

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

LEARNING OBJECTIVE: To develop the variety of passes in a game.

WARM UP

In groups of 6, stand in a large circle with one player in the middle, the person in the middle passes the ball to each individual all the way round the circle. People on the outside return the ball, then run round the whole circle and return back to their original space as quickly as possible. Teacher to call out the different passes for them to use: chest, bounce, overhead, one-handed shoulder pass, shovel pass, roll pass, jump pass.

MAIN LESSON

In a grid get pupils in pairs, play a game of 'Shadows' where one person has to try and run away from their partner. The other partner has to chase and follow this person and try to stay in touching distance. Do this for 30, 40, 50 and then 60 seconds.

Now in groups of 3 add a thrower who has to stand with one foot on a spot/cone with a ball, they are allowed to pivot. The other two play shadows (one as a defender and one as an attacker) when the teacher calls throw the person on the cone has to try and get the ball to the attackers hands. The attacker has to evade the defender getting into a space to receive the ball from the thrower.

Develop: Take the cone away and allow the group to go anywhere in the grid.

GAME/COMPETITION

Using keepers set out a court with a 'D' at each end using cones or spots. Go straight into small sided games with the teacher to stop play when needed. Focus on the following:

- Are they moving/passing into space?
- Are they using the correct passing skills?

Rules: The aim of the game is to score without going inside the 'D'. Defenders are not allowed any physical contact.

EQUIPMENT

- Balls
- Spots
- Cones
- Bibs
- Goals

KEYWORDS

- Evade
- Space
- Movement
- Pass selection

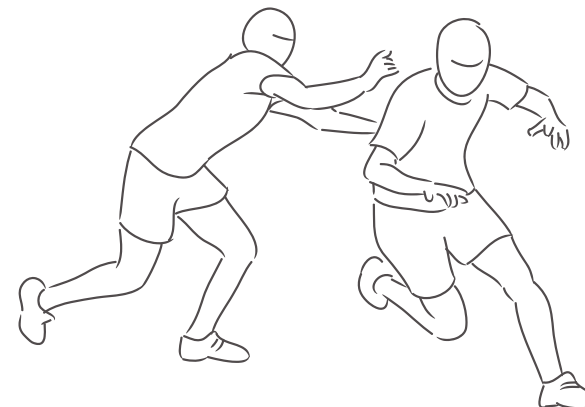
DIFFERENTIATION

LESS ABLE

- Have smaller circles.
- Use larger balls.
- Don't use a defender in the shadow game.

MORE ABLE

- Add two attackers and defenders in the shadow throwing game.



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 certain 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: movement and passing in a game situation?
	5	Can they show and link: movement and passing?
	4	Show movement to receive the ball.
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.