

LESSON PLAN: **HANDBALL:** YEAR 3: WEEK 4

LEARNING OBJECTIVE: Introduce movement focussing on throwing and catching.

WARM UP (10 MINS)

Ask pupils to get into pairs and recap on catching and throwing. Pupils are then able to pass and receive Handballs from any other student in a set area. Focus on communication and movement to limit the amount of balls dropped. Start with just 4 balls in the set area and slowly add balls in until the group start making common faults. Remind students about good technique and start with 4 balls again, this time players only have a maximum of 3 seconds to hold the ball.

MAIN LESSON (20 MINS)

In an area lay out 10 pairs of the same coloured cones about 2 meters apart. These are called 'GATES' pairs of pupils have to move about counting how many gates they can pass the ball through, do this by throwing/underarm/overarm/rolling/running and bouncing the ball through. Now tell pupils they are not allowed to run with the ball so have to pass and move to get the ball through each gate.

Now get one pair in bibs (defenders) and they have to try and intercept the balls from all the other groups (attackers) trying to score through the gates. If the defenders intercept the ball they can throw it out of the grid.

GAME/COMPETITION (15 MINS)

Only have 6 gates in the grid and 2 teams in different bibs, team one has to try and score as many goals as they can in 4 minutes. Set up two areas of the game, depending on the class size. Allow them to choose how many balls they want up to a maximum of 8. Team two has to try and intercept and stop the balls going through the gates however they are not allowed to stand in or block the gates with their bodies. Then allow teams to swap roles and see which team wins.

EQUIPMENT

- Cones
- Bibs
- Handballs

KEYWORDS

- Track the ball
- Move feet
- Communicate

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.
- Make the gates larger.
- More gates.

MORE ABLE

- Increase the distance for throws.
- Position throws to the side of the catchers making them move their feet to catch the ball
- Make the gates smaller.
- Increase playing area.



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 passing to a high ability?
	4	Can they show and link: some of the passes with movement?
	3	Can they show knowledge of how to pass and move?
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.