

Lesson 6	Handball - Beginner		Lesson Topic: Game Sense	
<p>➤ Learning Intentions: To give the pupil the opportunity to combine all previously learnt skills & tactics, and incorporate them into a fun and competitive game scenario. Provide pupils the opportunity of playing Handball in a competitive environment.</p>				
	Description	Objectives	Teaching Points	Differentiation
<p>Warm-Up</p>	<p><u>Keep the Rally Going</u></p>	<p>To bring previously learnt skills into a fun game situation</p>	<ul style="list-style-type: none"> ▪ Pupils in groups, and in single file lines. ▪ First player hits ball and then runs to back of line. ▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots <p>➤ Encourage correct technique</p>	<p>↑ Smaller group numbers ↑ Further from the wall ↑ Non-Dominant Hand ↑ Competition between groups</p> <p>↓ Closer to wall ↓ Allow two bounces</p>
	<p><u>Stretching</u></p>	<p>Understand importance of stretching and learn names of muscles.</p>	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	<p>↑ Get pupils to name stretches for specific muscles</p>
<p>Games</p> <p>Incorporate teaching through conditioned games</p>	<p><u>2 Bounce</u></p> <p>(King of the Courts)</p>	<p>To develop pupils ability to incorporate positional play and shot selection during a game situation through a mini game.</p> <p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p>Rules: In partners, players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of the full court and both hands.</p>	<p>↑ Doubles ↑ Modify court size</p> <p>↓ Allow three bounces</p>

	<p><u>Singles Handball</u> (King of the Courts)</p>	<p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p>Rules:</p> <ul style="list-style-type: none"> - 2 pupils playing a game on each available court - Split remaining players along sidelines of the available courts - Number/Name courts in order of rank/significance - Matches with full rules played up to 5 - Winning team moves up a court - Losing team moves down a court 	<ul style="list-style-type: none"> ↑ Doubles ↑ Condition games
<p>Cool Down</p>	<p><u>Jog & Dribble</u></p>	<p>To understand benefits of a cool down whilst combining use of non-dominant hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> - Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again 	<ul style="list-style-type: none"> ↑ Non-dominant hand only ↑ Ask pupils questions why a cool down is essential after exercise

Lesson 6	Handball - Intermediate		Lesson Topic: Game Sense	
<p>➤ Learning Intentions: To give the pupil the opportunity to combine all previously learnt skills & tactics, and incorporate them into a fun and competitive game scenario. Provide pupils the opportunity of playing Handball in a competitive environment.</p>				
	Description	Objectives	Teaching Points	Differentiation
<p>Warm-Up</p>	<p><u>Keep the Rally Going</u></p>	<p>To bring previously learnt skills into a fun game situation</p>	<ul style="list-style-type: none"> ▪ Pupils in groups, and in single file lines. ▪ First player hits ball and then runs to back of line. ▪ Second player proceeds to do the same, and the rally continues as the group tries to increase the number of consecutive shots <p>➤ Encourage correct technique</p>	<ul style="list-style-type: none"> ↑ Smaller group numbers ↑ Further from the wall ↑ Non-Dominant Hand ↑ Competition between groups ↓ Closer to wall ↓ Allow two bounces
	<p><u>Stretching</u></p>	<p>Understand importance of stretching and learn names of muscles.</p>	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to name stretches for specific muscles
<p>Games</p> <p>Incorporate teaching through conditioned games</p>	<p><u>2 Bounce</u></p> <p>(King of the Courts)</p>	<p>To develop pupils ability to incorporate positional play and shot selection during a game situation through a mini game.</p> <p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p>Rules:</p> <p>In partners, players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of the full court and both hands.</p>	<ul style="list-style-type: none"> ↑ Doubles ↑ Modify court size ↓ Allow three bounces

	<p><u>Doubles Handball</u> (King of the Courts)</p>	<p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p>Rules:</p> <ul style="list-style-type: none"> - 2 pupils playing a game on each available court - Split remaining players along sidelines of the available courts - Number/Name courts in order of rank/significance - Matches with full rules played up to 5 - Winning team moves up a court - Losing team moves down a court <p>*Encourage all previously learnt tactics:*</p> <ul style="list-style-type: none"> - Exposing Opponents Weak Hand - Serving Direction - Defensive or Offensive shot selection - Hitting the ball deep to the back court - Serve & Fly 	<p>↑ Doubles ↑ Condition games</p>
<p>Cool Down</p>	<p><u>Jog & Dribble</u></p>	<p>To understand benefits of a cool down whilst combining use of non-dominant hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> - Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again 	<p>↑ Non-dominant hand only ↑ Ask pupils questions why a cool down is essential after exercise</p>

Lesson 6	Handball - Advanced		Lesson Topic: Game Sense	
<p>➤ Learning Intentions: To give the pupil the opportunity to combine all previously learnt skills & tactics, and incorporate them into a fun and competitive game scenario. Provide pupils the opportunity of playing Handball in a competitive environment.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>2 Bounce</u>	To get the pupils heart rate raised & to develop pupils ability to incorporate positional play and shot selection during a game situation through a mini game.	Rules: In partners, players take it in turns to strike the ball against the front wall. The ball is allowed to bounce twice before it has to be returned. Important to emphasis use of the full court and both hands.	↑ Doubles ↑ Modify court size
	<u>Stretching</u>	Understand importance of stretching and learn names of muscles.	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	↑ Get pupils to name stretches for specific muscles
Games Incorporate teaching through conditioned games	<u>King of the Courts</u> <u>Singles</u>	To give pupils a lot of opportunities to employ all of their skills learnt from the past 5 weeks in a singles capacity. To reward pupils for good play by progressing them up levels of difficulty	Singles Handball: <ul style="list-style-type: none"> - 2 pupils playing a game on each available court - Split remaining pupils along sidelines of the available courts - Number/Name courts in order of rank/significance - Matches with full rules played up to 5 - Winning team moves up a court - Losing team moves down a court <ul style="list-style-type: none"> ➤ Encourage creative shot selection ➤ Encourage use of non-dominant hand ➤ Reinforce good play, footwork & sportsmanship 	↑ Condition games

	<p><u>King of the Courts</u></p> <p><u>Doubles</u></p>	<p>To give pupils a lot of opportunities to employ all of their skills learnt from the past 5 weeks in a doubles capacity.</p> <p>To reward pupils for good play by progressing them up levels of difficulty</p>	<p>Double teams:</p> <ul style="list-style-type: none"> - 2 double pairings playing a game on each available court - Split remaining doubles teams along sidelines of the available courts - Number/Name courts in order of rank/significance - Matches with full rules played up to 5 - Winning team moves up a court - Losing team moves down a court <p>*Encourage:*</p> <ul style="list-style-type: none"> ➤ All the controlling of the diamond ➤ Serve & Fly ➤ Creative shot selection ➤ Use of non-dominant hand ➤ Reinforce good play, footwork & sportsmanship 	<p>↑ Condition games</p>
<p>Cool Down</p>	<p><u>Jog & Dribble</u></p>	<p>To understand benefits of a cool down whilst combining use of non-dominant hand.</p>	<p>Pupils jog around hall dribbling the ball</p> <ul style="list-style-type: none"> - Teacher can pause pupils and get them to do short dynamic stretches for 5 seconds before starting up again 	<p>↑ Non-dominant hand only</p> <p>↑ Ask pupil to lead cool down</p>