

Handball KS3

- Replicate and improve individual technique in batting, bowling and fielding.
- Work on improving the quality of their skills with the intention of outwitting opponents.
- Strike the ball so that fielders are deceived or avoided.
- Accurately score games and understand the rules.

Objectives of the Unit:

<p>Outwitting an opponent:</p> <p>To continue to develop the ability to outwit opponents using strategies and tactics. Pupils will learn to apply consistency & timing in the use of techniques for batting, bowling and fielding. Pupils will develop ability to become a reflective learner. A continual development, adaptation and refinement of the learnt skills will contribute to producing a good performance.</p>	<p>Developing Physical and Mental Capacity</p> <p>Pupils will develop mental capacity & creative thinking when devising & implement new tactics. Use rounders to develop observation skills on peer performances, skills and techniques. To extend knowledge of rounders rules and umpire calls. Pupils will be encouraged to evaluate games and how they outwit opponents and reasons for this. To develop mental capacity when scoring and calculating runs.</p>	<p>Developing Skills/Performance</p> <p>Pupils will learn to use principles of play when selecting and applying tactics to produce a successful outcome. Pupils will continue to develop the skills necessary to outwit opponents. Batting, bowling and fielding will be further developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed.</p>
<p>Making and Applying Decisions</p> <p>Opportunities to umpire/coach pupils or small groups will develop communication, leadership and decision making skills. Pupils will learn to identify and implement the principles of outwitting opposition whether fielding or batting. Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space.</p>	<p>Making Informed Choices About Healthy, Active Lifestyle</p> <p>Pupils will understand why regular exercise has a positive effective on their own health, fitness and social wellbeing. Suggest any rounders clubs within the school timetable and promote community links. Highlight rounders fitness needs and the necessary components of fitness needed. <i>i.e. coordination, reaction time, speed and agility.</i></p>	<p>Evaluating and Improving</p> <p>Be able to understand the concept of rounders and make effective evaluations of strengths and weaknesses of performance. Appropriate questioning on teaching points of the skills and processes developed. Observation and peer assessment. Pupils will develop capacity to self-assess, assess others and to coach.</p>

Cross Curricular Links:

Literacy: C4TEEP: Key word, group discussions, small white boards, written answers, work of the week, structuring sentences to answer questions.

Maths: Scoring, statistics, measurements, heart rates/pule rates.

Assessment:

Q & A
Formative and summative assessment.
Students assessment booklets
Assessment criteria- name matching
Verbal feedback

Extension & Enrichment

Out of lessons, at home and in the community, pupils could be encouraged to:

- practise skills at home
- take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- watch live and recorded matches, to appreciate high-quality performance
- make up games that focus on improving technique and fitness
- read rule books and sports reports in newspapers and magazines

