

## EDSTART KNOW

- I can explain how to evaluate my performance and identify ways to improve my handball skills.
- I can describe how feedback from a coach, partner, or teammate helps me improve my passing, shooting, or defending.
- I can understand how analysing my performance helps me make better decisions in a game.

## EDSTART GO

- I can evaluate my performance and talk about what I need to do to improve my accuracy and control.
- I can use feedback from others to adjust my technique, timing, and tactical decisions during play.
- I can apply what I've learned to improve my performance in both practice and competitive situations.

## EDSTART SHOW

- I can demonstrate confidence and improvement in my passing, shooting, and defending during games.
- I can explain how my performance has improved and give reasons for my progress.
- I can show teamwork, resilience, and sportsmanship while striving to achieve my personal best.

## Key Vocabulary

**throw, catch, intercept,  
attack, defend,  
positioning, tactics,  
teamwork**

## Role Models



**Mikkel Hansen -  
Danish Olympic  
Champion and MVP**



**Camila Micijevic -  
Croatian International  
Handball Player**

## What do we know about Handball?

Handball emerged in Northern Europe in the late 19th century, combining elements of football and basketball. It became an Olympic sport in 1972 (men) and 1976 (women). The game is fast and physical, with teams of seven aiming to score in a six-metre goal area. Players use passing patterns, tactical formations and feints to create scoring chances. The International Handball Federation (IHF) governs the sport globally. Reaction time, anticipation and teamwork are key to success, and modern teams rely heavily on structured defence systems and quick transitions from attack to defence.

## In Year 5 we learnt

- to combine handball skills such as passing, dribbling, and shooting within an activity, moving between them with control and fluency.
- explain how different handball skills are used in a game and identify which situations require a combination of skills.
- support their peers by offering feedback, helping them complete exercises, and accurately recording scores or outcomes.