

# TEACHING POINTS FOR DODGING



Head up and eyes focused forward



Low body position



To change direction plant foot, bend knee and push off from the outside of the foot



Lower the body during the change of direction



To add a deceptive element to the dodge, step/lean one way and push off in the other direction



Practise on both sides

# EXTERNAL CUES

## DODGING



Teaching Point	External Cue
Head up and eyes focused forward	<p><b>Look over your neighbours green hedge</b></p> <p><b>Look at the window on the school wall</b></p>
Low body position	<b>Dip low under the branch</b>
To change direction plant foot, bend knee and push off from the outside of the foot	<b>Push the big, red button</b>
Lower the body during the change of direction	<b>Follow the bend in the tunnel</b>
To add a deceptive element to the dodge, step/lean one way and push off in the other direction	<b>Move shoulders like a window wiper</b>
Practise on both sides	



## Introducing the skill of dodging

Try to dodge...	Effective questions
• from a high level to a low level	<i>Which is easier/more natural?</i>
• from a low level to a high level	
• staying at a medium level	
• changing direction every ten steps	<i>How are you changing pathways?</i>
• changing direction every five steps	
• really fast	
• in slow motion	
• really slowly then run fast	
• really fast then run slowly	
• smoothly/roughly	<i>How do you control this?</i>
• with great power and force	<i>From where is the force being generated?</i>
• while coping a partner's movements	
• while playing follow the leader	<i>Watch their feet</i>
• and fake to trick a partner into going the wrong way	
• using all the correct technique outlined	<i>Let's put it all together!</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

# TEACHER OBSERVATION

## Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Looking at the ground or intended direction of travel	Head up, eyes focused forward
More than one step or a number of small steps required to change of direction	Change direction in only one step
Little or no power in the change of direction	Bend knee and push off from outside of your foot
Little or no deception in the dodge	lower body height down, then up when changing direction. Use your head and shoulders to 'fake' movement

## Dodging Rubric

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

# IDENTIFYING THE STAGES OF DEVELOPMENT

## Exploring Stage

### *Tréimhse taisceálaíochta*



At this stage, pupils enjoy discovering dodging through different pathways, levels and speeds with others in a fun environment. Characteristics of dodging at the exploring stage include:

- movement is stiff and not fluid in nature
- knee bend is minimal
- body position is high preventing a low centre of gravity
- feet often cross
- no deception or fake movement evident.

## Developing stage

### *Tréimhse forbraíochta*



At this stage, pupils practise dodging and evading skills in simple game activities such as chase or tag. Characteristics of dodging at the developing stage include:

- pupil tends to dodge in one direction
- an upright body position is less frequent, as is crossing of feet
- some force is generated in the plant and push off movement
- there is some deception evident.

## Mastering stage

### *Tréimhse Máistirithe*



At this stage, pupils effectively combine dodging with other fundamental movement skills to engage in a variety of dynamic environments where strategy and problem solving are often necessary. Characteristics of dodging at the mastering stage include:

- knees are bent and the body leans forward with a low centre of gravity
- movements in all directions are quick, fluid and coordinated
- pupils include deception using a head and shoulder movement.