

LESSON PLAN: **HANDBALL**: YEAR 3: WEEK 1

LEARNING OBJECTIVE: Ball familiarisation and movement.

WARM UP (10 MINS)

Time Bomb: In a grid two players carry a ball each and have to tag others on the shoulder (they can't throw the ball), once tagged that person becomes the tagger. After 2 minutes end the game and whoever has the bomb/balls have to do a forfeit e.g. 20 star jumps.

MAIN LESSON (20 MINS)

Split the class into groups of 4 pupils sitting in a square, 4 meters apart from each other. Pupil need to sit with their legs apart and roll the ball to each other, time them to see who can pass the most in 1minute.

Pupils now need to do the same but standing, pupils pass the ball to each other without it bouncing. When pupils can successfully do this, they then have to follow their pass, once passed run round the other person they passed to and return to where they started from.

Develop: Pupils can now move round an area, passing to their team mates. See if pupils can complete passes in a set order : to player play 1, 2, 3, 4, 1, 2, 3, 4 etc, pupils must move to a new space after they have passed the ball/

Teaching Points: To track the ball with their eyes. Move the feet to get the body in the correct position to receive the ball. The ball should be caught at chest height. Hands need to be out ready to meet ball in a 'W' shape with palms facing where the ball is coming from.

GAME/COMPETITION (15 MINS)

In the same groups, in 2 minutes how many passes can they make in the set order of passing 1,2,3,4, if pupils drop the ball they have to start from zero.

Now introduce 2 player s in bibs who are allowed to intercept any balls in the grid, their aim is to throw all the balls outside of the grid.

EQUIPMENT

- Handballs
- Cones
- Bibs

KEYWORDS

- Eye contact
- Move feet
- 'W' shape for hands

DIFFERENTIATION

LESS ABLE

- Use beanbags instead of a ball.
- Allow pupils to keep rolling or bouncing the ball to each other.
- Have smaller groups.
- Only have one person in a bib.

MORE ABLE

- Make pupils use one hand to catch.
- Get pupils to do 5 star jumps after passing the ball and then they have to run to a new space.
- Add more than 2 people in bibs.
- Make the grid smaller.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they perform the skills to a high ability?
	4	Can they perform the skills with a degree of control?
	3	Can they show an understanding of the skills?
Tactics, Rules & Teamwork	5	Works with their partner & demonstrates knowledge & understanding of the task.
	4	Can work with a partner & understands the rules.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: movement, catching and throwing to a high ability?
	4	Can they show and link: some of the actions together?
	3	Can they show some knowledge of how to move, catch and throw?
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.