LESSON 1: Shooting and introducing defending
LESSON 2: Blocking and developing the small sided game
LESSON 3: Develop principles of attack and defence and introduce full size game
LESSON 4: Develop Full Size Game
LESSON 5: Introduce Goal Keeping
LESSON 6: Practise Full Size Competitive Game

SUGGESTED ACTIVITIES:

- Handball pass
- Target Handball
- Handball Dribble & Pass

Choose an activity from Striver to assess ability and progress before, during and after your lessons. The activities can be used as a warm up or run alongside these lessons, with groups taking time out from the main lesson to attempt the activity. Scores from these activities can also be used to run challenges between classes and house teams. Or you can easily create your own activities within Striver and even share them with the Striver community.

TEACHING TIPS:

- Always model the skills you are teaching.
- Assess whether certain pupils would benefit from more work on specific skills individually or in small groups before moving on to game situations where they have to apply these skills.
- Similarly, assess whether certain pupils would benefit from moving on to game situations sooner to apply their developed range of skills.
<table>
<thead>
<tr>
<th>LESSON OBJECTIVE/RESOURCES</th>
<th>WARM UP</th>
<th>ACTIVITIES</th>
<th>REFLECTIONS / COOL DOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shooting and introducing defending</td>
<td><strong>ORGANISATION</strong>: Set up ball handling stations and ask pupils to work through them with a mixture of any of the activities below. Highlight importance of being aware of other pupils to avoid collisions.</td>
<td><strong>ORGANISATION</strong>: <strong>ACTIVITY 1: Shooting</strong> Organise pupils into two teams. Divide the playing areas into three sections, a zone for team 1, a zone for team 2 and the middle zone. Place a medicine ball in the middle. Pupils must not move out of their zone. Both teams try to hit the medicine ball with their handballs over the line of the opponent.</td>
<td><strong>REFLECTIONS</strong>: - Which is easier, dribbling or catching? (EXT - why) - What was your hardest/easiest catch? (EXT – why?) - Where should you be looking when you pass? - When would you use each pass? Can you demonstrate this?</td>
</tr>
<tr>
<td><strong>RESOURCES</strong>:</td>
<td><strong>ACTIVITY – Choose from</strong>: Ball Handling - Roll the ball through and around the legs forming a figure of eight. - Fast ball handling through spread legs, moving hands accordingly - <strong>EXT</strong>: Tossing a ball with feet while sitting and catching it while standing up - Toss the ball through the legs turning around to catch the ball. - Toss the ball while lying on the back - Dribble around the body - Dribble while sitting - Dribble while jumping up and down - Dribble around cones - <strong>EXT</strong>: Run after a partner while dribbling the ball - Dribble through a slalom of cones - Bounce passes through a hoop to a partner - Throw the ball at a wall and catch it</td>
<td><strong>ACTIVITY 2: Shooting</strong> Place a cardboard box 1m in front of a throw down line with a finish line at a determined distance away (the bigger the box the easier the task). Organise pupils into groups of 4 and see which team can move the box over the finish line first by throwing their balls at the target – one at a time. Pupils must not cross the throw down line. <strong>EXT/EASY</strong>: provide more or less balls depending on pupils’ abilities. Vary to see how far the box can go on just 4 balls. To vary the activity, place a medicine ball inside the box and place the box on a wheel board.</td>
<td></td>
</tr>
<tr>
<td><strong>Warm up</strong>: cones, handballs</td>
<td><strong>ACTIVITY 3: Defending</strong> The individual tactical focus of a player in defence are: - Constantly striving to regain ball possession (intercepting the ball) - Constantly suppressing of possible scoring chances of the opponents The way this can be done are: - Intercepting passes and preventing shots at the goal - Constant visual guarding of the player with the ball</td>
<td><strong>COOL DOWN</strong>: <strong>Play Tigers</strong> Two pupils are chosen and given a bean bag each. The other pupils are the ‘Fish’. The ‘Fish’ are to jog around and the ‘Tigers’ must throw the bean bag at a ‘Fish’ below the knees. If a ‘Fish’ gets hit they are out. Continue for a set period or until the last pupil is standing. <strong>Finish with a quick “Follow my Leader” to stretch</strong>: - Walk stretching tall - Walk stretching wide with hands - Stand and stretch - <strong>Curl small</strong> <strong>EXT</strong> – call out the name of the muscles that you are stretching, e.g. hamstrings.</td>
<td></td>
</tr>
<tr>
<td><strong>Main</strong>: handballs, medicine ball, cardboard boxes or similar</td>
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<td></td>
</tr>
<tr>
<td><strong>Cool Down</strong>: bean bags</td>
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</tbody>
</table>
**Handball**

