



Physical Education Handball Year 3

Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving.

Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

Inspire Me

Nikola Karabatić is a french handball player regarded as one of the best players of his generation. Nikola has won two Olympic gold medals, four world championships and has won player of the year a record three times.



Key Success Criteria

- P** Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.
- C** Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball. The aim of the game for the attackers is to score, keep possession and score a goal.

Defender: We are considered a 'defender' when we are not in possession of the ball . The aim of the game for the defenders is to prevent the opposition from scoring a goal

Space: is an open area on the court that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to shoot.

Possession: Is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score a goal.



Sport Specific Vocabulary

Shoulder Pass: Is the most commonly used pass in handball. The shoulder pass is a one-handed pass that can be used to cover long and short distances. If a shoulder pass is fast and accurate it can be the most effective pass to use to outwit the opposition.





Physical Education Handball Year 4

Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**, with a particular focus on creating simple **attacking tactics** in order to move the ball up the court, creating an attack that results in a shooting opportunity.

Inspire Me

Did you know... that the modern game of handball was first played towards the end of the 19th century in Scandinavia. Indoor handball was introduced as an Olympic sport for the first time at the 1972 Munich games.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence. Pupils will know where and when to shoot and when to defend.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.



Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball. The aim of the game for the attackers is to score keep possession and score a goal.

Defender: We are considered a 'defender' when we are not in possession of the ball . The aim of the game for the defenders is to prevent the opposition from scoring a goal

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.



Sport Specific Vocabulary

Free Pass:/Throw: A free pass/throw is awarded when a foul or violation happens. A free pass/throw is awarded where the offence took place.

Intercepting: is when a defender cuts off and prevents a pass from reaching the receiver.

Shooting: is when we throw the ball towards the goal in an attempt to score.





Physical Education Handball Year 5

Unit Purpose

The unit of work will challenge pupils to apply their prior learning of passing and moving to **create attacks** that result in a shooting opportunity.

Pupils will be able to develop **tactics** for both attacking and defending and apply these successfully within their team.

Inspire Me

Gheorghe Gruia was a Romanian handball player who was voted 'The Greatest Handball Player of All Time' in 1992. Gheorge played for the same club Steaua Bucharest his entire career.



Key Success Criteria

- P** Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.
- C** Pupils apply a refined understanding of passing and moving as well as an understanding of defensive strategies.
- S** Pupils will develop their communication skills as they officiate in game based scenarios. Pupils will start to lead their team and manage their games.
- W** By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

Goal Side: is a defensive tactic used when a defender marks an opponent. This is where the defender positions themselves between the attacker and the goal, increasing the defenders chances of preventing an attack.



Sport Specific Vocabulary

Bounce Pass: A bounce pass is a short pass that enables the player to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.

Shoulder Pass: The shoulder pass is a one-handed pass that can be used to cover long and short distances. If a shoulder pass is fast and accurate it can be the most effective pass to use to outwit the opposition.





Physical Education Handball Year 6

Unit Purpose

Pupils will consistently apply effective passes, applying **decision making** as to which pass to make and when in order to keep possession and score.

Pupils will **create** and **apply tactics** in games adapting them as the game situation changes.

Inspire Me

Cristina Neagu is a current Romanian handball player and four time IHF World Player of the Year. Cristina has suffered several serious injuries during her career, but still continues to perform at the highest level.



Key Success Criteria

- P** Pupils will apply a refined understanding of attacking skills to score points against another team, and defensive skills to regain possession.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as self motivation and integrity by playing by the rules and leading others by example.



Vocabulary for Learning

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

High Press: A high press is a tactic applied by the defending team that defends high up the court and inside the opposition's half in an attempt to regain possession quickly.

Formations: A formation describes how the attackers and defenders position themselves on the pitch.



Sport Specific Vocabulary

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

Zonal Marking: is a defensive tactic used where each player marks the space closest to them, marking whichever attacker enters their space.

