

Improving decision making, movement off the ball and shooting under pressure.

Year : 5

Unit— Handball

Golden Threads: Good Health

NC – use running, jumping, throwing and catching in isolation.

Play competitive games and apply basic attacking and defending.

Key Knowledge

- 5 seconds to hold the ball before releasing
 - Game is started by a 'throw off'
 - A goal is scored by throwing the ball into the oppositions net
 - After a goal, play is restarted by the GK
- Dribble: You can dribble the ball but if caught, you must pass or shoot
- Double Dribble: cannot receive the ball, bounce it, hold the ball and then bounce it again
- Foot fault: when a player (other than the GK) stands in the semi-circle. Free throw is awarded to other team.

Key Skills

- Throw
- Catch
- Dodge
- Dribble
- Run
- Speed
- Agility
- Balance
- Co-ordination

Key vocabulary: foot faults, receiver, overhead throw, dribble, focus, technique, passive defender, double dribble, bounce pass

Learning Journey

1. How to pass a ball in a variety of ways?
2. How can you dribble a ball in Handball?
3. What type of shots can you make in Handball?
4. How can you defend in a 2 v 1 scenario?
5. How can you work as a team in a tournament?
6. Using tactics to attack and defend as a team in competitive games