



# PE Céim ar Aghaidh

A GAA GAMES DEVELOPMENT INITIATIVE

Strand: Games

Class Level: Third and Fourth Classes

Lesson: 11 Handball

## Venue

School Yard/Hall with a flat wall

## Equipment

Handballs or tennis balls, cones, multi-coloured hula hoops

Lesson  
**11**  
Handball

**Strand Unit:** Sending, receiving and travelling

**Curriculum Objectives:**

Children to develop and practice a range of ball handling skills  
Children to develop and practice a range of carrying and striking skills

- Hoop Bounce
- “Keep the Kettle Boiling”

**Strand Unit:** Creating and playing games

**Curriculum Objectives:**

Children to create and develop games in pairs

- Small sided games, 2 v 2 and “2 bounce”

**Strand Unit:** Understanding and appreciation of games

**Curriculum Objectives:**

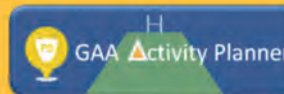
Children to discuss and improve control in movement skills relevant to games  
Children to develop an increased understanding of the use of space  
Children to develop problem solving and decision making strategies, and an understanding of the tactics and strategies for use in modified game situations  
Children to adapt rules to modify games and keep scores

**Linkage:**

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



Build your own Lesson Plans  
Go to [learning.gaa.ie/planner/primary](http://learning.gaa.ie/planner/primary)



## References

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

**Primary Schools' Sports Initiative**  
<http://www.ppsds.ie/pcsparchive/pe/psci/clickme.html>

**Fun Do GAA Learning Resource Pack** (2007)



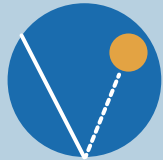


### Strand: Games

### Class Level: Third and Fourth Classes

#### Organisation

- Every child has a handball (or tennis ball), and is spread out across the hall/yard
- Spread multi-coloured hula hoops across the floor



#### Organisation

- In groups, children line up facing the wall, approx 2m back
- One handball per group



#### Activity 1 - Hoop Bounce

- Each child jogs around the court dribbling a handball
- The teacher calls a colour, to which the children must run to the nearest hoop of the same colour and bounce the ball in it



#### Teaching Points

- Keep eyes on the ball, whilst maintaining court awareness
- Create a basket with the fingers to catch the ball

#### Activity 2 - Keep the Kettle Boiling

- Aim of the game is to hit as many consecutive shots as possible
- Ball can bounce twice before it must be returned against the front wall
- When a child hits his/her shot, she/he runs to the back of the line
- This continues until the ball is missed and the game restarts
- Progress the game by only allowing one bounce, or by using the non-dominant hand



#### Teaching Points

- Encourage use of both hands to hit the ball
- Groups should work as a team to keep the rally going

## Strand: Games

## Class Level: Third and Fourth Classes

## Organisation

- Set out a series of rectangular courts – approx 8m x 4m – with a cone in each corner
- Split the class into teams of two – two teams per court
- Cones on end-line act as goals
- One ball per court



## Organisation

- In pairs, find a small free wall space
- One handball per pair



## Activity 3 - 2 v 2

- The aim of the game is to strike the ball into the net (back of opponents court)
- Each team defends their goal by preventing the ball entering their 'net' using their hands
- The game can be modified to include larger numbers of players, or larger courts



## Development - 2 Bounce

- Mini-Handball with modified rules and modified court size
- The aim is to strike the ball against the front wall before the ball bounces 3 times
- Children can return the ball after one or two bounces, or even on the fly (no bounces)



## Teaching Points

- Encourage children to stay on their feet throughout the game
- Keep head over the ball and eyes on the ball when striking the ball

## Teaching Points

- Encourage use of either hand to hit the ball
  - Encourage children to play the ball away from their opponent
- Q** Why should you encourage playing the ball away from the opponent?

