

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

**Lesson 1/6**

# To use the high catching technique

## **EDSTART KNOW**

- I can explain how to position my hands in a 'W' shape above my head.
- I can describe why I need to move towards the ball when catching.
- I can understand how to bring the ball safely into my chest.

## **EDSTART GO**

- I can use the high catch technique to receive passes.
- I can practise catching in small groups under pressure.
- I can use the high catch in conditioned handball games.

## **EDSTART SHOW**

- I can respect teammates when passing and catching.
- I can encourage others when they try new techniques.
- I can celebrate my group's success in catching challenges.

**Recap: To use the high catching technique**

**Lesson 2/6**

# To use the low catching technique

## **EDSTART KNOW**

- I can explain how to position my hands low to the ground to make a 'rake'.
- I can describe why bending my knees helps me collect the ball.
- I can understand how to grip and prepare for the next move.

## **EDSTART GO**

- I can perform the low catch using correct technique.
- I can apply the low catch in possession games.
- I can progress to using the low catch in end-zone matches.

## **EDSTART SHOW**

- I can respect teammates during passing and receiving.
- I can encourage my group when practising new skills.
- I can show fairness in small-sided games.

**Recap: To use the low catching technique**

**Lesson 3/6**

# To use the 'upper pass' in handball

## **EDSTART KNOW**

- I can explain how to position my elbow at 90° for the overhead pass.
- I can describe how to transfer weight from back to front foot.
- I can understand when to use overhead or jump passes in games.

## **EDSTART GO**

- I can perform the overhead pass with accuracy.
- I can attempt the jump pass while moving.
- I can apply both passes in possession games and end-zone play.

## **EDSTART SHOW**

- I can respect defenders when passing under pressure.
- I can encourage teammates during games.
- I can share feedback to help others improve.

**Recap: To use the 'upper pass' in handball**

**Lesson 4/6**

# **To pass and move the ball under pressure**

## **using a variety of techniques**

### **EDSTART KNOW**

- I can explain why passing quickly helps my team keep possession.
- I can describe how to use a bounce pass and chest pass.
- I can understand how to pass into space for teammates.

### **EDSTART GO**

- I can combine bounce, chest, and overhead passes in games.
- I can use passing and moving to beat defenders.
- I can apply my passing skills in competitive 4v4 games.

### **EDSTART SHOW**

- I can respect teammates by timing my passes well.
- I can encourage others during passing challenges.
- I can cooperate with my team to keep possession.

**Recap: To pass and move the ball under pressure using a variety of techniques**

**Lesson 5/6**

# To use the jump shot

## **EDSTART KNOW**

- I can explain the phases of a jump shot.
- I can describe why releasing at the highest point is effective.
- I can understand how to aim the ball downwards at the target.

## **EDSTART GO**

- I can perform a jump shot using correct technique.
- I can attempt to score against a goalkeeper in practice.
- I can apply the jump shot in conditioned games.

## **EDSTART SHOW**

- I can respect defenders and goalkeepers during shooting drills.
- I can encourage teammates when they score.
- I can celebrate fairly during competitions.

**Recap: To use the jump shot**

## **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 combine attacking and defending skills.
- I can understand how tactics help my team.

### **EDSTART GO**

- I can play small-sided handball games fairly.
- I can apply passes, catches, and shots in matches.
- I can use teamwork and tactics to win possession.

### **EDSTART SHOW**

- I can respect referees and teammates during matches.
- I can encourage my team throughout the game.
- I can show fairness whether I win or lose.