

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

**Lesson 1/6**

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

**EDSTART KNOW**

- I can explain the 'rule of 3' in Handball.
- I can describe how to pass quickly under pressure.
- I can understand why moving into space helps my team.

**EDSTART GO**

- I can pass accurately while following the rule of 3.
- I can combine passing and moving to keep possession.
- I can apply skills in Fastbreak and time trial activities.

**EDSTART SHOW**

- I can respect defenders and play fairly.
- I can encourage teammates in passing challenges.
- I can celebrate success with my team.

**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.**

### **EDSTART KNOW**

- I can explain why quick passing helps my team keep the ball.
- I can describe how communication helps us work under pressure.
- I can explain how tactics change when time is limited.

### **EDSTART GO**

- I can pass and move quickly to support my team.
- I can use my skills accurately when working against the clock.
- I can make quick decisions to help my team complete challenges.

### **EDSTART SHOW**

- I can communicate clearly and positively with my teammates.
- I can stay calm and focused under time pressure.
- I can show teamwork and resilience when a challenge is difficult.

**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.**

### **EDSTART KNOW**

- I can explain the different roles of attacker, supporter, and defender.
- I can explain why positioning is important in a team game.
- I can explain what happens when my team transitions from attack to defence.

### **EDSTART GO**

- I can move into the correct space for my role in the team.
- I can change quickly from attacking to defending when possession changes.
- I can pass and receive the ball to support my team's tactics.

### **EDSTART SHOW**

- I can communicate clearly to organise my team's positions.
- I can stay in my role and help my team keep good shape.
- I can show teamwork, awareness, and positive decision-making.

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

Lesson 6/6

# To apply simple tactics in modified Netball games.

EDSTART KNOW	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none"><li>• I can explain a simple attacking tactic my team used.</li><li>• I can explain the difference between man-to-player and zone defence.</li><li>• I can explain why communication is important in match play.</li></ul>	<ul style="list-style-type: none"><li>• I can move into space to receive and pass the ball in a game.</li><li>• I can apply simple tactics during a competitive match.</li><li>• I can transition quickly from defence into attack after a turnover.</li></ul>	<ul style="list-style-type: none"><li>• I can communicate clearly to organise my team.</li><li>• I can show teamwork and fair play in a festival competition.</li><li>• I can reflect on how my team improved during the matches.</li></ul>