



# HANDBALL



## Years 3 & 4

Lesson Week:	Lesson Topic:
Week 1	Handling the Ball
Week 2	Passing and Receiving
Week 3	Shooting
Week 4	Goal Keeping
Week 5	Team Play
Week 6	Handball Games

<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Handling the Ball.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Handballs.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To reinforce control of the ball.</li> <li>• To reinforce to use both hands.</li> <li>• To practice ball control exercises.</li> </ul>	<ul style="list-style-type: none"> <li>• Fingertips, Palm, Wrist, Whole Arm, Head Up, Balance, Control, Possession, Ball, Direction, Area, Vision.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Set up small gates/goals, with the cones, all around the working area. Children work individually with a ball each, moving through as many gates as they can whilst tipping their ball from one hand to the other using their finger tips.</li> <li>2) Same exercise as 1, but this time, give the children a target score to get to in the specified time.</li> <li>3) Same exercise as 1, but this time, give the children extra points for not letting their ball hit the ground.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Hold the ball instead of tipping the ball.</li> <li>3) Decrease number of gates.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Increase target score.</li> <li>3) Decrease time limit.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Ball Handling”</b></p> <ol style="list-style-type: none"> <li>1) Fingertip Touch – Each child has a ball. Practice tapping their ball with their fingertips from side to side. In front of body, above head, near feet.</li> <li>2) Ball Rotations – Each child has a ball. Practice rotating their ball around different parts of their body. Ankles, one leg, two legs, waist, head.</li> <li>3) Figure of Eights – Each child has a ball. Practice moving their ball in a figure of eight around their legs.</li> <li>4) Ball Flicks (Cross Hands) – Each child has a ball and starts with the ball between their legs, one hand on the front of the ball, and the other around the back of their leg on the back of their ball. Practice flicking their ball up and switching their hand position and catching the ball before it bounces.</li> <li>5) Ball Flicks (Two Hands) – Each child has a ball and starts with the ball between their legs, one hand on each side of the ball. Practice flicking their ball up and switching their hand position from in front of their legs, to behind their legs and catching the ball before it bounces.</li> <li>6) Twister – Each child has a ball. A competition to see if the children can rotate the ball around their ankles, then their waist, then their head, then their waist and then their ankles. Up and down equals one.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Allow the ball to touch floor/body parts.</li> <li>2) Use smaller balls.</li> <li>3) Decrease the speed of movement.</li> <li>4) Work in pairs to assist with difficult moves.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Introduce target scores.</li> <li>3) Introduce time limits.</li> <li>4) Introduce competitions.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths while moving.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A's, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Passing and Receiving.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Handballs</li> <li>• Hoops – Variety of colours.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To revise the skills of throwing, catching and passing accurately.</li> <li>• To use as many different ways of passing as they can.</li> </ul>	<ul style="list-style-type: none"> <li>• Pass, Dribble, Bounce, Fingertips, Palm, Wrist, Chest, Head Up, Balance, Target, Control, Run, Possession, Ball, 5v5, Direction, Area, Vision</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Set up small gates, with the cones, all around the working area. Children work in pairs to try and pass through as many gates as they can in a specified time.</li> <li>2) Same exercise as 1, but this time, the children have to use as many different ways of passing as they can.</li> <li>3) Same exercise as 1, but this time, the children score different amounts of points depending on the different coloured gates.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Hold the ball instead of tipping the ball.</li> <li>3) Decrease number of gates.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Increase target score.</li> <li>3) Decrease time limit.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Passing and Receiving”</b></p> <ol style="list-style-type: none"> <li>1) Children work in pair’s - one ball between two. Children pass back and forth to each other.</li> <li>2) Same exercise as 1, but this time, ask the children to concentrate on ‘showing a target’ to show they are ready to catch.</li> <li>3) Same exercise as 2, but this time, ask the children to concentrate on calling out the name of the person they are passing to.</li> <li>4) Same exercise as 3, but this time, ask the children to concentrate on throwing the ball and pointing to the target.