

P.E.

Year 5 – Handball



About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals

Knowledge & Skills

Knowledge:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling in different directions and at different speeds will help you to lose a defender.

Moving to space even if you do not receive the ball will help to create space for a teammate.

Skills:

I understand the rules and can apply them honestly most of the time including when refereeing.

I communicate with my team and move into space to help to maintain possession.

I can dribble, pass, receive and shoot the ball with some control under pressure.

I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.

Golden Threads

Motor competence – Manipulate objects

- Catch
- Throw
- Shoot
- Dribble
- Run
- Change direction and speed

Healthy participation

How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Rules, strategies and & tactics

The rule of three:

If you have the ball in your hands you can take three steps then you either have to pass, shoot or dribble. If you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps. If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double dribble. Can only hold the ball for three seconds if standing with the ball.

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p>I can defend an opponent to slow them down.</p> <p>I can find space away from others and near to my goal.</p> <p>I can throw, catch, dribble and shoot the ball with some control.</p> <p>I understand my role both as a defender and as an attacker.</p>	<p>I understand the rules of the game and I can use them often and honestly.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can throw, catch, dribble and shoot the ball with increasing control.</p> <p>I can use simple tactics to help my team gain possession.</p>	<p>I understand the rules and can apply them honestly most of the time including when refereeing.</p> <p>I communicate with my team and move into space to help to maintain possession.</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I can apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p>	<p>I use the rules of the game honestly and consistently when playing and refereeing.</p> <p>I can create and use space to help my team to maintain possession and create scoring opportunities.</p> <p>I can perform a range of skills with control and can select the appropriate action for the situation under pressure.</p> <p>I can confidently apply defensive skills individually and as a team to gain possession, deny space and stop goals.</p>

Key vocabulary

Angle: formed when two lines come together at a shared point e.g. arm to floor

Close down: to reduce the amount of space for an opponent

Draw: encourage movement of an opponent

Maintain possession – to have and to keep

Transition: moving from attack to defence or defence to attack