**Year 5-6**

- Constantly monitoring the actions and the positions of the opponents
- Tackling the opponents

In Handball the feet are very important in defence. Pupils need to be fast on their feet and move quickly to be a good defence player.

The arm action is also important. In many defence actions pupils will be using the arms (blocking the ball, tackling opponents etc.) By waving the arms pupils can reduce the field of vision of the opponent, so that they don’t see team mates in free positions.

The basic stance for a defence player is:
- Both feet on the ground
- The feet are slightly apart
- Legs slightly bent legs with raised and waving arms
- Well balanced

When a defender moves it is important to:
- Have slightly bent legs
- Use small and fast steps
- Have both feet on the ground – avoid jumping
- Move with legs parallel – do not cross over
- Lift and wave arms
- Look up – don’t look at your feet

Handball is a dynamic sport with body contact in 1-on-1 situations. The pupils must learn what is allowed and not allowed in these situations and which techniques are appropriate to use.

**TACKLING** is used, when a defence player wants to prevent an attacking player from shooting at goal or making a break through.

- Basic defence position
- Meet the opponent with balance and control
- With a right handed attacker, meet the opponent

**KLP** = Key learning point

**PT** = Pupil talk

**EXT** = Extend, **EASY** = Easier
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<thead>
<tr>
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<tbody>
<tr>
<td><strong>Handball</strong></td>
<td><strong>Year 5-6</strong></td>
<td><strong>Lesson 1/6</strong></td>
</tr>
</tbody>
</table>

- With left arm on the opponent’s underarm and the right arm on the hip of the opponent.
- Opposite way for a left-handed attacker.
- Meet the opponent with bent arms.
- If the opponent is shooting with the right hand, place your left foot in front right foot forward if opponent is shooting with left arm.
- Move your feet if the opponent moves forward or to one side after the tackle.
- When you have contact with your opponent try at once to get hold of the ball immediately.

*(REF: International Handball Federation Teaching Manual)*

**COMPETITION: Intercepting Game**

Practice the key learning points above.

Organise two teams of 3. Distinguish players by coloured bibs. One team has the ball and tries to make 5 passes between their team mates, then change possession. The team without the ball must try and prevent the 5 passes being made, they score one point if they manage to do so and become the attacking team.

No contact between players. Ball cannot be taken out of the hands of a player.

