



Dodgeball for SGOs

PRIMARY

What's unique about Dodgeball

Dodgeball is the second most popular sport behind football amongst primary children in the UK ([OFSTED](#)). Played using the right equipment and the correct British Dodgeball rules, it is safe, fun and boosts children's communication skills, self-esteem (due to the increased chances for success), and promotes a healthy lifestyle. Due to the nature of the game, dodgeball promotes many of the School Games values, and offers opportunities for those that may not usually get to participate in events the chance to do so.

What is the intent of your format



Build social skills and connections (i.e. sense of belonging)



Develop confidence and competence within physical activity/sport skills



Develop leadership, character, life skills

This format allows young people to participate in Dodgeball in a safe and fun environment. They will develop confidence with the game and core skills such as throwing and catching. This format encourages teamwork with an emphasis on enjoyment over competition, promoting the School Games values over the final score. Young people get the experience of playing as part of a team and representing their school.

Target group benefits



All young people

Dodgeball lends itself to engaging all types of young people and can be easily adapted to suit most spaces and participant numbers.

By removing the competitive element of the game and focusing on enjoyment, understanding and the School Games values, more young people will have a positive experience of Dodgeball.

It's just not Dodgeball if you...

1

Don't use the correct balls ([size 1 foam dodgeballs](#)) to aid development and ensure safe play.

2

Don't follow the [Dodgeball Code](#) to allow fair and fun games for all.

3

Have your back line (or wall) more than 7m away from the centre line, any further and players will find it hard to get the other team out.

 **BRITISH
DODGEBALL**

 **SCHOOL
GAMES**



How to run inter-competition



How to set up

Set up one court per 24 young people

Use the [score table](#) document to create your schedule. For example: for 8 teams use the 'group of 4' table to create 2 parallel competitions, or the 'group of 8' table to create one competition for all teams.

Allocate 15 minutes per match (if running full matches of 6 x 2 min sets) or less if you are doing less sets (5 sets = 12 mins, 4 sets = 10 mins, 3 sets = 8 mins).

Suggested rule adaptations:

- Reduce the number of sets per match (no less than 3 sets per match) to fit into allotted time
- Reduce squad size from 10 to 8 and have 4 players on court at once when using a smaller court
- Remove the retriever element from games.

Alternative scoring

Score the teams based on their display of teamwork, sportsmanship or honesty, using a 1-5 scale. 1 being poor and 5 being excellent.

The team with the highest score would be awarded a prize (e.g medal or certificate).



Age group

KS2 (7–11-year-olds)



Gender

Mixed



Participant numbers

Max of 12 per team, 6 on court at once.

If using larger numbers per team (max 12 per side) ensure court space is increased in width to accommodate.

For larger groups (24+) set up multiple courts.



Target audience

For all

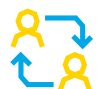
Either:

- Split into ability teams who play against similar ability teams, **OR**
- Create mixed ability teams.



Benefits for YP

- Have fun and enjoy themselves
- Develop friendships and meet new people
- Become more determined and demonstrate resilience
- Learn to develop self-control and manage emotions
- Experience being part of a team and understand your contribution to it
- Win with pride and lose with grace.



Roles for YP

Young people (older than the group playing) can be team managers or officiate games.

We suggest teams of 4 for officiating – 2 centre referees and 2 back line referees.



Progression

- Develop a regular offering of Dodgeball within curriculum time
- Create an offer that includes extra-curricular provision for pupils – to practice, have fun and play the game!
- Enter a [British Dodgeball Championship](#)





Dodgeball for SGOs

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Additional support

NGB regional contacts

Alice Bowler – Youth Development Manager alice@britishdodgeball.com

Personal development

Coaching courses: Information about our coaching courses can be found [here](#).

[Online Introduction to School Dodgeball](#) – £25

This online self-learning course is specifically aimed at those working in school environments. It gives the same training as included in the Introduction to Dodgeball course but contains additional school-specific pages that will help you adapt dodgeball for PE lessons.

[Online Introduction to Officiating Dodgeball](#) – £25

This course introduces officiating dodgeball, covering the rules and sporting code used, how to make fast decisions, communicate effectively and referee safe matches. Ideal for SGO's, anyone refereeing a new age category and leaders volunteering at inter school competitions.

