



Handball

EY

Ball Awareness-moving ball on body

Experiment with moving an object along the floor e.g pushing a balloon

Throw to self, catching a soft ball/balloon. Passing to a partner with different types of balls

Throwing at and into targets e.g. on walls, on benches, cones- to score

Run in an area, stop quickly and 'Freeze' (in a game/warm up) -fundamentals to developing footwork

Move around safely in a variety of ways and negotiating space

Play adapted games to get past players, with a ball - (while attempting to bounce it)

Year 1 (progressions through ball skills/Ball games)

Ball Awareness-moving a ball on the ground

Throwing a ball into a target (through cones) to score

Follow an opponent in a game/adapted game

Small-sided games 3vB. Begin to develop tactics for attacking and defending.

Ball Awareness-moving ball on the ground with control

Experiment with bouncing and dribbling a ball, beginning to use left and right hands

Catch a ball safely. Pass from a short distance to a partner

Scoring in a variety of ways and begin to use these in a game situation- introduce scoring into goals

Footwork -experiment with taking 3 steps and passing the ball

Move into a space to catch a ball. Pass the ball to someone in a space

Follow an opponent and trying to win (intercept) the ball

Small-sided games (Mini Handballl). Develop tactics for attacking and defending



Dribbling and bouncing a ball in a variety of ways 'push not pat'

Pass and receive a handball safely (chest and bounce pass). Pass the ball in a game within 5 seconds

Scoring a goal (handball simulate e.g through 2 cones) adding a passive Goal keeper

Introduce footwork through warm ups and games-3 steps and pass

ge in a conditioned game to get into a space, begin to apply some basic principles suitable for attackin

Adapted games, begin to apply some basic principles for attacking & defending

Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules

ass and receive, stepping into the pass (chest and bounce pass)

Scoring into a goal, beginning to take 3 steps- adding an active goalkeeper

Bringing in footwork and travelling rules into a game situation

Encourage children to talk about tactics when attacking and defending

Introduce 4v4 or adapted game. Begin to use some additional rules e.g travelling, contact



ribbling the ball, changing direction, and turning, using either hand

Pass, receive and move with the ball (chest and bounce pass)

Introduce a jump shot in isolation and in a game

Using footwork technique (3 steps) in game and shooting

ng around your partner in a variety of ways e.g. with and without a ball

Defending - introduce blocking technique

Begin to use techniques learned in a game situation and to have an understanding of key rules

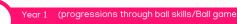
Awareness-copying a partner and keeping control while moving the ball

Use a variety of shooting techniques in a game situation e.g. feint and shoot, jump and shoot, step and shoot

Moving with the ball and perform the correct footwork in a competitive game situation

To apply defensive techniques e.g blocking and marking in a competitive game situation. Use techniques learned and apply in a game situation. Children to officiate.





Experiment with bouncing and dribbling a ball

Catch a soft ball safely, Pass a soft ball from the chest - 'W' shape when passing and receiving

Footwork- adapted game, beginning to introduce taking steps with the ball