**EXT:** Increase the number of passes, reduce the teaching area.
# Handball

## Year 5-6

### Lesson 2/6

<table>
<thead>
<tr>
<th>LESSON OBJECTIVE/RESOURCES</th>
<th>WARM UP</th>
<th>ACTIVITIES</th>
<th>REFLECTIONS / COOL DOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking and developing the small sided game</td>
<td>ACTIVITY: Play Piggy in the Middle</td>
<td>ACTIVITY: Defence: Play Bull in the Ring (REF England Handball)</td>
<td>REFLECTIONS: How can we reward defenders too?</td>
</tr>
<tr>
<td>ORGANISATION: Organise pupils into groups of 4 with one ball per group.</td>
<td>One pupil to be in the middle and try and retrieve the ball whilst it is being passed amongst the other three players. If the middle player obtains the ball they swap in with another player.</td>
<td>Organise pupils into groups of 7 and place in a circle. (The blue team). One pupil to step into the middle (Red). The aim of the game is for the Blues to keep the ball.</td>
<td>• This could be points for interceptions, recognition and praise.</td>
</tr>
<tr>
<td>KLP: Strong defence position</td>
<td></td>
<td>Try variations:</td>
<td>• Why is balance so important to a defender?</td>
</tr>
<tr>
<td>KLP: Fast feet and movement</td>
<td></td>
<td>• Weak hand only passing</td>
<td>• Where are you looking when you are defending?</td>
</tr>
<tr>
<td>Use the Teaching points from Lesson 1</td>
<td></td>
<td>• Can’t pass to the person who passed to you</td>
<td>• How do you block?</td>
</tr>
<tr>
<td>PT: Explain to pupils that defence players are:</td>
<td></td>
<td>• Must complete 15 passes in 60 seconds</td>
<td></td>
</tr>
<tr>
<td>• Constantly striving to regain possession of the ball</td>
<td></td>
<td>PT: Ask the pupils how the defenders could be rewarded if they get the ball. Perhaps with points?</td>
<td></td>
</tr>
<tr>
<td>• Constantly supressing possible scoring chances within a game of handball</td>
<td>PT: What is the best way to stand to defend?</td>
<td>• Both feet on the ground</td>
<td></td>
</tr>
<tr>
<td>PT: What makes a good defender? Recap Lesson 1</td>
<td>• Feet slightly apart</td>
<td>• Legs slightly bent with raised waving arms</td>
<td></td>
</tr>
<tr>
<td>To be good at defending a player;</td>
<td>COMPETITION: Organise pupils into two teams, one blue and one red. Both teams have the aim of getting the ball in the other team’s end zone in the form of a small sided game. Once the red team get the ball in Zone A, they must turn to attack Zone B which the blues must turn to defend. Once a team lose the ball, they become the defenders. The team who get the ball into either end zone the most times wins.</td>
<td></td>
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<tr>
<td>• Intercepts passes and prevents goal shots</td>
<td>KLP: Emphasis upon attack. Quick passes and fast</td>
<td></td>
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</tr>
<tr>
<td>• Visually guards player with the ball (blocking)</td>
<td></td>
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<tr>
<td>• Constantly watches other players</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>• Tackles the opponents</td>
<td></td>
<td></td>
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<tr>
<td>KLP:</td>
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</table>

**KLP = Key learning point**

**PT: Pupil talk**

**EXT: Extend, EASY: Easier**

**RESOURCES:**
- Warm up: balls
- Main: coloured bands/bibs, balls
### Handball

#### Year 5-6

<table>
<thead>
<tr>
<th>Lesson 2/6</th>
</tr>
</thead>
</table>

- Encourage fluid short passing. Add a goal for focus.

- Slowly go back to the start position and then slowly raise the toes off the ground and balance on the heels for a few seconds.

**Groin stretch:** sit on the ground with feet together in a meditating position. Gently push down the knees to stretch the muscles on the inner leg. Slowly go back to the starting position.

**Hamstring stretch:** stand with feet shoulder width apart. Bend the knee slightly to transfer all the weight of the body onto the left foot. Slowly extend the right leg away from the body until the heel is on the ground with the toes pointing upwards. Place both hands one on top of the other on the right thigh. Slowly extend both hands downwards towards the knee and stop when a slight stretch is felt at the back of the right leg.

---

**KLP** = Key learning point  
**PT** = Pupil talk  
**EXT** = Extend  
**EASY** = Easier
**Objective/Resources**

**Objective:** Develop principles of attack and defence and introduce full size competitive games

**Resources:** Warm Up: balls

---

**Warm Up**

**Organisation:** Organise pupils into teams. Each team stand in line, one behind the other.

**Activity:** Under/over relay with ball. Side to side relay

The first person in each line has a ball in hand.

On a signal, this first person passes ball over his/her head to the second player. The second player passes it through his/her legs, third passes over, next under. Last player in line holds the ball over his/her head to show the team has finished.

**Variation:** Side to side as above but instead of passing over and under, pupils pass to the left and to the right.

**Moving caterpillar:** As the last team passes the ball they are to run to the front of the line with the ball and begin again until the finishing line has been reached.