[Junior Leaders Award](#) (face-to-face)

Young people completing the British Dodgeball Junior Leaders Award will develop skills in planning and delivery, communication and teamwork. The outcome for the young leaders completing the course may vary depending on what the school wants to plan as the next step for their leaders. This may be the planning of a festival involving younger age groups at the school, supporting a School Games event or supporting a teacher to deliver new or existing dodgeball sessions.

- Cost is £265 + tutor expenses for 10-16 young people aged 7-11-years old
- Course length = 2-3 hours

If you would prefer to pay by invoice, please email hello@britishdodgeball.com quoting the online course you wish to take.

Where to participate next

Find your nearest club [here](#).

Interested in starting your own club? Email hello@britishdodgeball.com and one of the team will be happy to get back to you.

Where to compete next?

- Reach out to your SGO to find out about inter-school dodgeball events
- British Dodgeball offers competitive opportunities through our Primary Schools Championships Pathway. Competition starts with County rounds (October – April), before progressing to Regional (June) and National (July) finals. Find out more [here](#)
- [Keep up to date with a Junior Membership](#) British Dodgeball Junior Membership is open to all juniors that play or have an interest in dodgeball. We encourage all participants competing in dodgeball throughout the UK to take this FREE membership.

Benefits

- 25% discount on Official British Dodgeball Junior Season T-Shirt
- 25% discount on Official British Dodgeball Junior Season Dodgeballs
- Opportunity to compete in British Dodgeball Leagues and Events.





Why Dodgeball for your school?

Dodgeball is the second most popular sport behind football amongst primary children in the UK ([OFSTED](#)). Played using the right equipment and the correct British Dodgeball rules, it is safe, fun and boosts children's communication skills, self-esteem (due to the increased chances for success), and promotes a healthy lifestyle. Using multiple balls and skills such as throwing and catching allows everyone to thrive including those who might not usually enjoy participating in sports/PE.

How to use activities in curriculum time

To support progression into delivering our School Games format, use our Primary School Lesson plans, which can be [found here](#).

Our lesson plans offer progressive drills and skill-based activities that are in line with the PE National Curriculum with a specific focus on one or more of physical, social, problem solving or tactical skills. You will find three levels of assessment for each lesson that are split into emerging, expecting, and exceeding criteria so that pupils can be assessed accurately and easily. The lesson plans offer 6-weeks of skill-based activities for teachers to use. This intra-competition format is a great way to finish a 6-week block of dodgeball lessons, allowing children to test their skills in a variety of ways.

Want more game ideas? Use of our free [DodgeFive Resources](#) for inspiration!

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Dodgeball for Schools

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How to run intra-competition



How to set up

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Dodgeball

PRIMARY



How to make it easier

- Make the playing space wider
- Have fewer players on court
- Catches bring all 'Out' players back 'In'

How to make it harder

- Make the playing space narrower
- Encourage to aim at the legs only

Spirit of the Games



- How did working as a team make the game easier?
- What did you do to work as a team?



- Does being honest make the game more fun for everyone?
- How can we encourage others to be honest when playing dodgeball?

How to play

1. Set up appropriate dodgeball courts using the diagram. For 40 pupils = 2 dodgeball courts, for 30 pupils or less = 1 dodgeball court.
2. Split the group into teams (min 8 players - max 12 players), 6 players on court, 2 ball retrievers.
3. Use the [score table master](#) to create your match schedule based on the number of teams you have.
4. Allocate your referees. We suggest those older than the competing age, with each court needing 4 referees (2 on each end of the middle line and 1 at each back line). Make sure they are familiar with the rules using the [primary school quick start rules](#).
5. Use the [scorecards](#) - schools template to write your referee scorecards, giving referees a schedule to follow whilst on court.
6. Using your match schedule, complete a round robin style tournament where every team plays each other.
7. Score the games using the scoring section of the [primary school quick start rules](#).

Safety

- Ensure space is free from any obstacles

Equipment required

[Three size 1 foam dodgeballs](#) per court in use/per 24 players

10 cones/floor marking tape/throw down lines to make a middle line or full dodgeball court

Bibs (2 per team)

Space required

- **Ideal space:** sports hall/school hall (2 badminton courts for a group of up to 24 pupils)
- **Alternatives:** outside grass area.

Estimated set-up time

- 5-10 minutes.

Difficulty level



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