BRONZE LESSONS

<p>Familiarisation with game and ball handling skills</p> <ul style="list-style-type: none"> ○ To develop an understanding and knowledge of the basic fundamentals of Handball. ○ To be able to understand the origins of the game. ○ Be able to spot elements from varying team sports in playing handball e.g. football, rugby, netball, basketball. ○ To know the basic rules of the game. <p>Task examples</p> <ul style="list-style-type: none"> ○ Watch video on general Handball. ○ Discuss history and development in the world today. ○ Make notable links to other games. ○ Movement exercises mobility. ○ Gripping the ball. ○ Picking up and passing exercises. 	<p>Passing technique and shooting</p> <ul style="list-style-type: none"> ○ To be able to transfer the technique of passing to shooting successfully. ○ To be able to show creativity with passing in a conditioned and normal game situation. <p>Task examples</p> <ul style="list-style-type: none"> ○ Understand of passing technique. Creativity of passing. ○ Speed passing. ○ Shooting exercises. ○ Contextualised shooting. ○ Analysing a partners technique. ○ Competitive game. ○ Jump shot into area. 	<p>Team Play - Attacking</p> <ul style="list-style-type: none"> ○ To be able to understand the term screening and how it can be implemented in a game situation. ○ Being a team-worker and looking to attack as a unit. <p>Task examples</p> <ul style="list-style-type: none"> ○ Working cooperatively by passing on the move and supporting play. ○ Actively competing set out attacking moves, seeing how support play and teamwork are integral to success. Screening.
<p>Outwitting an opponent</p> <ul style="list-style-type: none"> ○ To be able to call upon a range of methods of beating an opponent. ○ Creativity is demonstrated as they look to outwit an opponent. ○ Be able to make the correct right decision based upon options (pass, dribble, shoot) <p>Task examples</p> <ul style="list-style-type: none"> ○ Running with the ball in hand. ○ Methods of beating an opponent without the ball. ○ Beating an opponent with the ball. ○ Outwitting opponent using team-mate. ○ Application in game situation. 	<p>Defending and goalkeeping</p> <ul style="list-style-type: none"> ○ To be able to understand the importance of defending, as well as attacking. ○ Be able to turn defence into attack quickly, counter-attacking my opponents. <p>Task examples</p> <ul style="list-style-type: none"> ○ Man to man marking (shadow play and sequential pass). ○ Intercepting the pass activity (contextualise). ○ Attempting to block shot, regulations for doing so and practice. ○ Aspects of keeping, increasing size of frame. Conditioned game, intercepted pass = score, intercepted pass and score = 2 x score. 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate the ability to outwit an opponent in a game situation use a range of throwing and catching techniques. ○ The pupils are to develop their knowledge and understanding of the rules of handball. ○ To demonstrate a variety of tactics based on the opposition. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. ○ In pairs – A rolls the ball out and B sprints after it rakes the ball up and picks the ball up throwing ball back to A using over arm. ○ Highlight assessment criteria. ○ 4's – batter to hit ball and run to base and back before ball is stumped at starting base. Rounders game. ○ 2 teams – 5 minute innings. ○ Pupils recap rules. Pupils to help umpire. ○ Discuss, refine and implement tactics after 1st innings. ○ Teacher grades against school assessment.

SILVER LESSONS

<p>Familiarisation with game and ball handling skills</p> <ul style="list-style-type: none"> ○ To develop an understanding and knowledge of the basic fundamentals of Handball. ○ To be able to understand the origins of the game. ○ Be able to spot elements from varying team sports in playing handball e.g. football, rugby, netball, basketball. ○ To know the basic rules of the game. <p>Task examples</p> <ul style="list-style-type: none"> ○ Watch video on general Handball. ○ Discuss history and development in the world today. ○ Make notable links to other games. Movement exercises mobility. ○ Gripping the ball. ○ Picking up and passing exercises. 	<p>Passing technique and shooting</p> <ul style="list-style-type: none"> ○ To be able to transfer the technique of passing to shooting successfully. ○ To be able to show creativity with passing in a conditioned and normal game situation. <p>Task examples</p> <ul style="list-style-type: none"> ○ Understand of passing technique. Creativity of passing. ○ Speed passing. Shooting exercises. Contextualised shooting. ○ Analysing a partners technique. Competitive game. ○ Jump shot into area.. 	<p>Team Play – Attacking</p> <ul style="list-style-type: none"> ○ To be able to understand the term screening and how it can be implemented in a game situation. ○ Being a team-worker and looking to attack as a unit. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led pulse raiser + stretches. 30m sprint test. ○ Pupils to time each other. Discuss why speed is important. ○ Recap batting technique. ○ Teaching points; Stance, bat back in preparation, follow through. In 4's 1 batter, bowler, backstop and fielder. 5 bats each, rotate roles. ○ Focus on good contact. ○ Batter to place fielder in a certain position and hit to them. ○ Rounders game. 2 teams. ○ Pupils recap rules.
<p>Outwitting an opponent</p> <ul style="list-style-type: none"> ○ To be able to call upon a range of methods of beating an opponent. ○ Creativity is demonstrated as they look to outwit an opponent. ○ Be able to make the correct right decision based upon options (pass, dribble, shoot) <p>Task examples</p> <ul style="list-style-type: none"> ○ Running with the ball in hand. ○ Methods of beating an opponent without the ball. ○ Beating an opponent with the ball. ○ Outwitting opponent using team-mate. Application in game situation. 	<p>Defending and goalkeeping</p> <ul style="list-style-type: none"> ○ To be able to understand the importance of defending, as well as attacking. ○ Be able to turn defence into attack quickly, counter-attacking my opponents. <p>Task examples</p> <ul style="list-style-type: none"> ○ Man to man marking (shadow play and sequential pass). ○ Intercepting the pass activity (contextualise). ○ Attempting to block shot, regulations for doing so and practice. ○ Aspects of keeping, increasing size of frame. Conditioned game, intercepted pass = score, intercepted pass and score = 2 x score. 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate the ability to outwit an opponent in a game situation use a range of throwing and catching techniques. ○ To demonstrate knowledge and understanding of the rules of handball. ○ To demonstrate a variety of tactics based on the opposition. ○ To perform effective communication & teamwork skills. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led pulse raiser + stretches. ○ In pairs – Coordination catching game. Pupils to stand 2 metres apart. Bend knees. Throw under arm + catch return. ○ Number of consecutive catches. ○ Discuss assessment criteria. In 5's 1 batter, bowler, backstop, base and fielder. Set up 2 posts. ○ Batter to hit + run to base and back. Rounders game. 2 teams – 5 minute innings. ○ Pupils recap rules. ○ Pupils to help umpire. ○ Teacher grades against school assessment.

