



Get Set 4
Education

Knowledge Organiser

Handball Year 3 and Year 4

About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

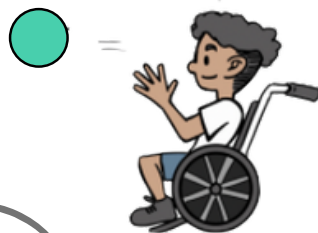
Games similar to handball can be traced back to ancient Egypt, Greece and Rome.

Handball as we know it now was founded at the end of the 19th century and is particularly popular in northern Europe, in places like Germany and in Scandinavia. Handball first appeared at the Olympics in 1936.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Handball is often described as a mix of football, basketball and water polo!



Can you think of any other invasion games that share these principles?



Key Vocabulary

accelerate: speed up

accuracy: how close the object is to the given target

accurately: hit with aim

decision: select an outcome

delay: to slow an object or player

direction: forwards, backwards, sideways

gain: get possession of the ball

intercept: to gain possession of the ball

invasion: a game of two teams who invade each other's space to score goals

momentum: the direction created by weight and power

opponent: someone not on your team

opposing: in competition with

option: possible choices

possession: to have

referee: the person who makes sure the rules are followed

speed: how fast you are travelling

Ladder Knowledge



Sending & receiving:

Year 3: point your hands to your target when throwing to help to send the ball accurately.

Year 4: cushioning the ball will help you to control it when catching it.

Dribbling:

Year 3: dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Year 4: protecting the ball when you dribble will help you to maintain possession.

Space:

Year 3: spreading out as a team will help to move the defenders away from each other.

Year 4: moving into space will help your team keep possession and score goals.

Attacking and defending:

Year 3: as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Attacking and defending:

Year 4: as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- throw
- catch
- run
- dribble
- shoot
- change direction
- change speed

This unit will also help you to develop other important skills.

Social

kindness, communication, co-operation

Emotional

honesty and fair play, determination, perseverance, confidence

Thinking

decision making, select and apply, problem solving, comprehension

Rules

The rule of three:

- If you have the ball in your hands you can take three steps then you either have to pass, shoot or dribble.
- If you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps.
- If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double dribble.
- Can only hold the ball for three seconds if standing with the ball.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals..

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Hit the Spot

What you need: two markers e.g. a cushion and a ball or pair of socks



How to play:

- Place one marker down as the start spot and another marker as the target.
- Throw overarm to hit the target.
- For each successful hit, move the start marker one big step back.
- How far back can you get?
- Make this easier by making the target area larger.



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Head to our youtube channel to watch the skills videos for this unit.



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