

**Content Outcomes:**

### Resources/Equipment

Footballs, Cones (minimum of 3 colours)

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
Warm Up (5 min)	Pairs Handball	<ul style="list-style-type: none"> <li>Grip- Non dominant hand forms the base, ball sits flat in that hand.</li> <li>Set Up- Step non dominant foot towards target</li> <li>Fist- Make a fist with the dominant hand, thumb on the outside.</li> <li>Striking- Swing dominant hand through the football, propelling it towards the target.</li> </ul>	<p><b>Handball Set Up</b> 2 lines of cones 5m apart (2 different colours)</p> <p>One line of cone (another colour) 5m apart.</p> <p>Time- Number of marks in 30 seconds</p> <p>Targets- Place a hoop, cones in a ring for the ball. Ball stops in it and points are scored.</p>
Lesson Content (10 mins)	Passing Vs Running	<ul style="list-style-type: none"> <li>Space out the group in the circle.</li> <li>Handball should be received on partner's chest.</li> </ul>	<p><b>Passing Vs Running</b> Class split in 2, half forms a circle the half lines up behind a marker. The circle is the passing group, each person must complete one pass to the next. Count the number of passes. The group lining up is the running group. Each member must run one lap around the passing group.</p>
Modified Game (10mins)	Sink the Sub	<ul style="list-style-type: none"> <li>Set Up- Aim football towards the target.</li> <li>Step- No dominant foot towards the target.</li> <li>Contact- Swing striking fist through the football.</li> <li>Timing- Aim to where the target is heading</li> </ul>	<p><b>Sink the Sub Set Up</b> 2 lines of cones 5m apart (2 different colours). Students in pairs, one on each side. Teacher will walk down the middle the side with the footballs will Handball with the goal to hit the teacher 5 times.</p>
Conclusion (5mins)			