GOLD LESSONS

<p>Familiarisation with game and ball handling skills</p> <ul style="list-style-type: none"> ○ To develop an understanding and knowledge of the basic fundamentals of Handball. ○ To be able to understand the origins of the game. ○ Be able to spot elements from varying team sports in playing handball e.g. football, rugby, netball, basketball. ○ To know the basic rules of the game. <p>Task examples</p> <ul style="list-style-type: none"> ○ Watch video on general Handball. ○ Discuss history and development in the world today. ○ Make notable links to other games. ○ Movement exercises mobility. Gripping the ball. Picking up and passing exercises. 	<p>Passing technique and shooting</p> <ul style="list-style-type: none"> ○ To be able to transfer the technique of passing to shooting successfully. ○ To be able to show creativity with passing in a conditioned and normal game situation. <p>Task examples</p> <ul style="list-style-type: none"> ○ Understand of passing technique. Creativity of passing. ○ Speed passing. ○ Shooting exercises. ○ Contextualised shooting. ○ Analysing a partners technique. ○ Competitive game. ○ Jump shot into area. 	<p>Team Play – Attacking</p> <ul style="list-style-type: none"> ○ To be able to understand the term screening and how it can be implemented in a game situation. ○ Being a team-worker and looking to attack as a unit. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. In pairs. Jogging and throwing the ball. ○ Add a clap in between. ○ Practice one handed catches. ○ Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. ○ Pairs – underarm throw, hit back directly to partner. ○ 4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. ○ Rules about stepping out of batting square. ○ Rounders game. 2 teams. ○ Non-participants to umpire.
<p>Outwitting an opponent</p> <ul style="list-style-type: none"> ○ To be able to call upon a range of methods of beating an opponent. ○ Creativity is demonstrated as they look to outwit an opponent. ○ Be able to make the correct right decision based upon options (pass, dribble, shoot) <p>Task examples</p> <ul style="list-style-type: none"> ○ Running with the ball in hand. Methods of beating an opponent without the ball. ○ Beating an opponent with the ball. ○ Outwitting opponent using team-mate. ○ Application in game situation. 	<p>Defending and goalkeeping</p> <ul style="list-style-type: none"> ○ To be able to understand the importance of defending, as well as attacking. ○ Be able to turn defence into attack quickly, counter-attacking my opponents. <p>Task examples</p> <ul style="list-style-type: none"> ○ Man to man marking (shadow play and sequential pass). ○ Intercepting the pass activity (contextualise). ○ Attempting to block shot, regulations for doing so and practice. ○ Aspects of keeping, increasing size of frame. ○ Conditioned game, intercepted pass = score, intercepted pass and score = 2 x score. 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate a variety of tactics based on the opposition. ○ To demonstrate the ability to outwit an opponent in a game situation use a range of catching and throwing techniques. ○ To demonstrate a confident understanding of the rules of handball. ○ To demonstrate effective communication & leadership skills. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led pulse raiser + stretches. ○ Discuss assessment criteria. ○ 4's-3 fielders, 1 batter. Batter to hit + run to base and back. Swap roles. ○ Full rounders game. ○ Pupils to provide rules to group. ○ 2 teams – 5 minute innings. ○ After 1st innings – allow team talk. Discuss good points and improvements to team tactics. ○ Non-participants to umpire. ○ Teacher grades against school assessment.