---

**Activities**

**Organisation:** Explain the rules of this activity as below. Show clips of a handball game as below. Organise group into teams of 4 plus a goalkeeper. Create a goal with an improvised D around the goal if possible. Court can be approx. 20 meters by 12.6 meters.

![Diagram of handball court](http://www.englandhandball.com/wpcontent/uploads/downloads/2013/05/Handball.png)

**Rules to abide by in this game (be lenient with last two rules to keep game flowing):**

- Only the GK can go in the area (If a defender goes in the area, = penalty – if an attacker = GK’s ball)
- No pass backs to the GK (Free throw)
- Body contact not allowed (Free throw)
- Dribbling the ball not allowed (Free throw)
- Only 3 steps allowed before ball is passed – limit to a few (Free throw)
- Ball can only be held for 3 seconds when stationary (Free throw) – encourage fast passing

**Activity:** Introduce Basic Rules of the game.

See link to IHF Rules

http://www.englandhandball.com/wpcontent/uploads/downloads/2013/05/Handball-

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**Reflections/Cool Down**

**Reflections:**

- What part of handball do you like/dislike? *(EXT – why?)*
- Do you think it’s a fast game?
- How do the players work together?
- What were your team’s strengths?
- How could your team have improved their performance?

**Cool Down:**

Get pupils to do a gentle jog/stretch.

Arm circles/rotation: use arms to make circles in the air.

Active eights: use arms to make figures of eight in the air.

Side stretch: stand with feet shoulder width apart, slowly let the left hand sink towards the left knee. Slowly come back to the starting position and repeat on the other side.
Handball

<table>
<thead>
<tr>
<th>S. No</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1.</td>
<td>Think Safety</td>
</tr>
<tr>
<td>2.</td>
<td>Organisation</td>
</tr>
<tr>
<td>3.</td>
<td>Rules</td>
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</table>

### ShortRules.pdf

Handball is a team game based on fair play principles. Two teams play against each other. The team that scores the most goals when the playing time is over is the winner.

- Reinforce principles of attack and defence
- Encourage pupils to be involved in officiating
- Encourage reflection
- Show the Game

**Men** [https://www.youtube.com/watch?v=tkFUx9CNNA](https://www.youtube.com/watch?v=tkFUx9CNNA)

**Women**: [https://www.youtube.com/watch?v=Ci6jQ1_C3Js](https://www.youtube.com/watch?v=Ci6jQ1_C3Js)

**Play a small game of Handball**

- Offences should be signalled with one blast of a whistle
- Goals signalled by two blasts of the whistle
- After a goal is scored play returns to the centre where the team who conceded begin with the ball
- Substitutions can be made without stopping the flow of the game.
- The game can last as long as you see fit. You could end it with a next goal wins.
- Teams can rotate around so they are playing different opponents.

### Quadriceps

Stand on left foot and extend the right foot backwards. Catch it with the right hand and bring it up as far as the bottom. **KLP**: Keep knees close together during this stretch and avoid jerky movements.

### Calf Stretch

Stand with feet shoulder width apart, slowly lift heels off the ground and balance on toes for a few seconds. Slowly go back to the start position and then slowly raise the toes off the ground and balance on the heels for a few seconds.

### Groin stretch

Sit on the ground with feet together in a meditating position. Gently push down the knees to stretch the muscles on the inner leg. Slowly go back to the starting position.

### Hamstring stretch

Stand with feet shoulder width apart. Bend the knee slightly to transfer all the weight of the body onto the left foot and extend the right foot backwards. Catch it with the right hand and bring it up as far as the bottom.

