

Prior Learning: In Year 5, children continued to develop their passing techniques and were introduced to the overhead pass. Children also practiced dribbling skills with one hand. They learned defending skills including blocking the ball and marking an area. Children began to shoot using the correct technique and attempted the jump shot. Children also developed their leadership qualities and evaluation skills through small sided games.

Physical Me

Throw

Catch

Dodge

Run

Dribble

Agility Power

Balance

Co-ordination

Jump

Speed

Key Skills

Value Me

- Leadership
- Determination

Thinking Me

- To make decisions in the game
- Evaluate and improve

Social Me

- Teamwork
- Encouraging others



Our Handball Rules:

Number of players: 5v5

You have 5 seconds to hold the ball: then you must pass or shoot

Courts: Only allowed goal keeper inside the semi circle

Start of play: Game is started by a 'throw off'

Scoring a goal: A goal is scored by throwing the ball into the oppositions net

After a goal is scored play is restarted by the GK

If the goal keeper saves a ball, play is restarted by the GK

Players are allowed to take 3 steps with the ball.

Travelling - taking more than 3 steps. Free-throw given to the other team.

Dribbling - No double dribble

No Contact - can intercept or block

Key Vocabulary

Jump Shot

Overhead

Possession

Pressure

Block

Semi - Circle

Passive defender

Mark

Conditioned

Key Knowledge

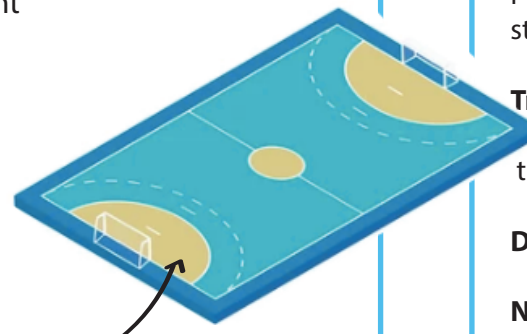
Jump shot

- the vertical jump shot is thrown with power and speed downward into the opponent's goal.
- The angle/speed makes it hard for the opponent or goalkeeper to stop.

Passive defender

- Puts pressure on a player by marking/following them, but cannot touch the player/ ball

Possession - Is having control of the ball by one team, which can give that team the opportunity to score.



Semi-circle