</li> <li>5) Same exercise as 4, but this time children use bounce pass. Throwing and pointing to the floor just in front of their partner’s feet (1m).</li> <li>6) Passing competition. Which pair can make the most passes in a specified time?</li> <li>7) Same exercise as 6, but this time, which pair can make the most bounce passes in a specified time?</li> <li>8) Time Bomb – Children work in 5’s, one ball per group, stood in a circle. Children continuously pass to each other for a specified time, making any pass they wish. Whoever has the ball when the time runs out, is out. Children who make bad passes are out.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Underarm throwing only.</li> <li>2) Catch and cuddle the ball.</li> <li>3) Allow the ball to bounce as many times as needed before catching.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase the speed of passing.</li> <li>2) Introduce one handed catching.</li> <li>3) Don’t allow the ball to bounce.</li> <li>4) Introduce an interceptor.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths before they pass.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<p><b>Session Topic and Number of Participants:</b></p>	<p><b>Equipment:</b></p>
<ul style="list-style-type: none"> <li>• Shooting.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Handballs.</li> <li>• Goals.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<p><b>Learning Outcomes:</b></p>	<p><b>Vocabulary:</b></p>
<ul style="list-style-type: none"> <li>• To revise the basics of shooting.</li> <li>• To practice shooting while stationary.</li> <li>• To practice shooting while on the move.</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot, Balance, Eyes, Legs, Hands, Follow Through, Snap, Fingertips, Wrist, Head Up, Balance, Target, Control, Run, Possession, Ball, 5v5, Direction, Area, Vision</li> </ul>
<p><b>Warm Up:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Multi-Goals”</b></p> <ol style="list-style-type: none"> <li>1) Set up small goals, with the cones, all around the working area. Children work individually, trying to score in as many goals as they can in a specified time.</li> <li>2) Same exercise as 1, but this time, give the children different points for shooting from different distances.</li> <li>3) Same exercise as 1, but this time, choose some children to be goal keepers.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Rolling the ball only.</li> <li>2) Stationary shooting in one goal.</li> <li>3) Increase the size of the goals.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase distance of shots.</li> <li>2) Introduce target scores.</li> <li>3) Decrease time limit.</li> </ol>
<p><b>Main Content:</b></p>	<p><b>Differentiation:</b></p>
<p><b>“Shooting Distance Challenge”</b></p> <ol style="list-style-type: none"> <li>1) Children work in groups, with a goal and one ball per group. Children take it in turns to shoot at the goal, and they then collect the ball and bring it back for the next child in line. Each time they score, when they have their next turn, they shoot from two steps further back. The child who reaches the furthest away from goal wins.</li> </ol> <p><b>“Group Shooting”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 4’s – With a goal and one ball per group. Children take it in turns to shoot at the goal.</li> <li>2) Same exercise as 1, but this time, children run with the ball a short distance before shooting at the goal.</li> <li>3) Same exercise as 2, but this time, children take it in turns to be a defender. Attackers try to take the ball around the defender before shooting at the goal.</li> <li>4) Same exercise as 3, but this time, children take it in turns to be a passer/feeder. Attackers try to get around the defender, then the feeder passes the ball to them before they shoot at the goal while on the move.</li> <li>5) Same exercise as 4, but this time, children take it in turns to be goal keepers as well.</li> <li>6) 5 v 5 Games – Children take it in turns to be goal keepers. Each player must touch the ball at least once before a shot at goal is allowed.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Rolling the ball only.</li> <li>2) Stationary shooting in the goal.</li> <li>3) Increase the size of the goals.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase distance of shots.</li> <li>2) Decrease the size of the goals.</li> <li>3) Introduce target scores.</li> <li>4) Introduce time limits.</li> <li>5) Increase the number of defenders.</li> <li>6) 5 v 5 Games – Don’t allow running with the ball.</li> </ol>
<p><b>Cool Down:</b></p>	<p><b>Assessment Opportunities:</b></p>
