



**Stage:** Year 3/4 - Handballing **Content Outcomes:** 

## Lesson Number: 1

Resources/Equipment: Footballs, Cones (minimum of 3 colours), goals

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
Warm Up (5 min) Lesson Content (10 mins)	Handballing Lanes	<ul> <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> <li>Timing- Pass should reach partners chest.</li> </ul>	Handball Set Up 2 lines of cones 10m apart (2 different colours). 3 markers per line Students spread amongst the 6 points. 3 Footballs, students run to opposite side and pass ball to their partner.
	Criss, Cross, Handball	<ul> <li>Running, weaving through space.</li> <li>Timing the handball</li> </ul>	<ul> <li>Criss, Cross, Handball</li> <li>Set up a square 5x5m, inside that set up a 2x2m square.</li> <li>Students line up evenly on the points of the outside square.</li> <li>2 Footballs, students run to the diagonally opposite side. Students must handball when inside the small square.</li> </ul>
Modified Game (10mins) Conclusion ( 5mins)	End Zone	<ul> <li>Moving to space to receive a pass</li> <li>Strategy to move the ball from end to end</li> </ul>	<b>End Zone</b> Set up a 25x15m space as the playing field, class is split into 2 teams. Attacking team is to move the ball from their end of the field to other "End Zone". Mark the ball behind the line to score. Cant run with the ball. Drop ball is turn over (optional rule).