

**Recap: What do we know about handball?**

**Lesson 1/6**

# **To receive the ball at varying heights using different techniques**

## **EDSTART KNOW**

- I can explain how to receive a ball at different heights.
- I can describe why moving towards the ball helps me control it.
- I can understand the importance of gripping the ball tightly before my next decision.

## **EDSTART GO**

- I can receive the ball with my hands in a ready position.
- I can move towards the ball and secure it safely into my chest.
- I can catch passes at different speeds and heights.

## **EDSTART SHOW**

- I can encourage my teammates when they receive the ball.
- I can respect my opponents and play fairly.
- I can support others by giving them accurate passes.

**Recap: To receive the ball at varying heights using different techniques**

**Lesson 2/6**

# **To effectively use the 'rule of 3' in small, modified matches**

## **EDSTART KNOW**

- I can explain what the 'rule of 3' means in handball.
- I can describe different types of passes.
- I can understand when to dribble, pass, or shoot.

## **EDSTART GO**

- I can use chest, bounce, overhead, and jump passes in games.
- I can apply the rule of 3 in small-sided matches.
- I can move into space after passing.

## **EDSTART SHOW**

- I can respect the rules when playing matches.
- I can encourage teammates to move quickly and pass.
- I can work fairly in group activities.

**Recap: To effectively use the 'rule of 3' in small, modified matches**

**Lesson 3/6**

# **To be able to** **defend successfully**

## **EDSTART KNOW**

- I can explain how to mark a player in handball.
- I can describe how to block shots safely.
- I can understand how to anticipate and intercept passes.

## **EDSTART GO**

- I can defend 1v1 by holding my arms high and blocking shots.
- I can defend as part of a team by creating a wall.
- I can intercept passes by moving in front of my opponent.

## **EDSTART SHOW**

- I can respect attackers when defending.
- I can encourage teammates to stay organised in defence.
- I can show resilience even when opponents score.

**Recap: To be able to defend successfully**

**Lesson 4/6**

# **To attack and defend** **in competitive games**

## **EDSTART KNOW**

- I can explain different tactics for attacking and defending.
- I can describe how fast passing helps create space.
- I can understand when to shoot at goal.

## **EDSTART GO**

- I can attack using quick passes and movement.
- I can defend using marking and blocking skills.
- I can play in competitive 4v4 games applying tactics.

## **EDSTART SHOW**

- I can respect opponents in competitive games.
- I can encourage teammates to use tactics.
- I can support others in both attack and defence.

**Recap: To attack and defend in competitive games**

**Lesson 5/6**

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

## **EDSTART KNOW**

- I can explain why tactics are important in handball.
- I can describe the fast break and when to use it.
- I can understand how to work with teammates in attack.

## **EDSTART GO**

- I can pass, receive, and shoot at speed in a fast break.
- I can apply defensive tactics in small games.
- I can use a variety of passes when under pressure.

## **EDSTART SHOW**

- I can communicate and cooperate with teammates in games.
- I can respect my opponents and play fairly.
- I can encourage my teammates when applying tactics.

**Recap: To take part in modified games of handball using the techniques learnt**

**Lesson 6/6**

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

## **EDSTART KNOW**

- I can explain the main rules of handball.
- I can describe how to attack and defend as a team.
- I can understand how to evaluate my performance.

## **EDSTART GO**

- I can play in small-sided tournament matches.
- I can use tactics under pressure in competitive games.
- I can compare my performances and aim for my best.

## **EDSTART SHOW**

- I can respect referees, teammates, and opponents.
- I can encourage others in my team throughout the tournament.
- I can show fairness whether my team wins or loses.