

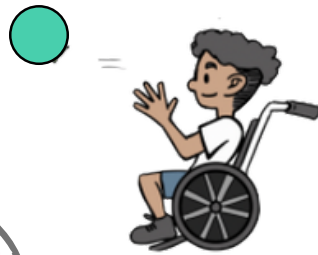
About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Handball is often described as a mix of football and basketball.

In invasion games you can use simple tactics to help you. A key tactic you will use in this unit when attacking is to spread out. By spreading out, it helps to support your teammate with the ball by giving them an option to pass to. It will also help to move defenders apart and force them to make decisions about who to defend.

Invasion Games Key Principles	
attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	



Can you think of any other invasion games that share these principles?



Key Vocabulary

accurate: sending the object to the given target

communicate: share information

direction: forwards, backwards, sideways

intercept: to gain possession of the ball

invasion: a game of two teams who invade each other's space to score goals

opposition: someone not on your team

possession: to have

space: the area available

speed: how fast or slow you move

tactics: a plan that helps you to attack or defend

teamwork: working with others to succeed

tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Point your hands to your target when throwing to help to send the ball accurately.

Space:

Spreading out as a team will help to move the defenders away from each other.

Attacking:

As an attacker you need to maintain possession and score goals.

Defending:

As a defender you need to stop the opposition and gain possession.

Movement Skills

- throw
- catch
- run
- jump
- shoot
- change direction
- change speed

This unit will also help you to develop other important skills.

Social communication, co-operation, work safely

Emotional honesty and fair play, confidence, support

Thinking decision making, select and apply, comprehension, identify

Rules

The rule of three:

- If you have the ball in your hands you can take up to three steps then you either have to pass or shoot.
- Can only hold the ball for three seconds if standing with the ball.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Tactics

Using tactics will help your team to maintain possession and score goals or gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Hit the Spot

What you need: two markers e.g. a cushion and a ball or pair of socks

How to play:

- Place one marker down as the start spot and another marker as the target.
- Throw overarm to hit the target.
- For each successful hit, move the start marker one big step back.
- How far back can you get?
- Make this easier by making the target area larger.



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. @getset4education136