

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

LEARNING OBJECTIVE: How to get into the correct position to catch a handball.

WARM UP (10 MINS)

Pupils to run around in a set area with 5 balls being passed around (overarm passes only). See how many passes can be made in 3 minutes. If anyone stands still they have to complete a forfeit e.g. 10 start jumps. Add or take away balls to make it easier or harder. For every ball dropped the group have to do 3 star jumps.

MAIN LESSON (20 MINS)

In pairs pupils stand 5 meters apart and perform underarm throwing and catching. They are asked to discover technical points on how to ensure success when catching.

Teacher to remind pupils on good catching technique, move feet to ensure ball lands in catching zone (stomach/chest area). Move hands up to meet the ball, thumbs together and palms facing the ball, back of hands towards body in 'W' shape.

Develop: Increase the distance and ask the pupils to now perform the overarm throw.

In a set area, in pairs or small groups, pupils have to see how many passes and catches they can do in 2 minutes. If they drop the ball they move out of the area, but they can carry on practising outside the set area until the 2 minutes is up.

GAME/COMPETITION (15 MINS)

Stand opposite a new partner, they throw the ball overarm or underarm to each other. If they catch it they take a step backwards. If they drop it they go back to the starting position. See who can get the furthest apart in 1 minute. Swap partners and repeat this game.

EQUIPMENT

- Handballs
- Cones
- Timer

KEYWORDS

- Track the ball
- Catching zone
- 'W' shape for hands

DIFFERENTIATION

LESS ABLE

- Let pupils decide what technique should be used to throw the ball, depends whether they find the underarm or overarm throw easier.
- Static throws.

MORE ABLE

- Increase the distance for throws.
- Position throws to the side of the catchers making them move their feet to catch the ball.



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 and catching to a high ability?
	4	Can they show and link: some skills in moving and catching?
	3	Can they show knowledge of how to move and catch passes?
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.