

**Recap: What do we know about handball?**

**Lesson 1/6**

# **To introduce passing and moving in handball**

## **Success Criteria**

**To be able to:**

- **Combine the skills of moving and passing**
- **Attempt to shoot in a game situation**
- **Apply their throwing and catching skills when taking part in small games**

**Recap: To be able to pass and move in handball**

**Lesson 2/6**

# **To introduce the skill of defending in handball**

## **Success Criteria**

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### **To be able to:**

- Stand with their feet apart and your knees slightly bent**
- Raise their arms above their head or out to the sides, to make it difficult for your opponent to pass**
- Understand to be on their toes and ready to move with the opponent in any direction**

**Recap: To introduce the skill of defending in handball**

**Lesson 3/6**

# **To introduce modified small-sided games of handball**

## **Success Criteria**

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### **To be able to:**

- Be introduced to the basic rules of handball**
- Play and follow the rules of handball**
- Understand how tactics can be used to help win games**

**Recap: What do we know about lacrosse?**

**Lesson 4/6**

# **To introduce the skill of shooting in lacrosse**

## **Success Criteria**

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### **To be able to:**

- Move their top hand toward the middle of the stick**
- Stand side-on with the front elbow up high**
- Swing through in an arch, pointing at target to help**

**Recap: To introduce the skill of shooting in lacrosse**

**Lesson 5/6**

# **To introduce the skill of cradling the ball in lacrosse**

## **Success Criteria**

**To be able to:**

- Have their hands wide apart in the catching grip**
- Hold their stick in the carry position**
- Move their top hand so the stick head moves from shoulder to chin and back**

**Recap: To introduce the skill of cradling the ball in lacrosse**

**Lesson 6/6**

# **To introduce the skill of defending in lacrosse**

## **Success Criteria**

**To be able to:**

- **Know that they need to stand in between attacker and goal**
- **Keep a low body position in line up with the attacker**
- **Make sure they can see the attacker and the ball, don't get too close**