

PRIMARY SCHOOL

DODGEBALL
DAY

What's it all about?

The UKDBA Primary School Dodgeball Day provides an opportunity for the young people at your school to participate, organise, promote and manage an event that encourages Whole School Involvement.

How long does the event last?

It depends on the planning, you could have a tournament that lasts all day with different rounds throughout the day or just a morning or afternoon. The event could be played indoors in the school hall or outdoors during the summer time.

Our Advice

Look at the www.ukdba.org/the-sport for the full rules and court layout

Have 4 players in a team

Make it even. Ensure every team taking part has 2 players from the younger year groups and 2 players from the older year groups

Introduce a 'Friendly Fire rule' – when a player from year 1 or below is near the centre zone an older player must throw the ball underarm when trying to get them out

Just Some of the Key Benefits

Supports Health & Fitness

Assists the Development of Agility,

Balance & Coordination

Increases Confidence

Encourages Collaboration

Builds Character

Teaches how to Plan & Evaluate

Develops Leadership Skills

Enhances Creative, Social &

Thinking Skills

Opportunity for Everyone to

Participate in

a Team Game

Equipment needed

UKDBA Primary Dodgeballs (if none available use soft spongy balls)

A suitable hall space – outdoor on the school field is fine in the summer

Cones, Tape or Floor Markers

Top Tips

Throw as a team

Always watch the balls

Be on your toes

What's the right decision to make: Catch, Dodge, Block?

Game Format?

Traditional

Prison Ball

President Ball

Round Robin

'who plays who?'

	Team 1	Team 2	Team 3	Team 4
Team 1		1 v 2	1 v 3	1 v 4
Team 2	2 v 1		2 v 3	2 v 4
Team 3	3 v 1	3 v 2		3 v 4
Team 4	4 v 1	4 v 2	4 v 3	

Other Roles for Young People

Assistant Referee

Court Marker

Entry Form Distributor

Event Planner

Feedback Collector

Flag Designer

Line Judge

Photographer

Poster Designer

Prize Giver

Referee

Score Keeper

Team Manager

Time Keeper

Evaluation

How did it go?

What went well?

Was everyone involved?

What could be improved?

Did everyone have fun?