

# PLAYING

# 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:**

- Know how to grip a handball in one hand
- Pass and catch the ball in handball
- Shoot with varying accuracy and success at a target
- Shoot with relative power and varying success at a target
- Hold the lacrosse stick with the hands wide apart
- Hold one hand at the top and one at the bottom of the lacrosse stick
- Have their dominant hand closest to the head of the lacrosse stick
- Stand side-on with hands high and away from the body
- Follow through with the lacrosse stick towards the target

### Learning Objective

### Learning Outcomes

**1 To introduce the technique of handling and controlling the ball in handball**

**Children can:**

- Know how to grip a handball in one hand
- Control the ball in handball whilst moving
- Move the ball between their hands with some control

**2 To introduce the technique of passing and controlling the ball in handball**

**Children can:**

- Pass and catch the ball in handball
- Take no more than three steps and pass the ball in handball
- Catch a ball with their fingers spread wide

**3 To introduce the technique of shooting in handball**

**Children can:**

- Shoot with varying accuracy and success at a target
- Shoot with relative power and varying success at a target
- Start to shoot the ball whilst jumping in the air

**4 To introduce the technique of carrying the ball in lacrosse**

**Children can:**

- Hold the stick with the hands wide apart
- Hold their stick across the body
- Keep their stick close to the body
- Know the stick's head is held near to shoulder

**5 To introduce the technique of scooping the ball in lacrosse**

**Children can:**

- Hold one hand at top and one at bottom of stick
- Step next to the ball and squat to get over the ball
- Keep their hands/stick close to the ground
- Push through the ball, scoop and return to the carrying position

**6 To introduce the technique of throwing the ball in lacrosse**

**Children can:**

- Have their dominant hand closest to the head of stick
- Stand side-on with hands high and away from body
- Follow through with stick towards the target

### 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**.