<p><b>“Multi-Goals”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Goalkeeping.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Handballs</li> <li>• Hoops – Variety of colours.</li> <li>• Cones – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To practice saving the ball with both hands.</li> <li>• To practice saving the ball using both hands and feet.</li> <li>• To practice saving shots with control.</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot, Balance, Eyes, Follow Through, Run, Fingertips, Wrist, Head Up, Target, Control, Foot, Possession, Ball, 5v5, Direction, Area, Vision, Save, Dive, Hands, Turn, Wide.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Set up small gates (goals), with the cones, all around the working area. Children work in pairs to try and throw and catch through as many gates as they can in a specified time.</li> <li>2) Same exercise as 1, but this time, give the children a target score to get to in the specified time.</li> <li>3) Same exercise as 1, but this time, the children score different amounts of points depending on the different coloured gates.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the speed of movement.</li> <li>2) Hold the ball instead of tipping the ball.</li> <li>3) Decrease number of gates.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed.</li> <li>2) Increase target score.</li> <li>3) Decrease time limit.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Goal Keeping”</b></p> <ol style="list-style-type: none"> <li>1) Children work in groups, with a goal and one ball per group. Children take it in turns to shoot at the goal and be goal keepers. After they shoot, they become the goal keeper and the goal keeper brings the ball back for the next child in line.</li> <li>2) Same exercise as 1, but this time, children get points for every ball they save. Most points wins.</li> <li>3) Same exercise as 2, but this time, children get different points depending on whether they save the ball and it is loose, or if they keep it under control (1 point for loose, 2 points for keeping control). Most points wins.</li> <li>4) Same exercise as 3, but this time, children get different points depending on what body part they save the ball with (1 point for legs and feet, 2 points for one hand, 3 points for two hands). Most points wins.</li> </ol> <p><b>“Goal Bombardment”</b></p> <ol style="list-style-type: none"> <li>1) Children work in groups, with a goal and a ball each. Children take it in turns to be in goal. Other children set up in their own space at least 10 steps away in front of goal. On command they all shoot immediately one after the other and the goal keeper tries to save as many balls as possible. Children get 1 point for each ball they save. Most points wins.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Rolling the ball only.</li> <li>2) Increase the shooting distance.</li> <li>3) Decrease the size of the goals.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Decrease the distance of shots.</li> <li>2) Increase the size of the goals.</li> <li>3) Introduce target scores.</li> <li>4) Introduce time limits.</li> <li>5) Only earn points if the ball is controlled.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Through the Gates”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths before they throw and catch.</li> <li>2) Same exercise as in 1, but this time the children have to slowly lunge around the area.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Team Play.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Handballs</li> <li>• Goals.</li> <li>• Cones / Hoops – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To reinforce ball handling, shooting and passing skills.</li> <li>• To improve the skills of attack in an invasion game.</li> <li>• To participate in a game of hoop ball.</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot, Space, Fingertips, Wrist, Head Up, Balance, Target, Run, Possession, Ball, 5v5, Direction, Area, Vision, Dribble, Pass, Move.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Time Bomb”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group, passing and moving in a specified area as fast and controlled as possible for a specified time. Whomever has the ball when the time stops is out.</li> <li>2) Same exercise as 1, but this time increase the distance the children must pass over.</li> <li>3) Same exercise as 1, but this time, decrease the specified time.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Underarm throwing only.</li> <li>2) Catch and cuddle the ball.</li> <li>3) Allow the ball to bounce as many times as needed before catching.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Introduce one handed catching.</li> <li>2) Don’t allow the ball to bounce.</li> <li>3) Out if a bad pass or catch is made.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Team Skills”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group passing and moving in a specified area as fast and controlled as possible, calling out the name of the child they are passing to.</li> <li>2) Same exercise as 1, but this time, children take it in turns to be defenders/interceptors.</li> <li>3) Still in 5’s, passing relay races. Teams line up one behind other. First child passes to the second, who turns and passes to third and so on. When the last player receives the ball, they dribble to the front of the line and then repeats the exercise, etc. First team to cross a specified distance wins.