

Strand: Games

Class Level: Fifth and Sixth Classes

Lesson: 15 Handball

Venue

School Yard/Hall with a flat wall

Equipment

Handballs, beanbags, cones

Lesson
15
Handball

Strand Unit: Sending, receiving and travelling

Strand Unit: Creating and playing games

Curriculum Objectives:

- Children to develop further and extend ball-handling skills
- Children to develop further and extend ball-striking skills
- Clear the Zone
- Name ball

Curriculum Objectives:

Children to create and develop games in pairs and with a small group

Strand Unit:

Understanding and appreciation of games

Curriculum Objective:

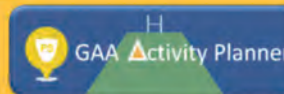
- Children to discuss and improve control in movement skills relevant to games
- Children to develop an understanding of the use of space in mini-games
- Children to develop an understanding of the tactics and strategies for use in mini-games
- Children to adapt rules for use in mini-games and keep scores of games
- Children to avail of opportunities in the community to participate in games

Linkage:

- Gymnastics - Strand Unit: Movement (Balance)
- Athletics - Strand Units: Running and Jumping



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



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)





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Organisation

- Divide the class into two teams – one group in either half of the yard/hall
- Place a line of markers across the middle of yard/hall as a halfway line
- Place up to 20 handballs or beanbags on the halfway line for start of the game



Organisation

- Divide the class into groups of three – 1v1 and a referee
- One ball per group
- Each group to find a space by a wall and make their own court



Activity 1 - Clear the Zone

- The activity starts by striking one of the handballs or beanbags into your opponent's half
- The aim is to strike all the handballs/beanbags out of your team's half using a handball strike
- Each game lasts approx 45 seconds
- Team with least number of handballs/beanbags in their half wins



Teaching Points

- Encourage correct technique:**
- Players should always be on their feet when striking
 - Facing sideways
 - Knees bent
 - Strike ball at midline of the body
 - Strike handballs along the ground
 - If a handball is bouncing high (above the knees), catch ball, set it on floor, and then strike

Activity 2 - Mini-handball

- 1v1 quick fire handball
- First to three points is the winner
- Each child per group takes a turn as referee



Teaching Points

- Encourage children to make their own rules e.g. space allowed, number of bounces before striking etc
- Encourage correct technique:
 - Fingers cupped
 - Facing sideways
 - Knees bent
 - Strike ball at midline of the body

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Organisation

- The children line up along the back of the yard/hall
- One ball is required



Organisation

- Divide the class into groups – pairs for singles (1v1) or 4's for doubles (2v2) matches
- Assign a referee per match
- One ball per group
- Each pair to find a space by a wall and make their own court
- Use a competition style format that rewards players for winning a game



Activity 3 - Name Ball

- The first child hits the ball off the wall
- They then call the name of another child who must hit the ball next
- Each child is allowed three lives
- If a child's name is called and they miss their shot, then they lose a life
- If a child hits an irretrievable shot, or calls the next player's name too late, then they lose a life
- The aim of the game is to be the last player standing



Development - King of the Courts

- Play according to the full rules of handball
- The idea is to win your way up to play in a final
- Singles or doubles who lose games continue to rotate and play each other
- Referees organise who plays who, until there is an eventual winner/s



Teaching Points

- Encourage use of either hand to hit the ball
- Children must work as a team to keep the rally going
- The next child's name must be called in adequate time for the next player to reach it
- Allow two bounces to decrease difficulty

Q Why should you keep your eyes on the ball as you strike it?

Teaching Points

- The player who is next on court to be designated referee

Q Do you pick your target before you strike?

