

PLAYING EDSTART

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

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

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**

Year 3 - Intro to Invasion Games

Handball & Lacrosse - Unit of Work

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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	<ul style="list-style-type: none">Understand basic rulesRetain key informationUse fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
On Target	<ul style="list-style-type: none">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	<ul style="list-style-type: none">Can perform a range of passes against a defenderCan dribble/run with a ball confidently against a defenderUse correct technique when aiming at a target against a defenderCan consistently receive and control a ball against a defenderCan demonstrate an understanding of spatial awareness
Excelling	<ul style="list-style-type: none">Competes/demonstrates an ability to compete at an elite levelDemonstrates leadership qualitiesEffectively apply some elements of strategy and tacticsConsistently 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**.