



Physical Education HANDBALL

Y4

Unit Focus:

Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to set up attacks. Demonstrate and implement the rules of handball.

Prior Learning:

- Able to show basic passing and catching skills.
- Have learnt some basic defensive techniques.
- Can implement some rules of handball.

Rules:

- The ball must not touch a player's leg below the knee (except the goalkeeper).
- A 7-metre throw is awarded when a clear scoring chance is stopped illegally
- A stationary player can only hold the ball for 3 seconds.



Explain some of the 'roles' in handball.



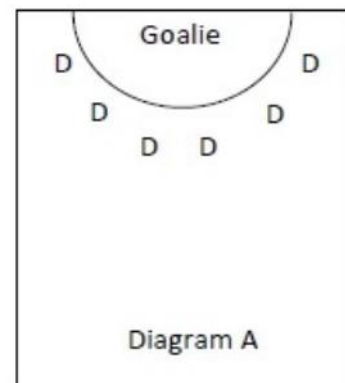
Protects the ball during gameplay.



Show the characteristics of a good team player.

Key Vocabulary/Skills:

Footwork, foul, free throw, link, teamwork, double dribble, 3 step, 3 man weave.	Footwork, foul, free throw, link, teamwork, double dribble, 3 step, 3 man weave.
Basic shooting technique.	
3-man weave.	
Turn on the move.	
7 metre throw.	



Inspiring Individuals



Mikkel Hansen
(1987 – present)



Nora Mork
(1991 – present)

Equipment

Tennis racquets, nets, sponge balls, tennis balls, cones, hoops.

Key Questions

1. What can we do to make it easier for our teammates to pass the ball to us?
2. In which other sport could you commit a foul by double dribbling?
3. How do you start a game in handball?