

Year 4 - Development of Invasion Games

(Handball & Netball)

Knowledge Organiser

PLAYING
EDSTART

COMPETING
EDSTART

EDSTART KNOW

- I can explain how to use different passing and catching techniques in handball and lacrosse.
- I can describe how accuracy and control help me to pass and receive the ball successfully.
- I can understand which technique to use depending on the distance and the situation in the game.

EDSTART GO

- I can use a range of sending and receiving skills such as throwing, catching, or passing with control and accuracy.
- I can send the ball over different distances using the correct technique for each game.
- I can track the movement of the ball and use the right technique to catch, control, or receive it successfully.

EDSTART SHOW

- I can demonstrate teamwork, communication, and awareness during small-sided games.
- I can pass, catch, and move effectively to create space and help my team keep possession.
- I can play fairly, show confidence, and use the right skills in both attack and defence.

Key Vocabulary

throw, catch, aim,
intercept, defend,
teamwork,
accuracy

Role Models



Sebastian Barthold –
Norwegian Handball
Player



Tamsin Greenway –
Netballer

What do we know about Invasion Games?

Handball and netball are both invasion games that build teamwork, reaction, and control. Handball began in Europe and involves passing, catching, and shooting into a goal using only the hands while moving at speed. Netball was developed in England and teaches players to pass, pivot, and shoot into a high hoop without running with the ball. Both sports develop coordination, teamwork, and spatial awareness. They are fun, fast-paced, and encourage respect, communication, and fair play between teammates and opponents.

In Year 3 we learnt

- **to anticipate and judge the direction and speed of a moving ball during play.**
- **to position their body correctly to catch, control, pivot, or intercept the ball safely using their hands.**
- **to react quickly in attack and defence, showing awareness of space, teammates, opponents, and the movement restrictions of each sport (e.g., footwork rule in netball).**