

# COMPETING EDSTART

## Year 3 - Intro to Invasion Games Handball & Lacrosse - Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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#### Children can:

- **Combine the skills of moving and passing**
- **Attempt to shoot in a game situation**
- **Know to 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**
- **Be introduced to the basic rules of handball**
- **Play and follow the rules of handball**
- **Hold their stick in the carry position**
- **Know that they need to stand in between attacker and goal**
- **Keep a low body position in line up with the attacker**

# Year 3 - Intro to Invasion Games

## Handball & Lacrosse - Unit of Work

**COMPETING**  
**EDSTART**

### Learning Objective

### Learning Outcomes

**1 To introduce passing and move in handball**

**Children can:**

- 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

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

**Children can:**

- Stand with their feet apart and knees slightly bent
- Know to 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

**3 To introduce modified, small-sided games of handball**

**Children can:**

- 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

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

**Children can:**

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

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

**Children can:**

- 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

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

**Children can:**

- 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

### 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**.