



## Reepham High School and College PE Can Do Dodgeball Ladder



	AO1 Recall, select and communicate knowledge and understanding of dodgeball	AO2 Apply skills, knowledge and understanding in dodgeball	AO3 Analyse and evaluate performances and identify actions for improvement in dodgeball
	<p><b>Isolated skills:</b></p> <ul style="list-style-type: none"> <li>• <b>Throwing</b> (Approach and execution, accuracy, pace and timing, types of throw- over-arm holding ball, over-arm balancing ball, side sling shot, underarm and chest push)</li> <li>• <b>Catching</b> (Valid catch with feet grounded or in flight- 2 handed catch or chest catch)</li> <li>• <b>Dodging</b> (Footwork, body position, rolling and diving)</li> <li>• <b>Blocking</b> (Use of ball to block an attempt, wall blocking technique- stopping balls from rebounds off wall to gain possession of ball)</li> <li>• <b>Running</b> (Starting procedure/Sprint start, retrieving ball from the dead zone, speed and agility)</li> <li>• <b>Positions</b> (Ability to play in all positions; runner, blocker, dodger etc)</li> </ul>	<p><b>Techniques and decision making under pressure during practices and competitive situations:</b></p> <ul style="list-style-type: none"> <li>• Full game 6 v 6 or pressurised games 3 v 3 etc- demonstrating knowledge of all positions, timing and accuracy of attacking throws and awareness of space, team mates and balls, peripheral vision to watch the ball</li> <li>• Defensive strategies: Use of blocker to protect the team Defensive tactics</li> <li>• Attacking strategies: 2 or 3 ball attack 5 second rule 1 or 2 ball counter attack Attacking tactics</li> </ul>	
9  8	<p><b>Extensive</b> knowledge and understanding of dodgeball. <b>Comprehensive</b> understanding of the principles of safe exercise and its impact on health and performance.</p>	Application of an <b>extensive</b> range of skills and techniques with great refinement, precision, control and fluency. Demonstration of a <b>vast</b> range of solutions to challenges and an <b>excellent</b> ability to make decisions.	<b>Excellent</b> ability to critically analyse and evaluate your own and others' performances. <b>Excellent</b> ability to identify priorities for improvement and plan progressive practices.
7+  7-	<p><b>Detailed</b> knowledge and understanding of dodgeball. <b>Thorough</b> understanding of the principles of safe exercise and its impact on health and performance.</p>	Application of a <b>wide</b> range of skills and techniques with refinement, precision, control and fluency. Demonstration of a <b>wide</b> range of solutions to challenges and an ability to make successful decisions.	<b>Detailed</b> ability to critically analyse and evaluate your own and others' performances. <b>Detailed</b> ability to identify priorities for improvement and plan fairly progressive practices.
6  5	<p><b>Good</b> knowledge and understanding of dodgeball. <b>Good</b> understanding of the principles of safe exercise and its impact on health and performance.</p>	Application of a <b>good variety</b> of skills and techniques with refinement, precision, control and fluency. Demonstration of a <b>good variety</b> of solutions to challenges and a good ability to make decisions.	<b>Good</b> ability to critically analyse and evaluate your own and others' performances. <b>Good</b> ability to identify priorities for improvement and plan practices.
4+  4-	<p><b>Sound</b> knowledge and understanding of dodgeball. <b>Sound</b> understanding of the principles of safe exercise and its impact on health and performance.</p>	Application of a <b>sound range</b> of skills and techniques with precision, Control and fluency. Demonstration of a <b>sound range</b> of solutions to challenges and an ability to make sound decisions.	<b>Sound</b> ability to analyse and evaluate your own and others' performances. <b>Sound</b> ability to identify priorities for improvement and plan practices.
3+  3-	<p><b>Some</b> knowledge and understanding of dodgeball. <b>Some</b> understanding of the principles of safe exercise and its impact on health and performance.</p>	Application of <b>some</b> skills and techniques with some control. Demonstration of <b>some</b> solutions to challenges and an ability to make a few decisions but these are not always successful.	<b>Some</b> ability to analyse and evaluate your own and others' performances. <b>Some</b> ability to identify priorities for improvement and plan practices.

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2+  2-	Can remember and communicate <b>some</b> knowledge and understanding of dodgeball and of the principles of safe exercise and its impact on health and performance.	Application of a <b>small range</b> of skills. Demonstration of a <b>small range</b> of solutions to challenges and an ability to make decisions but these are not always successful.	Can provide a <b>good</b> assessment of your own and others' performances. Can identify <b>some</b> strengths and weaknesses and offer practices to help improve.
1+  1	Can communicate <b>only</b> the important things about dodgeball and of the principles of safe exercise and its impact on health and performance.	Application of a <b>very small</b> range of skills. Demonstration of a <b>very small</b> range of solutions to challenges and an ability to make decisions but these are mainly unsuccessful.	Can provide a <b>basic</b> assessment of your own and others' performances. Can identify <b>some</b> strengths and weaknesses and offer practices to help improve.
1  1-	Can communicate <b>only</b> the very basic things about dodgeball and of the principles of safe exercise.	Demonstrate a <b>very small</b> amount of control and skills.	Can make <b>limited</b> comments about your own and others' performances. Can sometimes suggest some ways to improve performance.
H+ H H-	<ul style="list-style-type: none"> <li>• I can warm-up fairly effectively for a PE lesson.</li> <li>• I understand how to very perform basic skills in dodgeball.</li> <li>• I can spot if a basic skill is performed incorrectly and suggest one way to improve.</li> <li>• I understand basic tactics and I'm beginning to apply them.</li> </ul>		
I+ I I-	<ul style="list-style-type: none"> <li>• I can travel in a variety of ways often alternating speed and direction.</li> <li>• I can use more than one sentence to describe the performance I have just seen.</li> <li>• I know how to stretch different parts of my body.</li> <li>• I understand very basic tactics but don't always apply them.</li> </ul>		
J+ J J-	<ul style="list-style-type: none"> <li>• I can travel in a variety of ways often altering speed.</li> <li>• I use simple sentences to explain why I like or dislike a performance.</li> <li>• I can recognise one or two immediate signs of exercise.</li> </ul>		
K+ K K-	<ul style="list-style-type: none"> <li>• I use simple sentences to explain why I liked a performance.</li> <li>• I can recognise one immediate sign of exercise.</li> </ul>		
L+ L L-	<ul style="list-style-type: none"> <li>• I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it.</li> <li>• I am beginning to link simple skills together although this often goes wrong.</li> <li>• I can slowly get changed into my PE kit.</li> </ul>		
M+ M M-	<ul style="list-style-type: none"> <li>• I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform and I often need support.</li> <li>• With support I can get changed into my PE kit.</li> </ul>		