**KLP** = Key learning point  
**PT**: Pupil talk  
**EXT**: Extend, **EASY**: Easier
### Handball

#### Year 5-6

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Slowly extend the right leg away from the body until the heel is on the ground with the toes pointing upwards. Place both hands one on top of the other on the right thigh. Slowly extend both hands downwards towards the knee and stop when a slight stretch is felt at the back of the right leg.
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<tr>
<td><strong>LESSON</strong>&lt;br&gt;OBJECTIVE/RESOURCES</td>
<td><strong>WARM UP</strong></td>
<td><strong>ACTIVITIES</strong></td>
</tr>
<tr>
<td>Develop full size game</td>
<td><strong>ORGANISATION:</strong>&lt;br&gt;Activity: Play a game of ‘Farmer Tag’</td>
<td><strong>ORGANISATION:</strong> Develop on Lesson 3.&lt;br&gt;Organise group into teams of 4 plus a goalkeeper.&lt;br&gt;Create a goal with an improvised D around the goal if possible. Court can be approx. 20 meters by 12.6 meters.</td>
</tr>
<tr>
<td>RESOURCES:&lt;br&gt;Warm up: balls&lt;br&gt;Main: coloured bands/bibs, whistle&lt;br&gt;Cool Down: balls/beanbags, hoop/basket</td>
<td>Nominate 2 pupils to be farmers and the rest of the group will become crows. The farmers must chase the crows around a defined space trying to tag as many of them as possible. Once a crow has been tagged by a farmer it becomes a scarecrow and must stand still with its arms held down by the side of its body. The other crows must then try and release the scarecrows by tapping them on the shoulder/going under their arms without getting touched by a farmer. If a scarecrow is released then it becomes a crow again. The farmers must try to catch as many crows and turn them into scarecrows within a set time period (30–60 seconds).</td>
<td><strong>RULES TO ABIDE BY IN THIS GAME (DO NOT FOCUS ON THE LAST TWO RULES)</strong>&lt;br&gt;- Only the GK can go in the area (If a defender goes in the area, = penalty – if an attacker = GKs ball)&lt;br&gt;- No pass backs to the GK (Free throw)&lt;br&gt;- Body contact not allowed (Free throw)&lt;br&gt;- Dribbling the ball not allowed (Free throw)&lt;br&gt;- Only 3 steps allowed before ball is passed – limit to a few (Free throw)&lt;br&gt;- Ball can only be held for 3 seconds when stationary (Free throw) – encourage fast passing&lt;br&gt;Try and enforce the last two rules a little more if you feel that the group is progressing.</td>
</tr>
<tr>
<td><strong>EASY:</strong> shortening the time period, decrease the numbers of farmers, decrease the playing space</td>
<td><strong>EXT:</strong> Lengthen the time period, increase the numbers of farmers, increase the playing space</td>
<td><strong>KLP:</strong> Ensure pupils keep their head up to avoid collisions. Promote awareness of their position in the playing area to increase success. Run on the balls of their feet.</td>
</tr>
</tbody>
</table>
Ball Handling practice.

- Roll the ball through the legs forming an eight.
- Fast ball handling through spread legs, moving hands accordingly
- **EXT:** Tossing a ball with feet while sitting and catching it while standing up
- Toss the ball through the legs turning around to catch the ball.
- Toss the ball while lying on the back and turning and catching the ball.
- Dribble around the body
- Dribble while sitting
- Dribble while jumping up and down
- Dribble around cones
- **EXT:** Run after a partner while dribbling the ball
- Dribble through a slalom of cones
- Bounce passes through a hoop to a partner
- Throw the ball at a wall and catch

**ACTIVITY:** Play Handball

- Offences should be signalled with one blast of a whistle
- Goals signalled by two blasts of the whistle
- After a goal is scored play returns to the centre where the team who conceded begin with the ball
- Substitutions can be made without stopping the flow of the game.
- The game can last as long as you see fit. You could end it with a next goal wins.

Encourage pupils to be observers and try and let them identify if any rule violations have occurred.

**Break out for Triangle Passes** to practise passing and moving.

**Variation:** A is the receiver of both balls. B and C must alternate passes in to A with a ball each, and A passes back to correct pupil meaning that A needs fast hands to receive and pass. Progression – B and C to circulate.
### Handball

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<tr>
<td>Introduce goalkeeping.</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>RESOURCES:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Warm up: balls</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Main: marker cones, balls</td>
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</table>

**ACTIVITY:** The triangle passing drill offers a handball specific element to the warm up. Organise pupils into groups of 4, each group with a handball.

