

COMPETING EDSTART

Year 5 - Handball Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

Children can:

- **Start to develop a broader range of techniques and skills for attacking and defending**
- **Pass, dribble and shoot with control in games**
- **Identify and use tactics to help the team keep the ball and advance it**
- **Understand the 'rule of 3'**
- **Understand the basic rules of handball**
- **Mark opponents and help each other in defence**
- **Apply basic principles of team play to keep possession of the ball**
- **Play effectively as part of a team**
- **Pick out parts of performance that could be improved and suggest ideas and practices to make them better**

Learning Objective

Learning Outcomes

1 To use the high catching technique

Children can:

- Keep their arms pointing towards the ball and move towards as the ball travels
- Connect the end of their thumbs together and first finger to make a 'W' above their head
- Have their thumbs behind the ball and then wrap their fingers around the ball and bring it into the chest

2 To use the low catching technique

Children can:

- Know that as the ball is coming towards them, they start to move towards the ball
- Understand as they contact the ball, they close their fingers around the ball and bring ball into the chest
- Know to have a tight grip of the ball and get into a ready position for your next decision

3 To use the 'upper pass' in handball

Children can:

- Hold their throwing arm up high and have their elbow bent at 90°
- Start to transfer their weight from the back foot to the front foot whilst stepping towards the target
- Release the ball in front the head with both feet on the ground and facing the target

4 To pass and move the ball under pressure using a variety of techniques

Children can:

- Pass the ball using a bounce and chest pass
- Use the 'upper pass' with accuracy and control
- Dribble the ball with some control using one hand

5 To use the jump shot

Children can:

- Jump in the air as they transfer their body weight from low to high
- Have their arm up high behind the head at 90°
- Know to release the ball at the highest point of jump and throw the ball downwards at the target

6 To take part in modified games of handball using the techniques learnt

Children can:

- Apply a range of different attacking and defending handball skills with some success
- Understand and explain how tactics can be used to help win games and use them with excellent success

Assessment Mark

Requirements

Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can perform a variety of passes, dribble with a ball and aim at a target (Unopposed)
- Retain key information

On Target

- Can perform a range of passes against a defender
- Can dribble with a ball confidently using the correct techniques against a defender
- Use correct technique when aiming at a target against a defender
- Can consistently receive and control a ball against a defender

Above Target

- Can perform a range of passes in a game situation (Small sided games, e.g. 3v3)
- Can dribble with a ball confidently in a game situation
- Use correct technique when aiming at a target in a game situation
- Can consistently receive and control a ball in a game situation
- Consistently demonstrate an understanding of spatial awareness
- Effectively apply some elements of strategy and tactics
- Understand that they must move the ball forward at the same time as passing it backwards

Excelling

- Competes/demonstrates an ability to compete at an elite level
- Can identify and use tactics to help the team keep the ball and advance it forward
- Can identify and use tactics to help the team defend and win the ball back
- Can officiate small games between themselves and are able to restart the game after a stoppage in play
- Can analyse skills and techniques to modify and improve performance

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**.