

# **S** SCHEME OF WORK

## Handball - KS2 (YR 3&4)

<b>Lesson 1</b>	How can you control the ball in handball?
<b>Lesson 2</b>	How can you pass and catch the ball in handball?
<b>Lesson 3</b>	How can you take steps and pass the ball in handball?
<b>Lesson 4</b>	How can you shoot in handball?
<b>Lesson 5</b>	How can you work as part of a team when you compete in a mini handball game?
<b>Lesson 6</b>	How can you work as part of a team when you compete in a mini basketball game?

### Success Criteria:

#### Year 3

- I can move the ball between my hands and catch it with some control
- I can catch a ball making the W' shape with my hands and fingers spread wide
- I can take two steps and pass with some control
- I can attempt to shoot in a game situation
- I can play and accept the rules; competing fairly, being gracious in victory and defeat, most of the time
- I can play and accept the rules; competing fairly, being gracious in victory and defeat most of the time

#### Year 4

- I can move the ball around my body and catch it with control
- I can step forward with one foot when making a pass
- I can bounce the ball, take two steps and pass with some control
- I can attempt to shoot while on the move with some accuracy
- I can play and embrace the rules, being gracious in victory and defeat
- I can play and embrace the rules, being gracious in victory and defeat



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## PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- STRENGTH
- FLEXIBILITY
- DODGING
- PIVOTING
- THROWING
- CATCHING
- CONTROL
- RUNNING
- AWARENESS
- SPEED
- JUMPING
- SKIPPING
- STRIDING
- SHOOTING

## SOCIAL ME

- CO-OPERATE WITH OTHERS
- MINI COACH – MAKING UP AND LEADING WARM UPS
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE GROUP
- PEER ASSESSMENT
- FAIRNESS- COMPETITION

## THINKING ME

- SELECT AND APPLY SKILLS
- FEEDBACK TO A PARTNER / GROUP
- DISCUSSING AND SHARING IDEAS
- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- LEARNING NEW RULES
- TACTICAL AWARENESS
- REMEMBERING NEW GAME RULES

## HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- COOL DOWN
- STAY HYDRATED
- UNDERSTANDS WHICH EXERCISES / MOVEMENTS INCREASE THE HEART RATE / PULSE RATE



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## **End of Key Stage Attainments:**

### **Year 3**

**Can use running, jumping, throwing and catching in isolation**

**Has begun to develop flexibility, control and balance**

**Is beginning to communicate with others during physical activities**

**Has begun to play competitive/modified games, and apply some basic principles suitable for attacking**

**Is beginning to compare their performances with previous ones**

**Can begin to recognise their own success**

### **Year 4**

**Can begin to use running, jumping, throwing and catching in isolation and in combination**

**Has developed flexibility control and balance**

**Can communicate with others during physical activities**

**Has begun to play competitive/modified games, and apply basic principles suitable for defending**

**Can compare their performances with previous ones**

**Can recognise their own success**



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## Links to National Curriculum:

Literacy	<ul style="list-style-type: none"><li>• New vocabulary e.g. Pivot, Semi-circle</li></ul>
Numeracy	<ul style="list-style-type: none"><li>• <b>Distance – standing 1m apart for the rules of the game</b></li><li>• <b>Length of time – 5" while holding the ball, (small sided games activities)</b></li><li>• <b>Counting – 3 steps when moving when holding the ball</b></li></ul>
PSHE	<ul style="list-style-type: none"><li>• <b>Patience / turn taking / fairness</b></li><li>• <b>Working and being part of a team</b></li><li>• <b>Communication, working in pairs / teams</b></li><li>• <b>Perseverance, to improve on skills</b></li><li>• <b>Supporting their peers and showing good communication skills</b></li></ul>



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## Health & Safety

- It is advised that all equipment is appropriately cleaned in line with government guidelines for the corona virus, before and after each lesson
- Children to stay hydrated
- Warm up and down before and after the lesson
- Children to wear appropriate footwear
- Only the goalkeeper is allowed in the semi-circle during small sided games



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