

CIRCLE DODGE BALL

PLAYERS ON A CIRCLE ROLL RUGBY BALLS ACROSS THE CIRCLE IN AN ATTEMPT TO CONTACT PLAYERS IN THE MIDDLE ON THE LEGS. ONCE CONTACTED BY A BALL, MIDDLE PLAYERS JOIN THE CIRCLE AND ATTEMPT TO ELIMINATE REMAINING PLAYERS. THE LAST PLAYER LEFT IS DECLARED THE WINNER



5 MINS

SKILLS FOCUS

BALL HANDLING
EVASION

EQUIPMENT AND SET UP

1. 10 + marker cones to define each circle
2. 2-4 Rugby balls (and/or other balls) per circle
3. Team bibs/sashes in 3 colours (optional)

AUSTRALIAN CURRICULUM LINKS

LEARNING AREA:	Health and Physical Education
STRAND:	Movement and physical activity
SUB-STRAND:	Moving our body, Learning through movement
FOCUS AREAS:	Fundamental movement skills

WHAT TO DO

1. Divide class into groups of 10-15 students and send the groups to a circle of marker cones
2. Within each group, allocate each student a colour to form three different teams for example, red, blue, green, red, blue, green etc
3. Call 'Red!' to indicate the red team stand in the centre of the circle and explain that their job is to move around to avoid balls being rolled by the green and blue teams on the circle
4. Once hit on the lower leg/foot with a ball, students must join the circle and try to get the balls to make contact with the remaining players
5. The last player left in the middle is the winner
6. Swap team jobs so every team has a turn in the middle



TEACHING TIPS

- Encourage players on the circle to get in line with the ball as it rolls towards them and bend their knees to lower their body to scoop it up.
- Remind students in the middle of the circle to use their peripheral vision to keep an eye on their team members and the balls coming in all different directions

VARIATIONS

- Make everyone move by hopping, skipping or jumping only;
- Increase or decrease the size of the playing area
- Add a range of other sport balls e.g. netballs, foam balls, tennis balls
- Set a time limit for outside circle students to get all of the middle circle students

QUESTIONS FOR UNDERSTANDING

- What skills can you practice to be more aware of players, space, and equipment? E.g. peripheral vision
- What things might you hear and/or see when you're in the middle of the circle which tell you that a ball is about to be rolled toward you?

FAIR PLAY OPPORTUNITIES

- Acknowledge those students who demonstrate positive talk during the activity
- Get students to reflect on their ability to play within the rules e.g. rolling instead of throwing ball; aiming for legs instead of upper body; staying on the outside of the circle – and discuss reasons and impacts on others of certain behaviours