

# P.E.

## Year 3 – 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:

To point your hands to your target when throwing to help to send the ball accurately.

To know that dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

To know that spreading out as a team will help to move the defenders away from each other.

As an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession

#### Skills:

I can defend an opponent to slow them down.

I can find space away from others and near to my goal.

I can throw, catch, dribble and shoot the ball with some control.

I understand my role both as a defender and as an attacker.

## Golden Threads

### Motor competence – Manipulate objects

- Throw
- Catch
- Run
- Dribble
- Shoot
- 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.

#### Double dribble:

Cannot dribble, stop, then dribble again and you cannot dribble with two hands.

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

Accuracy: How close the object is to the given target

Accurately: Hit with aim

Delay: To slow an object or player

Intercept: To gain possession of the ball

Invasion: A game of two teams who invade each other's space to score goals

Possession: To have