

# **S** SCHEME OF WORK

## Handball - KS2 (YR 5 & 6)

<b>Lesson 1</b>	How can you catch and pass the ball in handball?
<b>Lesson 2</b>	How can you dribble the ball in handball?
<b>Lesson 3</b>	How can you defend in handball?
<b>Lesson 4</b>	How can you shoot in a variety of ways in Handball?
<b>Lesson 5</b>	How can you work as a team in a handball tournament?
<b>Lesson 6</b>	How can you work as a team in a handball tournament?

### Success Criteria:

#### Year 5

- I can pass the ball using a bounce and chest pass
- I can dribble the ball with some control using one hand
- I can block a player in a conditioned game
- I can shoot using correct technique
- I can listen to others, express my own ideas and work well with others tactically
- I can listen to others, express my own ideas and work well with others tactically

#### Year 6

- I can attempt to use various passes in a game
- I can dribble the ball changing direction with control and attempt to shoot
- I can block a player and mark an area when defending
- I can shoot attempting to use a jump shot
- I can evaluate and recognise success to help improve performance
- I can evaluate and recognise success to help improve performance



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## PHYSICAL ME

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

## 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

## 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 5**

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

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

**Can show some communication and collaborate with others in a variety of activities**

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

**Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best**

**Attempts to evaluate performance and can recognise their own success**

### **Year 6**

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

**Has developed flexibility, strength, technique, control and balance**

**Can communicate and collaborate with others in a variety of activities**

**Can play competitive/modified games, and apply basic principles suitable for attacking and defending**

**Can compare their performances with previous ones and demonstrate improvement to achieve their personal best**

**Can evaluate performance and 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>• Distance – standing 1m apart for the rules of the game</li><li>• Length of time – 5" while holding the ball, (small sided games • activities)</li><li>• Counting – 3 steps when moving when holding the ball</li></ul>
PSHE	<ul style="list-style-type: none"><li>• Patience / turn taking / fairness</li><li>• Working and being part of a team</li><li>• Communication, working in pairs / teams</li><li>• Perseverance, to improve on skills and scores</li><li>• Supporting their peers and showing good communication skills</li><li>• Intuition – setting up their own courses and activities for other</li></ul>



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## Health & Safety

- 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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