</li> <li>4) 5 v 5 Passing Games – Teams have to make as many passes as they can. If the other team gains control of the ball, they try to do the same. First team to so many passes wins.</li> </ol> <p><b>“Hoop Ball”</b></p> <ol style="list-style-type: none"> <li>1) 5 v 5 Hoop Ball Games – As close to full handball rules as possible. Children score points by passing the ball to a team mate who stands in a hoop at the far end of their opponents half.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Underarm throwing only.</li> <li>2) Catch and cuddle the ball.</li> <li>3) Allow the ball to bounce as many times as needed before catching.</li> <li>4) Walking rather than running.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed of movement.</li> <li>2) Add more defenders/interceptors.</li> <li>3) Introduce one handed catching.</li> <li>4) Don’t allow the ball to bounce.</li> <li>5) 5 v 5 Games – Don’t allow running with the ball.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Time Bomb”</b></p> <ol style="list-style-type: none"> <li>1) Same exercises as in the warm up section, but this time the children stand stationary in a circle.</li> <li>2) Same exercise as in 1, but this time the children have to sit in a circle.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>



<b>Session Topic and Number of Participants:</b>	<b>Equipment:</b>
<ul style="list-style-type: none"> <li>• Handball Games.</li> <li>• Up to 30 Children.</li> </ul>	<ul style="list-style-type: none"> <li>• Handballs</li> <li>• Goals.</li> <li>• Cones / Hoops – Variety of colours.</li> <li>• Bibs – Variety of colours.</li> </ul>
<b>Learning Outcomes:</b>	<b>Vocabulary:</b>
<ul style="list-style-type: none"> <li>• To reinforce ball handling, shooting, passing, and attacking skills.</li> <li>• To reinforce the different rules of handball.</li> <li>• To participate in a game of handball.</li> </ul>	<ul style="list-style-type: none"> <li>• Shoot, Space, Fingertips, Wrist, Head Up, Balance, Target, Run, Possession, Ball, 5v5, Direction, Area, Vision, Dribble, Pass, Move.</li> </ul>
<b>Warm Up:</b>	<b>Differentiation:</b>
<p><b>“Time Bomb”</b></p> <ol style="list-style-type: none"> <li>1) Children work in 5’s – one ball per group, passing and moving in a specified area as fast and controlled as possible for a specified time. Whoever has the ball when the time stops is out.</li> <li>2) Same exercise as 1, but this time increase the distance the children must pass over.</li> <li>3) Same exercise as 1, but this time, decrease the specified time.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Underarm throwing only.</li> <li>2) Catch and cuddle the ball.</li> <li>3) Allow the ball to bounce as many times as needed before catching.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Introduce one handed catching.</li> <li>2) Don’t allow the ball to bounce.</li> <li>3) Out if a bad pass or catch is made.</li> </ol>
<b>Main Content:</b>	<b>Differentiation:</b>
<p><b>“Playing the Game”</b></p> <ol style="list-style-type: none"> <li>1) Discuss the ‘3-steps’ rule. When carrying the ball, every 3 steps they must bounce the ball, pass or shoot.</li> <li>2) Discuss the ‘3-seconds’ rule. Players can’t hold onto the ball for more than 3 seconds without doing anything.</li> <li>3) Discuss the ‘1-bounce’ rule. Players can make one bounce of the ball only, with one hand and catch, each time they take 3 steps.</li> <li>4) Discuss the ‘Goal Area’ rule. Only the goal keepers are allowed to step foot in the goal area, no one else.</li> <li>5) Discuss the ‘Contact’ rule. No touching of any players what so ever.</li> <li>6) 5 v 5 Handball Tournament – As close to full handball rules as possible.</li> </ol>	<p><b>“Easier”</b></p> <ol style="list-style-type: none"> <li>1) Underarm throwing only.</li> <li>2) Catch and cuddle the ball.</li> <li>3) Allow the ball to bounce as many times as needed before catching.</li> <li>4) Walking rather than running.</li> <li>5) Don’t allow interceptions.</li> <li>6) Restrict players to certain zones on the court.</li> <li>7) Take away certain rules.</li> </ol> <p><b>“Harder”</b></p> <ol style="list-style-type: none"> <li>1) Increase speed of movement.</li> <li>2) Introduce a target of passes before shots are allowed at goal.</li> <li>3) Don’t allow the ball to bounce when passed.</li> <li>4) Don’t allow running with the ball.</li> <li>5) Have no goal keepers to make it harder for defending teams.</li> <li>6) Have more goal keepers to make it harder for attacking teams.</li> </ol>
<b>Cool Down:</b>	<b>Assessment Opportunities:</b>
<p><b>“Pop-the-Bubble”</b></p> <ol style="list-style-type: none"> <li>1) Children take it in turns to shoot at the goal from the half way line. If they score they go to the back of the line. If they miss they go in the ‘bubble’. If the next child scores the bubble ‘pops’ and they are out. If the next child misses they take their place in the bubble and the first child goes to the back of the line, etc. Last child remaining wins.</li> </ol>	<ul style="list-style-type: none"> <li>• Peers, Self, Group Work, Q &amp; A’s, Observations.</li> </ul>

