

# Dodging

Dodging involves quick, deceptive changes in direction to evade, chase or flee from an opponent. When dodging, knees are bent and the body shifts rapidly in a sideways direction.

As applied to sport, the skill of dodging is evident in moving the shoulders, head, eyes or other body parts to deceive or 'fake' the opposition as a way of: getting free to receive a pass (eg in soccer); 'getting around' your opponent (eg to score a basket in basketball); or avoiding being tagged in a tag game (Developing Fundamental Movement Skills Manual).



## Dodging Activities (Under 5s)

### Exploring Dodging

- On the signal 'Go', children run in any direction; when a whistle (or any other signal) is called, children stop as quickly as they can.
- Travel around stationary objects: Include objects to dodge (e.g. cones, chairs, balls, ropes, hoops- consider safety in your choices). Children travel and quickly as they can through the general space while avoiding the objects and others.

### 'Make-believe' Dodging and Chasing

- On a signal, children try to catch a make-believe' partner. Partners may be very quick so children will need to work hard to catch up with them.
- This time, children make believe they are walking a dog and suddenly the dog gets off the leash. Children run as quickly as they can to try to catch the dog.
- Children can make-believe they are a famous sports star ready to score a winning goal or try. (Try other make-believe scenarios).

### Dodgems

Each person holds a ball or Frisbee in front like a steering wheel. Walk around without touching the other players in the square. Repeat activity increasing the speed- skipping, jogging and running.

### Tail Chase

Get children to tuck a scarf into their pocket or band of pants/skirt, so that it is hanging out as a tail. Children now have to try and catch other children's tails, while trying to move around and keep theirs safe. To start with once a child takes another child's tail encourage them to hand it back so they can continue playing. To make it a little harder change the locomotion – children have to jump to try and get others' tails.

### **Scarf Stamp in Locomotion**

Ask the children to get into pairs and one of them put a scarf into the edge of their sock or shoe. They then have to run away and the other chases them and tries to stand on the scarf. When the scarf has been stood on, the second child puts it in their sock and runs away to be chased.

### **Snake hunters (older children)**

About 1/3 of the group are snake hunters and the rest are snakes. Snakes have a rope which they slither on the floor behind them. Snakes move around using a variety of locomotor movements, while snake hunters attempt to catch them by jumping on the snake's tail. If caught- swap roles.