Pupil A passes to Pupil B and follows the pass, taking B’s place. Pupil B then passes to Pupil C, following the pass. Pupil C passes to Pupil D and so on...

**ORGANISATION:** Organise pupils into groups. Mark out goals with marker cones for each group. Mark a line 6m away from the goal and position one pupil in goal and the remainder of the group behind the line.

**ACTIVITY:**
Players take turn to take the ball and make a shot from behind the line.

**EXT:** Try a jump shot. **EASY:** position the pupil closer to the goal.

**Basic technique for high jump shots**

**Run-up and jump moves**
- Take a flat and short second to last running step
- Take a last long step
- Set the foot onto the ground actively
- Advance the right shoulder
- Lift the ball
- Jump with the left foot
- Swing back straight
- Shoulder axis into shot direction
- Left arm to support the body twist

**Throw stance**
- Bend the throwing arm
- Put the hand behind the ball
- Jump into the air
- Bend the free leg
- Twist the upper body

**Throw movement**

**REFLECTIONS:**
- What progress have you made since last week?
- Is there anything you found challenging last week but found easier this week?
- What do you need to improve?

**COOL DOWN:**
Get pupils to do a gentle jog/stretch.

**Arm circles:** use arms to make circles in the air.

**Active eights:** use arms to make figures of eight in the air.

**Side stretch:** stand with feet shoulder width apart, slowly let the left hand sink towards the left knee. Slowly come back to the starting position and repeat on the other side. **Quadriiceps:** stand on left foot and extend the right foot backwards. Catch it with the right hand and bring it up as far as the bottom. **KLP:** Keep knees close together during this stretch and avoid jerky movements.

**Calf Stretch:** stand with feet shoulder width apart, slowly lift heels off the ground and balance on toes for a few seconds. Slowly go back to the start position and then slowly raise the toes off the ground.

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**KLP** = Key learning point

**PT:** Pupil talk

**EXT:** Extend, **EASY:** Easier
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<tbody>
<tr>
<td></td>
<td>• Advance the hip and the shoulder of the throwing-arm</td>
<td>and balance on the heels for a few seconds.</td>
</tr>
<tr>
<td></td>
<td>• Maintain elbow in front of the ball at shoulder level</td>
<td><strong>Groin stretch:</strong> sit on the ground with feet together in a meditating position. Gently push down the knees to stretch the muscles on the inner leg. Slowly go back to the starting position. <strong>Hamstring stretch:</strong> stand with feet shoulder width apart. Bend the knee slightly to transfer all the weight of the body onto the left foot. Slowly extend the right leg away from the body until the heel is on the ground with the toes pointing upwards. Place both hands one on top of the other on the right thigh. Slowly extend both hands downwards towards the knee and stop when a slight stretch is felt at the back of the right leg.</td>
</tr>
<tr>
<td></td>
<td>• Upright body position to loose the ball at the highest point</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Stretch the body</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• &quot;Smashing&quot; arm move</td>
<td></td>
</tr>
<tr>
<td><strong>Finish</strong></td>
<td>• Touch ground with both feet or with a left-right step</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Swing the throwing arm</td>
<td></td>
</tr>
<tr>
<td><strong>See the following clip showing the jump shot:</strong></td>
<td><a href="http://www.handballatschool.com/videos/offence/jumpshot">http://www.handballatschool.com/videos/offence/jumpshot</a></td>
<td></td>
</tr>
</tbody>
</table>

The goalkeeper tries to defend the goal. Pupils are rotated to take turns in goal. Do not force a child to be a goalkeeper if they do not wish to do so. Vary the game by then introducing pairs in front of the goal. One pupil is trying to score a goal and the other is trying to block the shot. Do not let more than one pair shoot at the same time. Take it in turns.

