

# LESSON PLAN: **HANDBALL:** YEAR 4: WEEK 5

**LEARNING OBJECTIVE:** Understand and remember the different types of shooting in handball.

## **WARM UP**

Passing and moving in 3's in a set area, any drops and the pupils have to do 10 star jumps outside the given area. Teacher to call out tasks such as, swap balls, round the back, passes above the head, bounce passes etc.

## **MAIN LESSON**

Set up 8 Goals and 8 Goal keepers with a cone 4 meters in front of each Keeper. Pupils line up and try to score a goal by throwing the ball into the goal by any way they can come up with.

**Question:** What ways have you come up with?

Teacher to describe/demonstrate a variety of shooting techniques one by one:

- Jump Shot: the most popular shot because a player may jump from beyond the goal area and is allowed to land inside the goal area, as long as he/she throws the ball before landing.
- Lob Shot: used when the goalkeeper is out or away from the goal.
- Set Shot: a simple throw from a standing position. Set shots are also used for all penalty shots, an over arm throw from a stationary position.
- Penalty shot: one on one with the goalkeeper. The shooter must stand with both feet behind the penalty line and keep one foot stationary during the shot.

Teaching Points:

- If right handed, thrower should have left foot forward when throwing.
- Ball/hand starts behind the body and follows through to generate more power.

## **GAME/COMPETITION**

Set up an attacking game with 3 attackers, 1 defender and 1 goalkeeper. Mark out a 'D' 4m around the goal. Attackers start with the ball on the half way line and have to then attack the goal, defenders are not allowed in the 'D', the attackers have to try and shoot and score as many times as they can in 3 minutes. Each time they score they have to start on the half way line again.

## **EQUIPMENT**

- Cones
- Balls
- Mats/Goals
- Bean bags
- Spots

## **KEYWORDS**

- Jump shot
- Lob shot
- Set shot
- Penalty shot

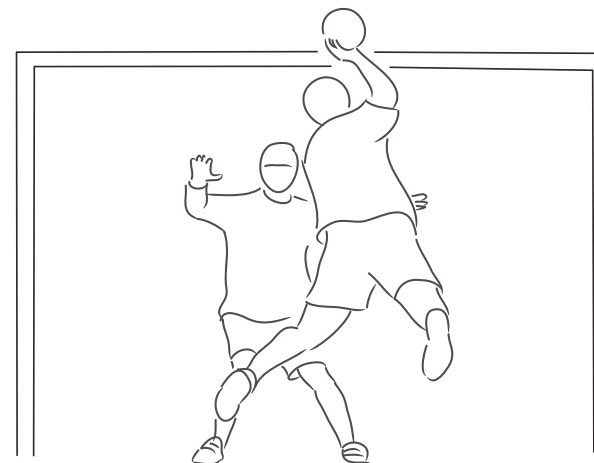
## **DIFFERENTIATION**

### **LESS ABLE**

- Limit it to 3 types of shots taught.
- Don't have a goal keeper.
- Make the goal bigger.

### **MORE ABLE**

- Allow more defenders.
- Make the 'D' bigger.
- Make the goal smaller.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the skills to a high ability?
	5	Can they perform the skills with a degree of control?
	4	Can they show an understanding of the skills?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the rules.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: all the different shooting techniques whilst playing in a game?
	5	Can they show and link: all the different shooting techniques?
	4	Show 2 different shooting techniques.
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.