PLATINUM LESSONS

<p>Familiarisation with game and ball handling skills</p> <ul style="list-style-type: none"> ○ To develop an understanding and knowledge of the basic fundamentals of Handball. ○ To be able to understand the origins of the game. ○ Be able to spot elements from varying team sports in playing handball e.g. football, rugby, netball, basketball. ○ To know the basic rules of the game. <p>Task examples</p> <ul style="list-style-type: none"> ○ Watch video on general Handball. ○ Discuss history and development in the world today. ○ Make notable links to other games. ○ Movement exercises mobility. ○ Gripping the ball. ○ Picking up and passing exercises. 	<p>Passing technique and shooting</p> <ul style="list-style-type: none"> ○ To be able to transfer the technique of passing to shooting successfully. ○ To be able to show creativity with passing in a conditioned and normal game situation. <p>Task examples</p> <ul style="list-style-type: none"> ○ Understand of passing technique. ○ Creativity of passing. Speed passing. ○ Shooting exercises. ○ Contextualised shooting. ○ Analysing a partners technique. ○ Competitive game. Jump shot into area. 	<p>Team Play – Attacking</p> <ul style="list-style-type: none"> ○ To be able to understand the term screening and how it can be implemented in a game situation. ○ Being a team-worker and looking to attack as a unit. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led. In pairs. Jogging and throwing the ball. Add a clap in between. ○ Practice one handed catches. Recap batting technique (grip, stance, action) T.P's; Bat out to side of body & sideways on. ○ Pairs – underarm throw, hit back directly to partner. ○ 4's – bowler, batter, backstop and retriever. Batter aims to hit ball through a coned target. Hit target= 1 point. ○ Rules about stepping out of batting square. Different targets= different points. ○ Rounders game. 2 teams. Non-participants to umpire.
<p>Outwitting an opponent</p> <ul style="list-style-type: none"> ○ To be able to call upon a range of methods of beating an opponent. ○ Creativity is demonstrated as they look to outwit an opponent. ○ Be able to make the correct right decision based upon options (pass, dribble, shoot) <p>Task examples</p> <ul style="list-style-type: none"> ○ Running with the ball in hand. Methods of beating an opponent without the ball. ○ Beating an opponent with the ball. ○ Outwitting opponent using team-mate. Application in game situation. 	<p>Defending and goalkeeping</p> <ul style="list-style-type: none"> ○ To be able to understand the importance of defending, as well as attacking. ○ Be able to turn defence into attack quickly, counter-attacking my opponents. <p>Task examples</p> <ul style="list-style-type: none"> ○ Man to man marking (shadow play and sequential pass). Intercepting the pass activity (contextualise). ○ Attempting to block shot, regulations for doing so and practice. ○ Aspects of keeping, increasing size of frame. ○ Conditioned game, intercepted pass = score, intercepted pass and score = 2 x score. 	<p>Assessment</p> <ul style="list-style-type: none"> ○ To demonstrate a variety of tactics based on the opposition. ○ To demonstrate the ability to outwit an opponent in a game situation use a range of throwing and catching techniques. ○ To demonstrate a confident understanding of the rules of handball. ○ To demonstrate effective communication & leadership skills. <p>Task examples</p> <ul style="list-style-type: none"> ○ Warm up – Student led pulse raiser + stretches. ○ Discuss assessment criteria. 4's-3 fielders, 1 batter. Batter to hit + run to base and back. ○ Swap roles. ○ Full rounders game. Pupils to provide rules to group. 2 teams – 5 minute innings. ○ After 1st innings – allow team talk. ○ Discuss good points and improvements to team tactics. ○ Non-participants to umpire. ○ Teacher grades against school assessment.