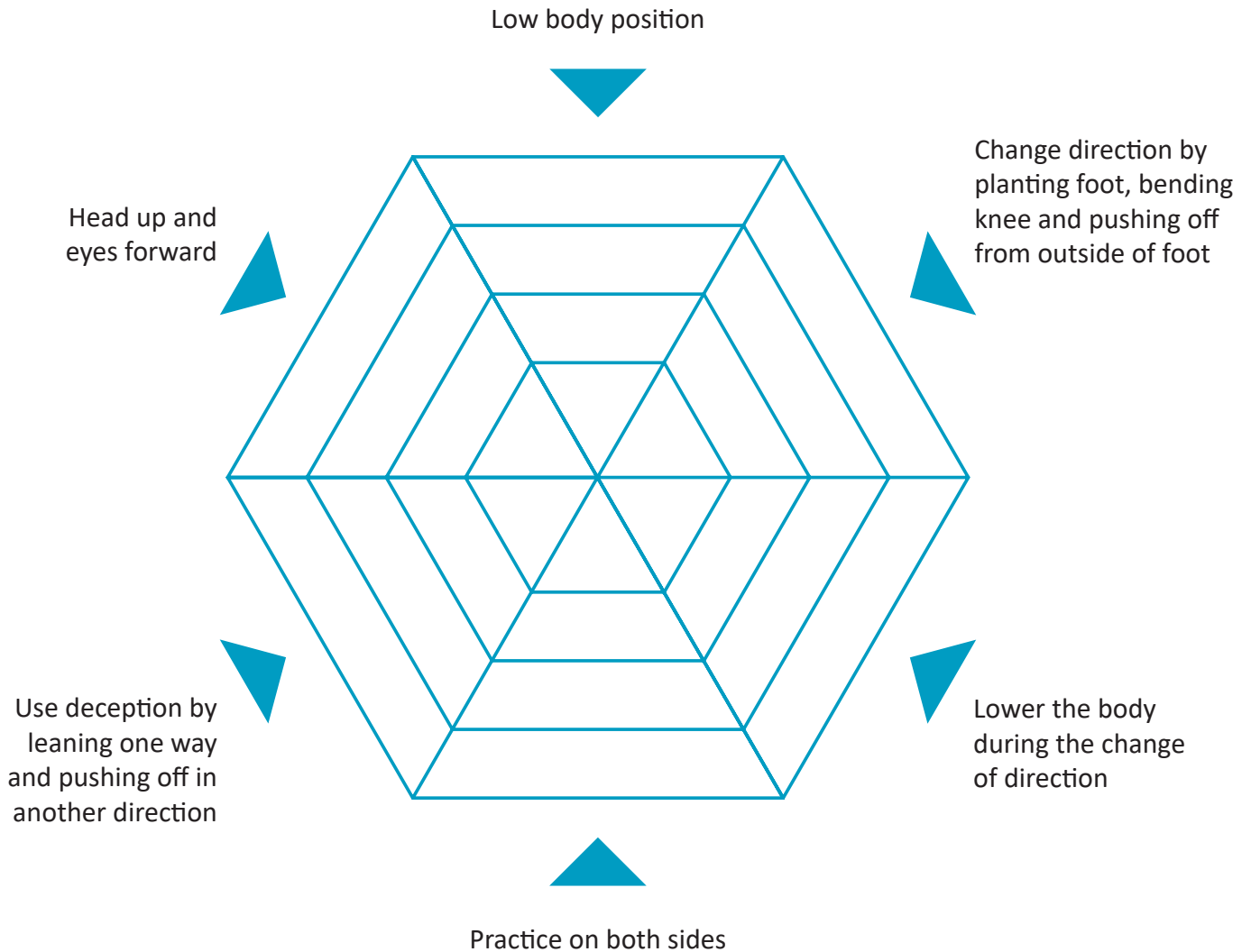


How did this activity make you feel?



Teacher's Comments:

PUPIL ASSESSMENT: SELF-ASSESSMENT WEB



1. I don't think I can do this

2. I can do this but I find it hard

3. I can do this most of the time

4. I can do this all of the time

Pupil's Comments:
While attempting this skill, I felt:

Teacher's Comments:

Rate your effort level:
Light Moderate Vigorous