### Year 3&4 Handball Lesson 3 Objectives

**Combining skills – 3 Steps and Passing**
- To combine passing & moving skills.
- To work as a team when completing an activity.

### Introduction/ warm up (Connection and Activation)  
**With timings**
<table>
<thead>
<tr>
<th>Release Tag:</th>
<th>5-10 min</th>
<th>Differentiation (Extension/Support)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assign 3 – 5 taggers based on group ability – each to be given a bib. Assign 3 releasers - Releasers each to be given a handball. If a player without a ball is tagged by one of the taggers, they stand stuck in the mud with hands in position to catch a ball. Releasers find those that have been tagged, pass ball to them with one hand, child stuck catches ball with 2 hands and passes back to releaser.</td>
<td>REINFORCE – 1 hand throw and 2 hand catch</td>
<td></td>
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### Main (Development/ Application)  
**With timings**

**Introduction: Cross The River – Continuous Relay**

*What will help you/your team get down the court quicker*

Children should work in 3’s. Set up as below -

![Diagram of children passing ball in a relay]

Pass ball from wide position to middle, from middle to opposite wide position and same route back.

Use 3 steps between each pass. (KP3)

Demonstrate for children to turn body to face the person they are passing too. Move up the ball as shown above up to end of space available or cone markers then return walking with ball around outside of working area to rejoin the relay line.

**Development: Team Keep Away**

Give students a number or place students into groups of 5 approximately. Mark a box using cones for each groups working area.

4 children to be attackers and 1 to be a defender. Defender is acting passively except trying to intercept the ball. Encourage children to use their 3 steps to step past defender / into space to make a new pass when in possession. Encourage those without the ball to move into space (corners) within allocated space.

**Application: ENDZONE** - Make 3 court areas – 6 teams (dependent on numbers)

**Progressions:** Increase the amount of defenders. Place more competent ‘catchers’ in the middle of the groups to begin with. These children will receive the ball more often and have more catching to do.

*Discuss: Where is the best place to move to when you don’t have the ball? Why? How can we keep the ball?*

Encourage children to think about how their team can play well
In teams of 5 or 7 (ideally) set up area with a colour coded ENDZONE at each end of area.

Aim is for children to score by:
Firstly – receiving a pass when move to stand in the ENDZONE.
Secondly – step into area after receiving a ball (use 3 steps).

3 passes must be completed before final pass into end zone. Can increase/decrease dependent on ability.

**Cool Down:** Reaction cool down – call colour ENDZONES and children fast walk to the corresponding zone

**Plenary:** *What could you have done in your teams to improve? What did you do that was good?*