

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

**Lesson 1/6**

# **To pass and move in handball using the rule of 3**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain the 'rule of 3' in Handball.</li><li>• I can describe how to pass quickly under pressure.</li><li>• I can understand why moving into space helps my team.</li></ul>	<ul style="list-style-type: none"><li>• I can pass accurately while following the rule of 3.</li><li>• I can combine passing and moving to keep possession.</li><li>• I can apply skills in Fastbreak and time trial activities.</li></ul>	<ul style="list-style-type: none"><li>• I can respect defenders and play fairly.</li><li>• I can encourage teammates in passing challenges.</li><li>• I can celebrate success with my team.</li></ul>

**Recap: To be able to pass and move in handball using the rule of 3**

## **Lesson 2/6**

# **To develop the skill of defending in handball**

### **EDSTART KNOW**

- I can explain how to mark an opponent.
- I can describe how to block, steal, or intercept.
- I can understand why I must stay between attacker and goal.

### **EDSTART GO**

- I can defend 1v1 using correct stance.
- I can use footwork to close down attackers.
- I can apply defending in Battleships and small games.

### **EDSTART SHOW**

- I can respect attackers when defending.
- I can encourage teammates in defensive roles.
- I can celebrate defensive effort as much as goals.

**Recap: To develop the skill of defending in handball**

**Lesson 3/6**

# **To play modified small-sided games of handball**

## **EDSTART KNOW**

- I can explain the main rules of Handball.
- I can describe when to dribble, pass, or shoot.
- I can understand how to use simple tactics.

## **EDSTART GO**

- I can combine passing, dribbling, and shooting in games.
- I can play using tactics like man-marking.
- I can follow rules in 4v4 matches.

## **EDSTART SHOW**

- I can respect referees and opponents.
- I can encourage teammates during small matches.
- I can play fairly whether I win or lose.

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

**Lesson 4/6**

# **To apply passing skills under pressure in competitive Netball game-like situations.**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li><b>I can explain why quick passing helps my team keep the ball.</b></li><li><b>I can describe how communication helps us work under pressure.</b></li><li><b>I can explain how tactics change when time is limited.</b></li></ul>	<ul style="list-style-type: none"><li><b>I can pass and move quickly to support my team.</b></li><li><b>I can use my skills accurately when working against the clock.</b></li><li><b>I can make quick decisions to help my team complete challenges.</b></li></ul>	<ul style="list-style-type: none"><li><b>I can communicate clearly and positively with my teammates.</b></li><li><b>I can stay calm and focused under time pressure.</b></li><li><b>I can show teamwork and resilience when a challenge is difficult.</b></li></ul>

**Recap: To apply passing skills under pressure in competitive, Netball game-like situations.**

## **Lesson 5/6**

# **To develop simple roles, positioning, and basic team tactics.**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li><b>I can explain the different roles of attacker, supporter, and defender.</b></li><li><b>I can explain why positioning is important in a team game.</b></li><li><b>I can explain what happens when my team transitions from attack to defence.</b></li></ul>	<ul style="list-style-type: none"><li><b>I can move into the correct space for my role in the team.</b></li><li><b>I can change quickly from attacking to defending when possession changes.</b></li><li><b>I can pass and receive the ball to support my team's tactics.</b></li></ul>	<ul style="list-style-type: none"><li><b>I can communicate clearly to organise my team's positions.</b></li><li><b>I can stay in my role and help my team keep good shape.</b></li><li><b>I can show teamwork, awareness, and positive decision-making.</b></li></ul>

**Recap: To develop simple roles, positioning, and basic team tactics.**

## **Lesson 6/6**

# **To apply simple tactics in modified Netball games.**

### **EDSTART KNOW**

- I can explain a simple attacking tactic my team used.
- I can explain the difference between man-to-player and zone defence.
- I can explain why communication is important in match play.

### **EDSTART GO**

- I can move into space to receive and pass the ball in a game.
- I can apply simple tactics during a competitive match.
- I can transition quickly from defence into attack after a turnover.

### **EDSTART SHOW**

- I can communicate clearly to organise my team.
- I can show teamwork and fair play in a festival competition.
- I can reflect on how my team improved during the matches.