

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

**LEARNING OBJECTIVE:** To learn when to pass, take 3 steps or dribble.

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

In a large area pupils to practice receiving the ball, break this down individually and then let them decide which choices to make:

Option 1: Receive the ball and pass to a partner who has moved to a new position.

Option 2: Receive the ball and take up to 3 steps and pass the ball to partner.

Option 3: Receive the ball and dribble into a space and then pass to a partner.

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

Set up 2 large areas/courts to play on and 6 teams. 2 teams will be watching and giving feedback whilst the other 4 teams play each other. Get teams to play 5 pass, allowing them to dribble.

**Teaching points:** Encourage pupils that if there is space to dribble then they should do so, keep their head up and be aware of other players who may be in a space. If under pressure then look to use up to 3 steps to get into space to make a pass or to dribble.

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

Set up 2 small sided games with goals and lots of space, extra teams to sit out and watch/analyse and give feedback to teams on their selection of passing, stepping, dribbling and shooting.

## **EQUIPMENT**

- Cones
- Balls
- Mats
- Goals
- Bibs

## **KEYWORDS**

- 3 Step rule
- Jump Shot
- Evade defenders
- Release the ball
- Team work

## **DIFFERENTIATION**

### **LESS ABLE**

- Use larger goals.
- No goal keepers.

### **MORE ABLE**

- Add in more defenders.
- Use a smaller area.
- Smaller goals.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform passing, stepping or dribbling succesfully?
	6	Can they perform passing, stepping or dribbling most of the time?
	5	Can they show an understanding of the skills?
Tactics, Rules & Teamwork	7	Works with their partner & demonstrates knowledge & understanding of the task.
	6	Can work with a partner & understands the directions.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: decision making and show a high succes rate in beating players using the skills?
	6	Can they show and link: some succesfull decsions when selecting how to beat defenders?
	5	Show they can defend.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.