

Dodgeball Week 6: Bench Ball

Lesson Aims:

- To be able to understand how to play bench ball.
- Understanding the different variations of dodgeball.
- To be able to understand the safety of playing dodgeball.

Equipment:

- Benches
- Cones
- Bibs
- Dodgeballs

Warm Up: 10 minutes

Farmers and foxes - one team have bibs tucked in behind them. The other team to be the farmers. Each time starts on a different half. Farmers must try and pull the bibs off the foxes. If that happens a fox becomes a farmer. Farmer to hold onto the bibs they capture. Last fox wins or whoever is left if it becomes too dangerous because of the number of kids. Farmers to count how many they got. Farmer can win by the most they caught. Swap teams over. Reinforce we cannot hold onto the bibs.

Main Activity: 40 minutes

First Drill: Doctor Dodgeball

- Play a quick game of dodgeball.
- Should only last for 10 minutes.
- Only use the doctor.

Second Drill: Bench Ball

- Put benches on either side of the court. Both teams should have a bench on their half. They must play in front of the bench. If no benches available use cones instead.
- Game is played where if a child gets hit by the ball they go on the bench that is opposite them. They stand on the bench waiting to get back in.
- To get back in their team must throw the ball to them and catch it. If they catch it they come off the bench and back onto the team.
- Team wins when all the players are out and on the bench.

Coaching Points:

- Children must run around the side of the court and go back the correct way when they are back in. Children must walk to the bench and not run. Make sure the other team goes on the other side of the court when walking to the bench.
- Children must not jump on the bench and keep still.
- They must all sit on the bench before game starts.

Cool Down: 10 minutes

Cut The Cake (Ball version) - children in a circle with coach in the middle. Same rules as normal cut the cake. (Please see game glossary).

This time use two balls. One ball in each hand of the coach. Child takes the ball from coaches hand and runs round the circle with the ball. First child to put ball back in the



correct hand will win.

Debrief and certificate:

Ask questions - how do we play bench ball? How do we get our team mates back in?