

Recap: What do we know about handball?

Lesson 1/6

To develop the technique of passing and receiving the ball in handball

EDSTART KNOW

- I can explain how to pass the ball using control.
- I can describe how to catch the ball with a 'W' hand shape.
- I can understand why stepping forward helps my pass.

EDSTART GO

- I can pass and receive the ball with accuracy.
- I can move the ball quickly in possession games.
- I can combine passing and movement in small groups.

EDSTART SHOW

- I can respect teammates by passing fairly.
- I can encourage my group during challenges.
- I can celebrate all effort, not just goals.

Recap: To develop the technique of passing and receiving the ball in handball

Lesson 2/6

To develop the footwork needed in handball

EDSTART KNOW

- I can explain the “rule of 3” in Handball.
- I can describe how to bounce the ball on the move.
- I can understand why footwork is important for control.

EDSTART GO

- I can move with the ball using 3 steps.
- I can combine passing and footwork to beat defenders.
- I can apply skills in Fastbreak and possession grids.

EDSTART SHOW

- I can respect defenders during practice.
- I can encourage my team to spread out and pass.
- I can celebrate effort fairly in games.

Recap: To develop the footwork needed in handball.

Lesson 3/6

To develop the technique of shooting whilst on the move in handball.

EDSTART KNOW

- I can explain how to shoot using accuracy and power.
- I can describe how to release the ball at the highest point.
- I can understand how to aim towards corners of the goal.

EDSTART GO

- I can shoot while moving with control.
- I can perform a jump shot into a target.
- I can combine passing and shooting in small games.

EDSTART SHOW

- I can respect goalkeepers and defenders when shooting.
- I can encourage teammates in shooting challenges.
- I can celebrate all attempts fairly.

Recap: What do we know about Netball

Lesson 4/6

**To develop accurate
passing and safe
receiving using correct
body position in Netball.**

EDSTART KNOW

- I can name the key parts of a chest pass.
- I can explain why stepping forward improves accuracy.
- I can describe what target hands look like.

EDSTART GO

- I can step into my chest pass.
- I can push the ball from my chest with control.
- I can move into space to receive a pass.

EDSTART SHOW

- I can catch the ball safely with soft hands.
- I can communicate with my teammates.
- I can work cooperatively in a small team game.

Recap: To develop accurate passing and safe receiving using correct body position in Netball.

Lesson 5/6

To use safe landing, controlled footwork, and effective pivots to keep possession in Netball.

EDSTART KNOW

- I can name my landing (pivot) foot.
- I can explain what a pivot is.
- I can say why pivoting helps me keep possession.

EDSTART GO

- I can land on one foot with balance.
- I can pivot without lifting my landing foot.
- I can turn to find a safe pass.

EDSTART SHOW

- I can protect the ball using my body.
- I can stay balanced under pressure.
- I can make safe decisions with the ball.

Recap: To use safe landing, controlled footwork, and effective pivots to keep possession in Netball.

Lesson 6/6

To use changes of speed and direction to dodge a defender and receive the ball in Netball.

EDSTART KNOW

- I can explain what a dodge is.
- I can say why changing speed helps me get free.
- I can describe when to move to receive a pass.

EDSTART GO

- I can change speed to escape a defender.
- I can change direction quickly.
- I can time my run to receive the ball.

EDSTART SHOW

- I can get into space away from a defender.
- I can receive the ball safely on the move.
- I can support my teammates in attack.