

Geography

Lesson 1: Global Geography

Learning Objective: Learn facts about a range of countries

Length: 45 minutes to one hour

You need: Lined/plain paper, pencil

Task 1:

Look at the [World Dodgeball Federation Website](#) and view their member nations. These are all the countries with a national dodgeball team. – 5 minutes

Task 2:

Choose 4 different countries from this list and spend 10-15 minutes researching and completing a factsheet on them.

Factsheet template:

Country name: _____

Spoken languages: _____

Currency: _____

National foods: _____

National sports: _____

Famous people: _____

How life is the same as the UK: _____

How life is different to the UK: _____



Geography

Lesson 2: UK Geography

Learning Objective: Plan a journey within the UK from one dodgeball club to another

Length: 45 minutes to one hour

You need: Lined/plain paper, pencil

Task 1:

Look at the [British Dodgeball clubs page](#). These are all the dodgeball clubs registered in the UK. Your dodgeball coach wants to take you to another dodgeball club to play some friendly matches and meet new people.

Task 2:

Choose a club you plan to visit. Look at a map and map out a route you can use to get there. Write a report going into detail on how you plan to get there.

Details you may wish to include:

- 🕒 A drawing of your route on a map
- 🕒 The length of your journey (distance and time)
- 🕒 Mode(s) of transport you will use
- 🕒 Estimated cost of your journey
- 🕒 Who you would travel with



History

Lesson 1: History of dodgeball

Learning Objective: Research the history of the sport of dodgeball

Length: 45 minutes to one hour

You need: Lined/plain paper, pencil

Task 1:

Look at how dodgeball started on the internet and how it developed into one of the most played games in the world.

Task 2:

Write a report explaining how people think dodgeball started, how it developed through the ages and how the rules changed to look like the dodgeball we know today.

Details you may wish to include:

- 🕒 How dodgeball is thought to have originated
- 🕒 How dodgeball developed into a game
- 🕒 How dodgeball turned into a sport
- 🕒 Compare old rules and equipment with the rules and equipment we use now. What is the same and what is different? You can see our [quick start rules](#) on our resources page.

Task 3:

Present to a member of your family. They will be thrilled to see how much you have learned!

Technology

Lesson 1: Design a dodgeball kit

Learning Objective: Design a dodgeball kit and consider its uses

Length: 45 minutes to one hour

You need: Lined/plain paper, pencil

Task 1:

Research your kit design – 20 minutes+

- 🕒 Look at your clothes. How do they feel? What is each item of clothing used for? Which type of material would be suitable for a dodgeball kit?
- 🕒 Look at sports kit designs on the internet. What types of design and colours look appealing and why? What useful features can you find?

Task 2:

Plan your kit design – 20 minutes+

- 🕒 Draw a mock-up design using what you have learned
- 🕒 Label the design with the material you will use and useful features. Make sure to include justifications as to why you are choosing things.

Research:

Plan:

Art

Lesson 1: Dodgeball Feelings

Learning Objective: Create a piece of art stemming from your feelings when you play dodgeball

Length: 45 minutes to one hour

You need: Lined/plain paper, pencil, *paints, craft set*

Task 1:

Watch a game of dodgeball online (there are lots on our [Youtube channel](#)) or think back to the last few times you played dodgeball. Write a list of words and phrases describing dodgeball and how it makes you feel – 15 minutes

e.g. *manic dodging, friendship, blurring speed, eyes wide open*

Task 2:

Get creative! If you have paints, you could try to invent a new colour by mixing paints you have and naming them using the words and phrases you listed earlier. If you have a craft set (sequins, cotton wool, straws, tissue paper, ripped up card or anything else lying around), then try to make small pieces named after words or phrases you listed earlier.

e.g.



manic dodging

Task 3:

After creating new colours or small pieces, it is time to join them together for one final piece. Use your powerful words and phrases in between your colours and pieces for an expression of how dodgeball makes you feel. Make sure to take a photograph for the future!

Physical Education

Lessons: Lots!

Learning Objective: Various

Length: 30 minutes to one hour

You need: A dodgeball (available from [our shop](#))

Tasks:

We have loads of free resources on our website to help you get active and learn! Check out the DodgeFive Dodgefit and DodgeFive @Home activity cards on our [Resources page](#) as these contain 15 activities which you can try to refine your physical skills.

GAME 2: BALANCE CATCH



The game:

- One thrower and one catcher
- When the catcher catches 5 throws, the thrower can add an item which catcher must balance on themselves
- Swap once the catcher drops a ball or an item falls off

Things you need:

- Dodgeball (Don't have one? Use bundled-up socks instead!)
- Items to balance (anything which isn't breakable!)

Make it harder or easier by:

- Standing closer or further away
- Changing throw speeds
- Giving the catcher a life
- Giving the catcher harder items to balance

More fun:

- Count how many items the catcher can balance at one time. Who can balance the most and still catch a ball?