

KS3 Physical Education - HANDBALL



Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Year 7	Learn different types of PASSING and apply in a small sided game	Learn how to perform a DRIBBLE in Handball	Learn how to SHOOT in Handball.	Learn how to DEFEND effectively.	Learn the basic RULES of Handball	Learn how to ORGANISE, COMPETE & OFFICIATE a Handball tournament	Developing how to ORGANISE, COMPETE & OFFICIATE a Handball tournament
Year 8	RECAP skills from Y7 and develop ONE HANDED PASSING/RECEIVING and apply in a small sided game.	Learn how to perform a JUMP PASS/SHOT in Handball	Learn how to ATTACK/COUNTER ATTACK in Handball.	Develop team and individual DEFENSE.	Learn the basics of SCREENING to create an opportunity to score	Developing how to ORGANISE, COMPETE & OFFICIATE a Handball tournament	Independently ORGANISE, COMPETE & OFFICIATE a Handball tournament
Year 9	Why are RULES/ SCORING systems important in competitive situations?	Understand the importance of POSITIONING when officiating	Understand the importance of COMMUNICATION when officiating (Verbal/Non Verbal)	Develop knowledge of more ADVANCED RULES in your activity.	Can you apply/enforce more advanced rules in a competitive situation when officiating?	What considerations need to be made when ORGANISING a mini tournament	INDEPENDENTLY ORGANISE a mini tournament.

Key Skills

Passing – "elbow above shoulder" (high arm), "nose over toes" (weight forward)

Catching - A skill used to receive the ball, enabling the team to keep possession of the ball

Defending - A technique used to mark your opponent to stop them finding a space to receive the ball or for a player to intercept a pass

Attacking – To win, one team must score more goals than the other

Tactics and Strategies

Decision making

Attacking and defending
Create space and cut down space
Losing an opponent
Changes of speed
Timing



Key Words / Literacy

Interception
Marking
Possession
Dribbling
Team work
Communication
Co-operation
Decision making
Free Throw
Penalty

Rules and Regulations

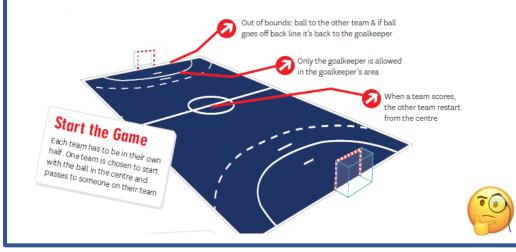
Goal Area – Only the goal keeper is allowed in the goal area.

Goal keeper can save with any part of their body.

Players cannot pass back to the goal keeper.

The opposition cannot make body contact with a player

You can take 3 steps and 3 seconds with the ball before a bounce or a pass. You can only use your hands.



Components of Fitness

Co-ordination
Agility
Reaction time
Power
Stamina
Strength

SMSC / Cultural Capital Team work / Fair Play / Respect / Sportsmanship



