

INTRO TO GAMES

(Football, Basketball, Handball)

EDSTART
PE CURRICULUM

KEY RULES

Game Basics: This unit introduces invasion games that use teamwork, space, and passing. Children learn to move with control, share the ball, and score safely. All activities focus on fun, fair play, and inclusion.

Football: Players use their feet to dribble, pass, and score goals. The ball must stay on the ground unless shooting. No pushing or tackling allowed — players must aim to win the ball using good control and awareness. Each team attacks one goal and defends the other, learning to share, pass, and move into space.

Basketball: Players dribble by bouncing the ball with one hand at a time. They can pass using chest, bounce, or overhead passes and aim to shoot into a hoop. No running while holding the ball — players must stop before passing or shooting. Teamwork and spacing are key, and defenders must avoid contact.

Handball: Players pass and catch using soft overarm or bounce passes. The aim is to throw the ball into the opponent's goal. Players can take up to three steps before passing. No kicking or contact is allowed, and teamwork is encouraged to move the ball forward.

Fair Play and Safety: Always play safely and show respect. Keep eyes up, avoid bumping others, and use gentle passes. Listen to the coach, follow boundaries, and celebrate effort and teamwork.

NATIONAL GOVERNING BODY (NGB)

The Football Association (FA): thefa.com

Scottish FA: scottishfa.co.uk

Football Association of Wales: faw.cymru

Irish Football Association: irishfa.com

Basketball England: basketballengland.co.uk

Basketball Scotland: basketballscotland.co.uk

Basketball Wales: basketballwales.com

Basketball Northern Ireland: basketballni.com

England Handball: englandhandball.com

Scottish Handball Association: scottishhandball.com

Welsh Handball Association: welshhandball.co.uk

Northern Ireland Handball Association: ulsterhandball.com