

HRF Dodge DO	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Introduction	Speed – Anaerobic Fitness	Strength	Endurance/Aerobic	Agility	Match Up!
Reception	Understand the rules and game format specific to age group	Can run at full speed	Can keep their bodies from falling over when on the move	Can run showing endurance	Can show agility when moving in open space	Play an inter class competition to age specific games of dodgeball
Year 1	Understand the rules and game format specific to age group	Can run at full speed from a stationary position	Can show strength to keep their bodies from losing balance when picking up a ball	Can run showing endurance in a game of dodgeball	Can show agility in a crowded environment	Play an inter class competition to age specific games of dodgeball
Year 2	Understand the rules and game format specific to age group	Can run at full speed from a moving position	Can show strength to keep their bodies from losing balance when dodging a ball	Can show repeated efforts of endurance	Can show agility to retrieve a ball	Play an inter class competition to age specific games of dodgeball
Year 3	Understand the rules and game format specific to age group	Can run at full speed to obtain the ball at the start of a game of dodgeball	Can show strength to use a good shield to defend the ball	Can show aerobic endurance to keep retrieving a ball	Can show agility to dodge a ball	Play an inter class competition to age specific games of dodgeball
Year 4	Understand the rules and game format specific to age group	Can show different speeds in a game of dodgeball	Can show strength to pull a ball away from another player (grip and rip)	Can show aerobic endurance to keep playing in a game of dodgeball	Can show agility to link dodging and throwing a ball	Play an inter class competition to age specific games of dodgeball
Year 5	Understand the rules and game format specific to age group	Can demonstrate speed endurance	Can show strength to throw a fast straight ball over a short distance	Can play a game of dodgeball with no stoppages	Can show agility to link dodging with retrieving a ball	Play an inter class competition to age specific games of dodgeball
Year 6	Understand the rules and game format specific to age group	Can show speed endurance in a game of dodgeball	Can show strength to throw a fast straight ball over a long distance	Can show aerobic endurance by playing multiple games of dodgeball in a lesson	Can show agility to link dodging with retrieving and throwing a ball	Play an inter class competition to age specific games of dodgeball
Year 7	Understand the rules and game format specific to age group	Can show speed endurance in multiple back to back games of dodgeball	Can show strength to throw a fast straight ball in combination with dodging	Can show aerobic endurance through continuous high intensity activity over a period of 20 minutes	Can show agility to link dodging with retrieving and throwing a ball continuously in a game situation	Play an inter class competition to age specific games of dodgeball