

Year 6 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

- Developing dribbling and shooting within game situations
- Accurately pass a ball and intercept a pass
- Defend in game situations
- Demonstrate goalkeeper skills
- Apply skills to a full game situation

Equipment

- Cones
- Handballs
- Medicine ball
- Cardboard boxes or similar
- Bean bags
- Coloured bands/bibs
- Whistle
- Hoop/basket
- Music with a strong beat

Key Vocabulary

Block: When your opponent is shooting and you try to place one or both hands in front of the ball, grasping the ball before a shot is made or pulling the opponents shooting arm down.

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

Intercept: Blocking the ball from passing between two other players

Pass: Moving the ball to another player by either using a **bounce pass** or an **overhead pass**.

Score: A goal is scored when the whole of the ball passes between the goalposts and travels fully over the goal line.

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

Key Questions

What makes a good defender?

Where are you looking when you are defending?

What is the best body position for dribbling the ball?

What are you thinking about when you have the ball ready to pass?

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