



Skill Card 12

Teach kids to Dodge

The dodge is a locomotor skill that involves a high degree of balance and stability. It is an extension of the side gallop and sprint run and incorporates dynamic, fluid and coordinated movement to change direction. It is common to many playground games and activities and is an important skill in the majority of team sports.

What to look for:

- Changes direction by bending knee and pushing off the outside foot
- Change of direction occurs in one step
- Body lowered during change of direction
- Eyes focused forward
- Dodge repeated equally well on both sides





GAMES CARD

12

Fun Dodging Games

Slalom Run (↑♣) – set out objects in a zigzag pattern. Complete the course by touching each object. What's your best time?

Shadow Tag (•) – can your partner tread on your shadow?

Artful Dodger (•) – one partner stands behind the other. On 'go' the front person runs around changing direction regularly. On 'stop' both players freeze. If the back person can take one step and touch the front person they become the new dodger.

Knee Tag (•) – Count the number of time you can tag your partners knees whilst avoiding being tagged yourself.

Tail Snatch (•♣) – put a rag out the back of the pants. One person tries to grab the rag. The other tries to dodge to protect it. No fending with hands and arms.

KEY: ↑ = can be played by one person, ♣ = needs more than 1 player,
♣ = some equipment needed, • = organisation required,
♠ = can be played inside