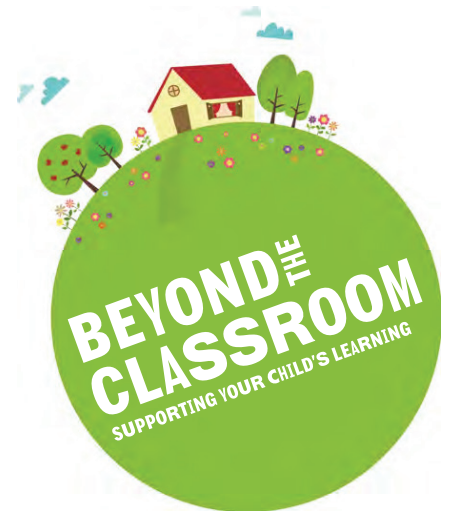


Introduction

Dodging is a locomotor skill that involves quick changes of direction. Good balance and stability is important when dodging. The skill of dodging is part of a wide range of playground activities and is important in many team sports. It is important that children practice dodging on both sides.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Keep body as low as possible.
Keep head up and eyes looking forward.

[Click here for video](#)

Home Activity B

Plant foot, bend knee and push off from the outside of the foot to change direction.

[Click here for video](#)

Home Activity C

Dodge on both sides.

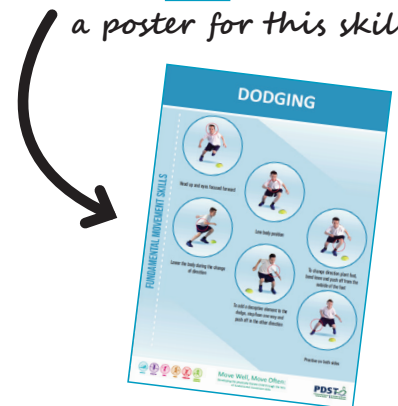
[Click here for video](#)



Dodging

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



[Scan here for video](#)

Move Well, Move Often:

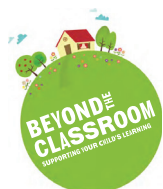
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Home Activity A

Warm Up	Spider Web Agility Wrap toilet paper around items to make a web. Once you have made your web find how many ways you can move through the web. Dodge through areas where there is no toilet paper.			
FMS Focus	Today when Dodging focus on...			
	Keep head up, eyes looking forward		Keep body as low as possible	
Dodging Practise	Let's Dodge			
	Description of Activity Use cones to mark out two end lines approximately five metres apart. In pairs, pupils stand one behind the other at one end line. They then place a beanbag approximately three metres in front of them. The first partner in line, walks towards the beanbag, dodges right to get around the beanbag, and proceeds to the end line. Their partner then does the same. Return with a left dodge around the beanbag. As pupils feel more comfortable, start to vary the speed of the dodge by jogging and running. Variations: <ul style="list-style-type: none"> • If playing on your own set up more beanbags or cones in the circuit and practise dodging off both sides • Write L or R on each marker. Mix them up. Dodge left or right based on the letter at each point • With chalk draw an area around the beanbag. Can you stay inside this area as you dodge? 			
Home Challenge	Four Point Dodge Set up 4 markers to make a square shaped playing area. Run to make the pattern of a variety of the following letters X, L, T, Z, V, W, X. Dodge at the angles of the letters. Hold an object in your hand or bounce/kick a ball for more challenge. If playing with a partner try to replicate their letter.			
PE Journal	<ul style="list-style-type: none"> • Certain activities require pupils to follow rules in order to enjoy it fully. Can you think of an activity which is more enjoyable when everyone plays by the rules? Why? • Often lessons we learn playing activities apply to everyday life. In your PE journal think of one instance where you learned a useful life lesson while taking part in sport. 			



