

Learning Objectives	Suggested Series of Activities - Dots and Dashes	Points to Note
<p>Pupils should learn:-</p> <p>Acquiring and Developing</p> <ul style="list-style-type: none"> ■ to block a player ■ to dodge <p>Selecting and Applying</p> <ul style="list-style-type: none"> ■ to dodge a block using sudden changes of speed or direction ■ to explore alternative tactics ■ to choose between alternative tactics and explain their choice <p>Evaluating and Improving</p> <ul style="list-style-type: none"> ■ to assess others' work using simple and specific criteria ■ to identify what they need to practise to improve <p>K and U of Fitness and Health</p> <ul style="list-style-type: none"> ■ to suggest and lead simple warm up activities ■ strength, stamina, speed and suppleness are important when playing games ■ the purpose of the cool down 	<p>Warm up</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ What are the three parts of a warm up? (see Resource Games 11) ■ To suggest activities for stretching, pulse raising and mobility ■ To lead small groups for each of the three parts ■ To explain strength and stamina. ■ What are the other two 'S's a games player needs? 	<ul style="list-style-type: none"> ■ highlight how the different parts of the warm up help to develop strength, stamina, speed and suppleness
	<p>Game</p> <p>Talk with the children about the tactics they have been using. Ask them what key decision needs to be made about the shooter i.e. whether the shooter moves out into the field or stays permanently in the zone.</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To play 'Dots and Dashes' exploring both options <p>What is the advantage of the shooter moving out into the field? What might be a disadvantage? Why might it be easier for Dots to keep their shooter in the zone than the Dashes – because they have an extra player and a larger team</p>	<ul style="list-style-type: none"> ■ if the shooter moves out into the field, the team has one other person to pass to and to help defend <p>BUT...</p> <ul style="list-style-type: none"> ■ the opposition could try to block the shooter's re-entry into the zone, or a shooting chance could be lost waiting for the shooter to get back into position
	<p>Development</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ In their teams, to practise blocking the shooter's entry into a zone; try using three, two and one blocker ■ To practise dodging the block. Help them to improve (see Resource Games 24) ■ To observe others and assess their work using simple and specific criteria <p>How have your observations helped you to improve your own work? Why does this game require strength, stamina, speed and suppleness?</p>	<ul style="list-style-type: none"> ■ make sure every child has the opportunity to play shooter and one of the blockers ■ keep observations clearly focussed
	<p>Game</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To play the game again, differentiated, as appropriate ■ What tactic have you used with the shooter? ■ In what ways has it helped you in attack and in defence? ■ What do you still need to practise? 	<ul style="list-style-type: none"> ■ remind the children about 'supporting the player with the ball'
	<p>Cool down and concluding activity</p> <p>Ask the children:</p> <ul style="list-style-type: none"> ■ To hop on one foot, then the other; to jog, then walk, gradually getting slower and slower ■ To breathe deeply several times ■ Why do we cool down? 	<ul style="list-style-type: none"> ■ highlight that the cool down calms and relaxes the body and mind; it is an opportunity to reflect on what has been done and learned