



PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: First and Second Classes

Lesson: 7 Handball

Venue

School Yard/Hall with a flat wall

Equipment

Handballs or tennis balls, cones, skittles

Lesson
7
Handball

Strand Unit: Sending, receiving and travelling

Curriculum Objectives:

- Children to develop ball handling skills
- Children to develop carrying and striking skills
- Ball Bounce
- Skittle Ball
- Handball Relay

Strand Unit: Creating and playing games

Curriculum Objectives:

- Children to create and develop games in pairs
- Small-sided games (2 v 2)
- Handball tennis

Strand Unit: Understanding and appreciation of games

Curriculum Objectives:

- Children to talk about and develop movement skills relevant to games
- Children to develop problem solving and decision making strategies
- Children to apply simple rules to games

Linkage:

- Gymnastics - Strand unit: Movement (Balance)
- Athletics - Strand unit: Running, Jumping, Throwing

Build your own Lesson Plans
Go to learning.gaa.ie/planner/primary

GAA Activity Planner

References

Primary School Curriculum:
Physical Education (1999)
Physical Education Teacher Guidelines (1999)

Primary Schools' Sports Initiative
<http://www.ppds.ie/pcsparchive/pe/psai/clickme.html>

Fun Do GAA Learning Resource Pack (2007)





Strand: Games

Organisation

- Every child has a handball (or tennis ball), and is spread out across the hall/yard



Organisation

- Set up several skittles across the front of the wall
- In groups, children line up facing the skittles, approx 5 metres back



Class Level: First and Second Classes

Activity 1 - Ball Bounce

- Each child jogs around the court bouncing a handball
- On the teacher's call they must; change direction, change hand used to bounce, use alternative hands, bounce ball under legs, dribble the ball, etc
- To progress, add obstacles to the playing area



Teaching Points

- Increase speed of actions as co-ordination improves
- Keep eyes on the ball, whilst maintaining court awareness
- Fingers together and hand slightly

Activity 2 - Skittle Ball

- In groups, children line up with a ball each
- Children must throw the ball, aiming to knock the skittles down
- Each group has one minute to knock down all of the skittles
- Progress to use the non-dominant hand



Teaching Points

- Ensure no balls are thrown/hit when someone is setting up skittles
- Strike ball at midline of the body

Strand: Games

Class Level: First and Second Classes

Organisation

- Set up an obstacle course of a line of cones, with a target 'goal area' at the end of it
- In groups, children line up behind the first cone
- Have multiple smaller groups going at once to keep everyone involved



Organisation

- Use a line of cones to form a 'net' or dividing line
- 2 v 2, with each team on opposite sides of the net



Activity 3 - Handball Relay

- In a relay race style, children dribble the ball between the cones and have a 'shot' at goal
- Progress difficulty by making a raised target the goal area, which requires the children to first bounce and then strike the ball towards the target with the hand



Development - Handball Tennis

- Children aim to strike the ball over the 'net', similar to tennis
- Once the ball is hit over the net, the opposing side must catch the ball before it bounces twice
- Points are scored if the ball bounces twice in the opponents side of the court
- Regress the game by throwing the ball over the net
- Progress the game by returning the ball via striking it over the net



Teaching Points

- Encourage use of both hands when dribbling the ball from side to side

Teaching Points

- Strike the ball at midline of the body
- The concept of the game is placement of shots as opposed to power
- Strike ball with closed fingers, and hands cupped

