

Take Home Dodging B3

1. At home challenge a family member to play Lose and Confuse with you.
2. Play Freeze and Count Tag in the yard at lunch time.
3. Think about a famous sports star. In your PE journal, explain how they use dodging in their sport.
4. Play Glue at home with your friends or family members.
5. In your PE journal, make a list of games that use dodging. Play these games in the yard this week.
6. Triangle tag requires pupils to follow rules in order to enjoy it fully. Often lessons we learn playing sports apply to everyday life. For homework think of one instance where you learned a useful life lesson while taking part in sport.
7. When dodging the concept of transferring weight is important. Draw a picture in your PE journal of transferring weight from one body part to another. List three examples of when you would use this action in daily life.
8. Keeping your head up is essential for this activity. In your PE journal, write three reasons why it is important to keep your head up when playing games?