▶ [Scan here for video](#)


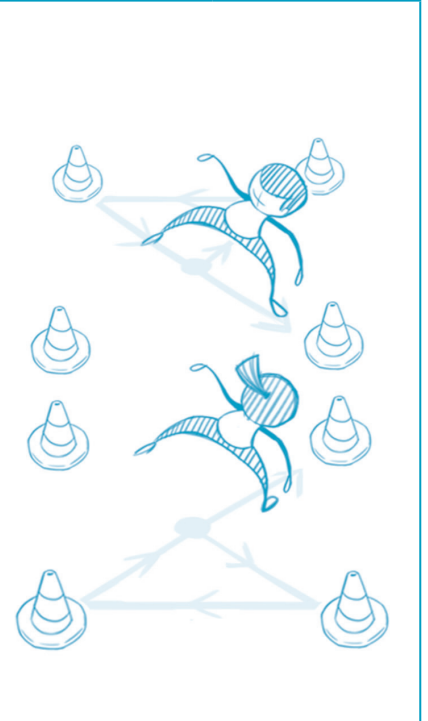


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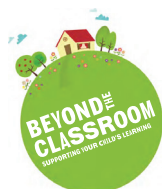


Home Activity B

<p>Warm Up</p>	<p>Push the button Place sport markers, tape or chalk drawn circles (buttons) randomly in the playing area. Move around the playing area trying to push as many 'buttons' on the ground as possible with one foot. Remember to dodge as you push the button each time.</p>		
<p>FMS Focus</p>	<p>Today when Dodging focus on...</p>		
<p>Plant foot, bend knee and push off from the outside of the foot to change direction</p>			
<p>Dodging Practise</p>	<p>Dazed and Confused</p>		
	<p>Description of Activity Set up two squares (one metre by one metre) using four cones for each square. Place a spot marker in the centre of each square. A gap of two metres should be left between both squares. Pupils are arranged into pairs (A and B). A pair of pupils stand on the centre spot marker of both squares facing each other. The aim of the activity is for pupil B to mirror the movements of pupil A. Pupil A touches any cone and their partner attempts to mirror the action. Invite pupils to progress to touching two cones, then three cones, etc, with an aim to daze and confuse your partner. Keep the duration of each activity to thirty seconds.</p> <p>Variations:</p> <ul style="list-style-type: none"> • If playing on your own number the cones and memorise a sequence • Dodge to cones to make up a number • How many rotations of the square can you dodge to in 30 seconds? • Carry/Bounce/Dribble a ball as you dodge 		
<p>Home Challenge</p>	<p>Kick/Throw & Dodge Set out a playing area approximately 2 metres in width. With a ball stand 1 metre away from a wall. Kick or throw the ball, move towards the ball returning from the wall and dodge away from the ball as it returns towards you. Stay facing the wall throughout the activity. Add in an extra ball for more challenge. For further challenge, add an element of deception after kicking/throwing the ball e.g. pretend to dodge left before dodging right. Play with a partner if available.</p>		
<p>PE Journal</p>	<p>In your PE journal, list five activities that use the skill of dodging.</p>		



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DODGING

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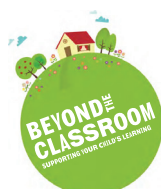


Home Activity C

<p>Warm Up</p>	<p>5,4,3,2,1 Dodge! Run for 5 strides before dodging Skip for 4 and dodge walk for 3 and dodge Hop for 2 and dodge Jump for 1 and dodge Can you come up with your own?</p>						
<p>FMS Focus</p>	<p>Today when Dodging focus on...</p> <table border="1" data-bbox="252 703 1541 965"> <tr> <td data-bbox="252 703 687 965"> <p>Dodge on both sides</p> </td> <td data-bbox="687 703 895 965">  </td> <td data-bbox="895 703 1326 965"></td> <td data-bbox="1326 703 1541 965"></td> </tr> </table>			<p>Dodge on both sides</p>			
<p>Dodge on both sides</p>							
<p>Dodging Practise</p>	<p>Musical Statues</p> <p>Description of Activity Invite pupils to find their own space in the playing area. When the music is played, pupils move around the area using a locomotor skill such as walking, running, hopping, skipping, jumping etc. When a pupil encounters another pupil on their way around the area, they must dodge to avoid them. When the music stops, pupils must perform a balance and hold it for a count of five. Restart the music and alter the locomotor skill to repeat the activity.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • Change direction to the beat of the music eg. dodge left or right every number of beats/ every time you hear a certain word etc (eg. Dodge on 'Shark' for Baby Shark!) • Practise your dodging to create a zig zag pathway 						
<p>Home Challenge</p>	<p>Tap & Dodge Face a family member in the playing area. You must stay facing your partner. Try to dodge your partner as they try to tap your knee. How many taps can you get in 30 seconds? Reverse roles and play again. Progress to both trying to tap and dodge.</p>						
<p>PE Journal</p>	<p>In your PE journal, design and draw a playground game that involves dodging.</p>						



▶ [Scan here for video](#)



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