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Lesson Element	Details
Game Name	Traditional Dodgeball
Recommended Age	Year 3 - Year 12
Focus	Movement, teamwork, throwing, catching, dodging skills
Equipment	- Dodgeballs (soft, foam or rubber) Cones to mark boundaries
Setting Up	- Divide the playing area into two equal halves using cones. Place an equal number of dodgeballs along the centre line.
Game Description	- Divide students into two teams, each team taking a half of the court. On the signal, players rush to the centre line to grab a dodgeball and start the game. Players aim to throw balls to hit opponents below the shoulders. If a player is hit, they sit out until the next game. Catching an opponent's throw results in the thrower being out and allows one sitting-out player to rejoin. The game continues until one team has all players eliminated.
Rules	1. Players must stay within their half of the court. 2. Hits are only valid below the shoulders. 3. Players hit by a dodgeball are out for the remainder of the game. 4. Catching a dodgeball thrown by an opponent eliminates the thrower and revives one out teammate. 5. No headshots allowed; players aiming above the shoulders are warned or removed from the game. 6. The game ends when all players on one team are eliminated.
Further Opportunities	- Discuss strategies for dodging and throwing. Emphasize the importance of teamwork and communication. Incorporate fitness exercises as part of the warm-up or cooldown.
Differentiation	Easier: Use softer balls or decrease the throwing distance. Harder:- Increase the size of the teams. Implement a rule where caught balls bring two players back in.
Variations	- Backboard Dodgeball: If a ball hits a certain object or wall behind the team, a player can rejoin. Medic Dodgeball: Assign a 'medic' role to one player who can revive out players.
Safety Considerations	- Ensure all students understand and adhere to the rule of not aiming above the shoulders. Use appropriate, soft dodgeballs to prevent injury. Monitor the game closely to maintain a safe and inclusive environment.