

Year 4 Handball

National Curriculum objectives

Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Key Learning

- Throw and catch using different techniques
- Pass and shoot the ball accurately and within a competitive situation
- Dribble with ball and make a pass
- Move using space appropriately

Equipment

- Class set of Handballs or similar sized balls
- Coloured bibs for two different teams
- Lines or marker cones
- Hoops
- 2x benches
- Bean bags
- Basket/box or hoop
- Throw down lines
- Skittles/cones

Key Vocabulary

Aim: Preparing to throw or hit the ball towards a given target or in a specific direction.

Bounce pass: Passing the ball to bounce on the floor in front of person you are passing to.

Bounce: When a ball hits the floor and returns to the air.

Catch: The ball is caught with two hands forming a bowl. Take hold of the ball after a pass from another player.

Dribble: Moving the ball forwards past opponents with slight touches of the hand and continuous bouncing.

Overhead pass: Hold the ball higher than the head to shoot over the defender. The ball will rest in the hand with the fingers gripping where possible.

Pass: Sending the ball to another member of your team.

Shoot: To try to score points for your team by hitting the ball towards the goal or net.

Space: The area to move around and play the game in.

Target: A mark which is aimed at when throwing or passing the ball accurately.

Throw: Pass the ball to another player.

Key Questions

What are some things you can do to get more force to increase the distance when you pass the ball?

What is the position of the arm when passing, and shooting?

What are you thinking about when you prepare to shoot at a target?

What is the best body position for dribbling the ball?

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down