**Specific focus for goalkeepers:**

- Movement in the goal
- Positioning in the goal when the opponents are shooting from different positions
- Save with one arm, both arms, with the legs and with arms and legs
COMPETITION:
Play a game of Handball.
Develop on Lesson 4.
Organise group into teams of 4 plus a goalkeeper. Create a goal with an improvised D around the goal if possible. Court can be approx. 20 meters by 12.6 meters.

Rules to abide by in this game (try and focus on the last two rules if ability allows)

- Only the GK can go in the area (If a defender goes in the area, = penalty – if an attacker = GKs ball)
- No pass backs to the GK (Free throw)
- Body contact not allowed (Free throw)
- Dribbling the ball not allowed (Free throw)
- Only 3 steps allowed before ball is passed – limit to a few (Free throw)
- Ball can only be held for 3 seconds when stationary (Free throw) – encourage fast passing

Try and enforce the last two rules a little more if you feel that the group is progressing.
<table>
<thead>
<tr>
<th>KLP = Key learning point</th>
<th>Year 5-6</th>
<th>Lesson 5/6</th>
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</thead>
<tbody>
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<td></td>
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# Handball

## Year 5-6

### Lesson 6/6

### Objective/Resources

**Objective:**
- Practise full size competitive game

**Resources:**
- Warm Up: balls
- Main: cones, balls, coloured bibs/bands, whistle
- Cool Down: music with a strong beat

### Warm Up

**Organisation:**
- **Activity:** Ball Handling
  - Roll the ball through the legs forming an eight.
  - Fast ball handling through spread legs, moving hands accordingly
  - **Ext:** Tossing a ball with feet while sitting and catching it while standing up
  - Toss the ball through the legs turning around to catch the ball.
  - Toss the ball while lying on the back and turning and catching the ball.
  - Dribble around the body
  - Dribble while sitting
  - Dribble while jumping up and down
  - Dribble around cones
  - **Ext:** Run after a partner while dribbling the ball
  - Dribble through a slalom of cones
  - Bounce passes through a hoop to a partner
  - Throw the ball at a wall and catch it

**PT:** Are you finding these skills easier than when you first did them? Which one do you still find a challenge? How could you make them harder?

### Activities

**Activity:**
- Develop on Lesson 5
  - Organise group into teams of 4 plus a goalkeeper. Create a goal with an improvised D around the goal if possible. Court can be approx. 20 meters by 12.6 meters.

**Rules to abide by in this game (do not focus on the last two rules):**
- Only the GK can go in the area (If a defender goes in the area, = penalty – if an attacker = GKs ball)
- No pass backs to the GK (Free throw)
- Body contact not allowed (Free throw)
- Dribbling the ball not allowed (Free throw)
- Only 3 steps allowed before ball is passed – limit to a few (Free throw)
- Ball can only be held for 3 seconds when stationary (Free throw) – encourage fast passing

Try and enforce the last two rules a little more if you feel that the group is progressing.

### Reflections / Cool Down

**Reflections:**
- What have you learnt?
- What do you need to improve?
- How many rules can you remember?
- What position do you prefer/find easier/harder?
- What makes a good defender?
- What makes a good attacker?

**Cool Down:**
- Play Bop It Handball style
  - Play music with a strong beat and ask Pupils to find a space. Start jogging around the space. Highlight the need to keep an eye out for other Pupils to avoid collisions.
  - Play the music and on command of the teacher do the following:
    - **Defend** – stretch up high, moving you arms in the air while jogging
    - **Attack Right** – Pretend to throw a ball using your right arm
    - **Attack Left** – Pretend to throw a ball using your left arm
    - **Goal** – Stop and stretch arms and legs out into a star shape.
    - **Foul** – Freestyle move
**ACTIVITY:** Play Handball

- Offences should be signalled with one blast of a whistle
- Goals signalled by two blasts of the whistle
- After a goal is scored play returns to the centre where the team who conceded begin with the ball
- Substitutions can be made without stopping the flow of the game.
- The game can last as long as you see fit. You could end it with a next goal wins.

Encourage pupils to be observers and try and let them identify if any rule violations have occurred.

Hold a tournament as a way to round off the sequence of lessons.