

LESSON PLAN: **HANDBALL:** YEAR 4: WEEK 6

LEARNING OBJECTIVE: To decide when to use certain passing and shooting techniques in a game.

WARM UP

Time Bomb: In a grid 2 players are 'on' and are carrying a ball each, they have to chase the other players and tag them on the shoulders with the ball. The person who is tagged then has to take the ball and they become the tagger. After 1 minute the two people left holding the balls have to complete a forfeit e.g. 15 start jumps.

MAIN LESSON

Set up a large area for the class to pass and move in, with targets/goals around the outside such as mats and cones. Pupils to move around completing the following passes, which the teacher calls out:

- Chest
- Bounce
- Overhead
- One-handed shoulder pass
- Shovel pass
- Roll pass
- Jump pass

When one of the following shots are called out the ball carrier must perform that shot on a target Jump, Lob, Set, Penalty shot.

Develop: Anyone else without a ball has to try and block the shot from hitting the target.

GAME/COMPETITION

Set up 2 Games (6 Teams) one team on each court will be watching/coaching. Use Goal Keepers and 'D' areas, players are encouraged to use Jump shots and land in the area.

Allow teams to play each other in 4 minute games, extra points can be awarded for the use of different passes and shots being used in the correct situations.

EQUIPMENT

- Cones
- Mats
- Handballs
- Bibs
- Goals

KEYWORDS

- Selection of shot or pass
- Look up
- Move into space

DIFFERENTIATION

LESS ABLE

- Have more targets and fewer defenders.
- Have fewer players.
- Have large goals and a smaller 'D'.

MORE ABLE

- Players can take up to 3 steps before shooting or passing.
- Make goals 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 directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: travel and shooting in a game situation?
	5	Can they show and link: travelling and shooting within a drill?
	4	Show a variety of 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.