

LESSON PLAN: **HANDBALL:** YEAR 3: WEEK 6

LEARNING OBJECTIVE: To learn how to travel before shooting or passing.

WARM UP (10 MINS):

Pupils to get into pairs and to move about passing and catching in a set area doing skills such as:

- bounce pass
- underarm
- overarm

Human Ball: Pupils are to run around the area and the teacher is to shout out a part of the body such as 'knee', all pupils have to place the ball on the floor and then that part of the body on the ball as quickly as possible.

MAIN LESSON (20 MINS)

Explain to pupils they are allowed up to three steps after receiving the ball to travel, after this they need to pass or shoot. They don't have to use the steps if they choose not to.

In groups of 5 have 1 ball and a goal such as a Gym mat against a wall, place a semi-circle of cones in a 'D' shape 5 meters around the goal. One keeper in the goal and the other 4 pupils take it in turn to shoot at goal with the keeper trying to stop the ball from entering the goal, rotate the pupils around. Allow pupils to take 3 steps and then shoot.

Develop: Add 2 defenders, so it is a 2v2 game with a goal keeper, rotate the players round.

GAME/COMPETITION (15 MINS)

In teams of no more than 8, play matches, no dribbling allowed however if required they can take 3 steps in attack. Defenders can only intercept the ball and are not allowed to physically steal it.

EQUIPMENT

- Handballs
- Bibs
- Cones
- Mats

KEYWORDS

- 3 steps in attack

DIFFERENTIATION

LESS ABLE

- Pupils throw and jump into the 'D' as long as they release the ball before landing inside the 'D' area.
- Allow pupils to throw under arm.
- Add a keeper when the success rate is high.

MORE ABLE

- Pupils can add in some dribbling.



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 directions.
	3	Starts communicating with a partner.
Show & Link	5	Can they link: travel and shooting to a high ability?
	4	Can they show and link: some travelling and shooting with an average success rate?
	3	Can they show knowledge of how to travel and when to use it whilst shooting?
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.