

Autumn 1
Swans (Yr 6)

PE - Year 6 - Handball



What I should already know... principles of other invasion games, rules of other sports, fairness, tactics

Learning Objectives

To use a variety of passes to maintain possession under pressure

To select the appropriate skill to create space, move towards goal and away from defenders.

To select and apply the appropriate skill to score goals.

To use defending skills to prevent an opponent from scoring.

To use the appropriate defensive technique for the situation.

To apply rules, skills and principles to play in a tournament.

Vocabulary

Close Down : used in defence to deny a space to an opponent or to make an angle smaller making it harder for the attack.

Interception: when a player takes possession of the ball away from the opposition as the ball is passed.

Marking : when a player defends an opponent

Possession: when a team has the ball - they are in possession

Principle: these are the attacking and defending foundations that make up a game.

Other Vocabulary :

Angle ; Control; Create; Delay ; Inclusion; Pressure; Reaction; Release; Support; Tactics; Transfer

Links to the National Curriculum

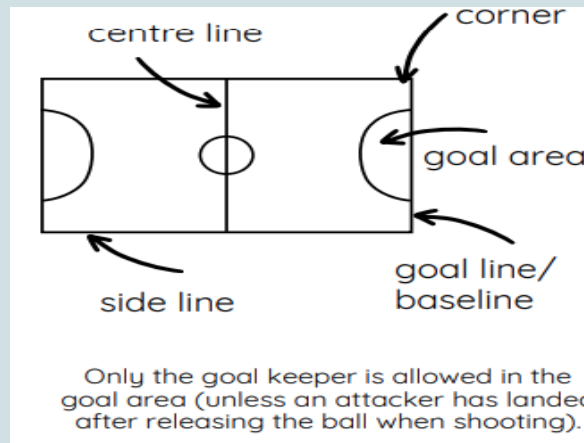
Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.

Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.



Key Rules of Handball

The Rule of Three

- You can hold the ball for three seconds if not moving
- You can take three steps with the ball then option to pass. Shoot or dribble followed by the option to use an additional three steps
- You must be three steps away at a throw in

Other Rules:

- Games start from the centre of the court
- The conceding team start from the centre of the court after a goal is scored
- Double Dribble - dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again is called a double dribble.

Key Principles of Invasion Games

<u>Key Principles of Attacking and Defending</u>	
<u>Attacking</u>	<u>Defending</u>
<ul style="list-style-type: none">● Score Goals● Create Space● Maintain Possession● Move the ball towards the goal	<ul style="list-style-type: none">● Stop goals● Deny Space● Gain Possession

5 Facts about Handball

1. Two teams of seven players pass the ball hand-to hand and attempt to score by throwing it into the other team's goal - the team with the highest score at the end of the game wins
2. Handball was first played in Scandinavia and Germany at the end of the 19th century, with the modern rules drawn up in Denmark in 1898.
3. On its Olympic debut at the Berlin 1936 Games, handball was an 11-a-side game played on large, outdoor pitches - it moved to indoor gyms to avoid Europe's harsh winters.
4. Handball is the second most-played sport in Europe and of the 22 countries to have won Olympic medals, the only non-Europeans are the Republic of Korea and China.
5. Handball is usually played on a court slightly bigger than a basketball court. However, it can be played indoors or outdoors on any sized court depending on the space available. The court has a goal at each end and around each goal should be a 'D', known as the crease.