

# LESSON PLAN: **HANDBALL**: YEAR 3: WEEK 2

**LEARNING OBJECTIVE:** Learning how to throw overarm with a handball.

## **WARM UP (10 MINS)**

In a grid get pupils to move about the grid changing speed, heights and body shapes. Call out the following instructions: 10 push ups, 10 star jumps, 10 jumps, 10 hops at random intervals.

## **MAIN LESSON (20 MINS)**

The teacher is to demonstrate the overarm throw and then pupils in pairs are to practise throwing to each other. Ensure that if they are throwing with the right arm that the left leg is forward, start with the arm behind the body and follow through to gain power.

**Question:** How do you get good accuracy?

**Answer:** Look and point your arm in the direction you want the ball to go.

**Question:** How do you get more power?

**Answer:** Turn the body sideways at the start and then hips, shoulders and arm rotate through the throwing position transferring the weight forward.

In pairs, pupils to throw to each other, if it is caught they take a step backwards. If the ball doesn't reach the partner they take a step forwards. Then get the pupils to throw the ball, run up and around their partner and back to the starting position. This is to get them passing and moving.

**Develop:** Ask the pupils to comment on each other's technique.

## **GAME/COMPETITION (15 MINS)**

Set up targets at varied distances and pupils have to throw and collect, count how many targets are hit without the ball bouncing first. This can be done with bean bags or Handballs. The further away the target the more points can be awarded. Do as an individual or team score and see who wins.

## **EQUIPMENT**

- Cones
- Handballs
- Targets: cones, buckets, hoops or mats

## **KEYWORDS**

- Arm needs to start behind the head
- Elbow leads

## **DIFFERENTIATION**

### **LESS ABLE**

- Shorter distances.
- Static throws.

### **MORE ABLE**

- Greater distance between targets.
- Allow pupils to step forward to generate more power.



# 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: body preparation and the overarm throw to a high ability?
	4	Can they show and link: the basics of a good overarm throw?
	3	Can they show some knowledge of how to make an overarm pass?
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.