

## Handball Sequence of Lesson

Lesson	Year 7	Year 8	Year 9	KS4
1	<p><b>Catching - two hands - stationary and on the move (1)</b></p> <p>Players cannot make contact with the ball below the knee. <b>(2)</b></p> <p><b>Reaction time (3)</b></p> <p>Know 3 different fitness components and their relevance to the sport</p>	<p><b>Catching - two hands - variety of heights - from a bounce - Jumping (1)</b></p> <p>Players cannot make contact with the ball below the knee. <b>(2)</b></p> <p><b>Hand-eye co-ordination ( 3)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness</p>	<p><b>Catching - one handed - stationary and on the move (1)</b></p> <p>Players cannot make contact with the ball below the knee. <b>(2)</b></p> <p><b>Reaction time and hand eye co-ordination (3)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved</p>	<p><b>Catching - one handed - variety of heights - from a bounce - Jumping</b></p> <p><b>Stationary and on the move (1)</b></p> <p>Players cannot make contact with the ball below the knee. <b>(2)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved.</p> <p>Interpret data.</p> <p><b>(3)</b></p>

<p>2</p>	<p><b>Passing - stationary</b></p> <p>Hip, overhead, bounce pass (1)</p> <p>3 second rule</p> <p>Understand (2)</p> <p>Know 3 different fitness components and their relevance to the sport</p>	<p><b>Passing - running</b></p> <p>Hip, overhead, side, bounce with power (1,3)</p> <p>3 second rule</p> <p>Apply (2)</p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness</p>	<p><b>Passing - on the move</b></p> <p>Hip, overhead, side, bounce and jump pass with power (1,3)</p> <p>Identify when 3 second rule has been broken (2)</p> <p>A throw-in is awarded when the ball goes out of bounds and the thrower must place one foot on the sideline to execute the throw. (2)</p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved (3)</p>	<p><b>Passing - Fake pass</b></p> <p>Hip pass, jump, overhead, side and fake pass with power and speed (1,3)</p> <p>Identify when the 3 second rule has been broken and use the correct hand signals (2)</p> <p>A throw-in is awarded when the ball goes out of bounds and the thrower must place one foot on the sideline to execute the throw.(2)</p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved.</p> <p>Interpret data. (3)</p>
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<p>3</p>	<p><b>Dribbling - dominant hand (1)</b></p> <p><b>Double drill rule (2)</b></p> <p><b>Speed and why it is important (3)</b></p> <p>Know 3 different fitness components and their relevance to the sport</p>	<p><b>Dribbling - either or both hands (1,3)</b></p> <p><b>Double drill rule(2)</b></p> <p><b>Speed, Agility and hoe you use these fitness componnets to neat an oppoenet(3)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness</p>	<p><b>Dribbling - either or both hands at speed(1,3)</b></p> <p><b>Steps before or after dribble (2)</b></p> <p><b>Speed, Agility, pierpheral vision (3)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved</p>	<p><b>Dribbling - either or both hands at speed (!,3)</b></p> <p><b>Knowing how and when to step or dribble (2)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved.</p> <p>Interpret data.</p> <p><b>(3)</b></p>
<p>4</p>	<p><b>Shooting - stationary and whilst moving (1)</b></p> <p><b>(2)Know how when and to shoot</b></p> <p>Know 3 different fitness components and their relevance to the sport</p>	<p><b>Shooting - Vertical Jump shot (1)</b></p> <p><b>Shooting areas (2)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p>	<p><b>Shooting - Striding/Jump Shot (1)</b></p> <p><b>Adapt attacking formations to increase the opportunity of shooting (2)</b></p>	<p><b>Shooting - Whilst Falling (1)</b></p> <p><b>Adapt attacking formations to increase the opportunity of shooting and know the names of the positions. (2)</b></p>

		<p>Know the fitness tests for specific components of fitness</p>	<p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved (3)</p>	<p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p> <p>Know how a fitness of component can be improved.</p> <p>Interpret data.(3)</p>
5	<p><b>PE: Recall passing, catching, defending and shooting in isolation</b></p> <p><b>Rules and Regulations - 3 seconds / 3 steps (2)</b></p> <p>Know 3 different fitness components and their relevance to the sport</p>	<p><b>PE: Recall passing, catching, defending and shooting in isolation</b></p> <p><b>Rules and Regulations - free throw rule / goalkeeper D rule (2)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness</p>	<p><b>PE: Design a drill to improve a weakness</b></p> <p><b>Rules and Regulations - penalty throw rule / goalkeeper D rule(2)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p> <p>Know the fitness tests for specific components of fitness.</p>	<p><b>PE: Recall passing, catching, defending and shooting and create own drills</b></p> <p><b>Rules and Regulations - Fouls(2)</b></p> <p>Know 3 different fitness components and their relevance to the sport.</p>

			Know how a fitness of component can be improved (3)	Know the fitness tests for specific components of fitness.  Know how a fitness of component can be improved.  Interpret data. (
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**Key concepts: (referenced by a number above for lessons)**

These will be taught through netball and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. **PE-Motor competence**- students will develop coordination (hand-eye and foot-eye) in order to pass, land, move, defend, shoot and move into space.
2. **Sport-Rules, strategies & tactics**- students will develop an understanding of the rules in handball, apply strategies to outwit an opponent, attack and defend as a team and use tactics and formations to perform better as a team.
3. **Health-Healthy participation**- students will develop their aerobic endurance, speed and agility through participating in handball. Lessons will increase HR in the ST and this will have a positive impact on health in the LT. For some students participation in lessons will encourage students to attend extra-curricular clubs at school and even play handball outside of school. They will complete SENECA homework that will develop their knowledge and understanding of how the body responds to exercise.
- 4: Character-The following character qualities will be developed Teamwork and fair play, confidence, resilience and teamwork.