

**Prior Learning:** In Year 4 children recapped techniques including controlling and moving with the ball in various ways, catching and using a range of passing techniques including the chest and bounce pass. Children also recapped shooting while on the move. Children continued to play small sided games and were encouraged to embrace the rules, fair play and be gracious in victory and defeat.

## Key Skills

### Physical Me

- |                |                      |              |
|----------------|----------------------|--------------|
| <b>Throw</b>   | <b>Agility</b>       | <b>Power</b> |
| <b>Catch</b>   | <b>Balance</b>       |              |
| <b>Dodge</b>   | <b>Co-ordination</b> |              |
| <b>Run</b>     | <b>Jump</b>          |              |
| <b>Dribble</b> | <b>Speed</b>         |              |

### Value Me:

- Fair Play
- Determination

### Thinking Me

- To make decisions in the game
- How can I improve

### Social Me

- Teamwork
- Encouraging others

## Our Handball Rules:

**Number of players:** 5v5

**You have 5 seconds to hold the ball:** then you must pass or shoot

**Courts:** Only allowed goal keeper inside the semi circle

**Start of play:** Game is started by a 'throw off'

**Scoring a goal:** A goal is scored by throwing the ball into the oppositions net

After a goal is scored play is restarted by the GK

If the goal keeper saves a ball, play is restarted by the GK

Players are allowed to take 3 steps with the ball.

**Traveling-** taking more than 3 steps. Free-throw given to the other team.

**Dribbling- No double dribble**

**No Contact-** can intercept or block

## Key Vocabulary

Foot faults

Receiver

Overhead throw

Dribble

Techniques

Focus

Passive defender

Opposing

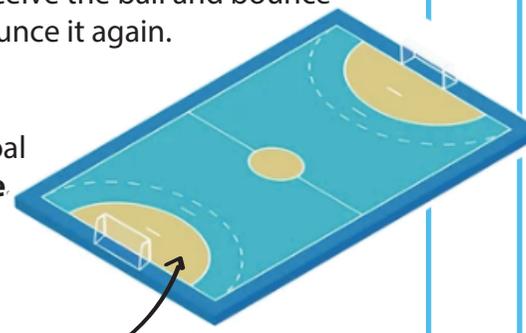
Double Dribble

## Key Knowledge

**Dribbling-** You can dribble the ball. However if you catch it you must pass or shoot

**Double dribble-** Handball players cannot receive the ball and bounce it, then hold the ball, and bounce it again.

**Foot fault-** When a player (other than the goal keeper) stands in the **semi circle**  
- A free throw is awarded to the other team



Semi- circle

