

COMPETING EDSTART

Year 4 - Development of Invasion Games Handball & Lacrosse - Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Develop the technique of catching a ball making the 'W' shape**
- **Bounce the ball whilst on the move and pass with some control**
- **Attempt to shoot while on the move with some accuracy**
- **Shoot with accuracy and power successfully at a target**
- **Hold their stick across the body with the head near the shoulder**
- **Keep their front elbow high to help with their aim**
- **Have their preferred hand under the head of the stick**
- **Stand face-on, pointing their stick head forward**

Learning Objective

Learning Outcomes

1 To pass and move in handball using the 'rule of 3'

Children can:

- Begin to know the 'rule of 3' for moving and passing in handball - if a handball player takes more than three steps without dribbling (Bouncing the ball) or holds the ball for more than three seconds without bouncing it, shooting, or passing, then that is deemed 'travelling' and possession is lost

2 To develop the skill of defending in handball

Children can:

- Understand that marking involves being close to a player and to prevent them from passing or receiving
- Know when marking a player who does not have the ball, position themselves between the player and the ball
- Make the decision when to block, steal or intercept the ball

3 To play modified, small-sided games of handball

Children can:

- Follow and understand some of the main rules of handball
- Start to apply some basic principles suitable for attacking and defending handball skills in a game with varying success

4 To develop the skill of shooting the ball in lacrosse

Children can:

- Hold the stick lower down and stand side-on with the front elbow up high
- Pull the stick down with their bottom hand as they push forward quickly with their top hand
- Start to use the shooting technique whilst on the move

5 To develop the skill of attacking in lacrosse

Children can:

- Keep possession of the ball by moving into space to receive the ball
- Make sure ball carrier always has a minimum of two passing options:
 - A pass forward
 - A pass to the side

6 To develop the skill of defending in lacrosse

Children can:

- Stand in between attacker and goal and shadow the attacker's movement
- Line up with attacker's belly button with a semi side-on stance
- Make their upper body as big as possible

Assessment Mark

Requirements

Working Towards

- Understand basic rules
- Retain key information
- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)

On Target

- Can perform some passes (Unopposed)
- Can dribble/run with a ball confidently using the correct techniques (Unopposed)
- Use correct technique when aiming at a target (Unopposed)
- Can consistently receive and control a ball (Unopposed)

Above Target

- Can perform a range of passes against a defender
- Can dribble/run with a ball confidently against a defender
- Use correct technique when aiming at a target against a defender
- Can consistently receive and control a ball against a defender
- Can demonstrate an understanding of spatial awareness

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Demonstrates leadership qualities
- Effectively apply some elements of strategy and tactics
- Consistently demonstrate an understanding of spatial awareness

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.