

Recap: What do we know about handball?

Lesson 1/6

To introduce the technique of handling and controlling the ball in handball

EDSTART KNOW

- I can explain how to grip a handball in one hand.
- I can describe why moving the ball between hands helps with control.
- I can understand how dribbling keeps the ball alive.

EDSTART GO

- I can dribble the ball using fingertips and control.
- I can move the ball between hands while walking.
- I can apply ball control in small games

EDSTART SHOW

- I can respect my partner in passing activities.
- I can encourage others during games.
- I can celebrate everyone's effort.

Recap: To introduce the technique of handling and controlling the ball in handball

Lesson 2/6

To introduce the technique of passing and controlling the ball in handball

EDSTART KNOW

- I can explain how to pass the ball in handball.
- I can describe why I must use no more than 3 steps.
- I can understand how spreading my fingers helps me catch.

EDSTART GO

- I can pass and catch over short distances.
- I can move quickly and pass under pressure.
- I can apply skills in small games.

EDSTART SHOW

- I can respect defenders by playing fairly.
- I can encourage teammates in passing challenges.
- I can celebrate group success.

Recap: To introduce the technique of passing and controlling the ball in handball

Lesson 3/6

To introduce the technique of shooting in handball

EDSTART KNOW

- I can explain how to shoot with power and accuracy.
- I can describe how to aim for corners of the goal.
- I can understand how jumping adds power.

EDSTART GO

- I can shoot at a target with control.
- I can use passing before shooting.
- I can apply shooting in small games.

EDSTART SHOW

- I can respect the goalkeeper during shooting practice.
- I can encourage my team in challenges.
- I can celebrate effort as well as goals.

Recap: What do we know about Netball.

Lesson 4/6

To catch the ball with two hands and land safely before passing in netball

EDSTART KNOW

- I can explain how ready hands help me catch safely every time.
- I can describe why landing first keeps my balance before passing.
- I can identify the correct technique needed to perform a strong chest pass.

EDSTART GO

- I can hold ready hands early to prepare for quick catches.
- I can catch using two hands and pull the ball into control.
- I can step forward and push firmly to complete an accurate chest pass.

EDSTART SHOW

- I can show ready hands to help my teammates pass confidently.
- I can catch, land, and pass quickly to keep play flowing together.
- I can communicate clearly so my partner knows when to chest pass.

Recap: To catch the ball with two hands and land safely before passing in Netball.

Lesson 5/6

To move into space to receive a pass in netball

EDSTART KNOW

- I can explain why moving into clear space helps my team succeed.
- I can describe when to use chest passes or bounce passes effectively.
- I can explain why calling for the ball improves teamwork and timing.

EDSTART GO

- I can move quickly into space to support the next passing opportunity.
- I can use chest and bounce passes accurately when receiving on the move.
- I can work confidently with a partner to pass, catch, and communicate.

EDSTART SHOW

- I can encourage my partner by calling clearly and supporting good decisions.
- I can work with teammates to keep passes flowing during group activities.
- I can communicate positively so everyone knows where and when to move.

Recap: To move into space to receive a pass in Netball.

Lesson 6/6

To link movement, catching and passing in netball

EDSTART KNOW

- I can explain why I must stop before catching the ball safely.
- I can describe how to pass accurately to teammates moving into space.
- I can explain how linking movements creates smooth passing sequences.

EDSTART GO

- I can stop, catch, then pass confidently while moving into space.
- I can pass accurately to teammates who are running toward new spaces.
- I can link three or four movements smoothly during passing activities.

EDSTART SHOW

- I can communicate clearly so my group links movements successfully together.
- I can support teammates by moving early and staying ready to receive.
- I can work with others to keep passing sequences flowing in the game.