

How do I embrace challenge?

Key Vocabulary	Dodgeball
Speed	How fast you can move, throw, or react during the game.
Positioning	Choosing the best place to stand on the court to stay safe and help your team.
Catch	Receiving and holding the ball; a successful catch gets the thrower out.
Dodge	Quickly moving out of the way to avoid being hit by a thrown ball.
Underarm throw	Throwing the ball with your hand swinging upward from below the waist.
Target	The player or spot you aim at when throwing the ball.
Strike	Hitting an opponent with a thrown ball, getting them out.
Side shot	A throw made from the side of your body, often used to surprise your opponent.

Steps to Success in Dodgeball

To throw the ball underarm

To use a side shot throw

To move in different ways – at speed

To use body positioning and control to help when catching

To discuss and apply tactics needed in dodgeball games

To participate in dodgeball games.

