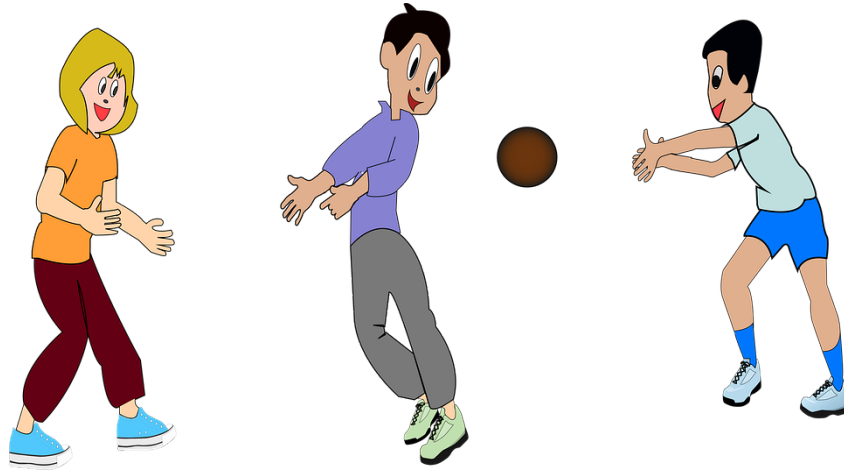


Bennettsbridge N.S.

Supporting your Child's Learning



Fundamental Movement Skill: Dodging

Dodging is a locomotor skill that involves quick changes of direction. Good balance and stability are important when dodging. The skill of dodging is part of a wide range of playground activities and is important in many team sports. It is important that children practice dodging on both sides.

Here is a video clip demonstrating the skill of dodging. It shows the developmental stages that children go through on their journey to mastering the skill.

<https://vimeo.com/214481476>

Activities to try at home:

- *Tap & Dodge!*

Face a family member in the playing area. You must stay facing your partner. Try to dodge your partner as they try to tap your knee. How many taps can you get in 30 seconds? Reverse roles and play again. Progress to both trying to tap and dodge.

- *5,4,3,2,1 Dodge!*

Run for 5 strides before dodging. Skip for 4 and dodge. Walk for 3 and dodge. Hop for 2 and dodge. Jump for 1 and dodge. Can you come up with your own?

- While watching matches on television can your child identify when a player is dodging?

Class Teacher