

Knowledge Organiser

Handball Year 4

About this Unit

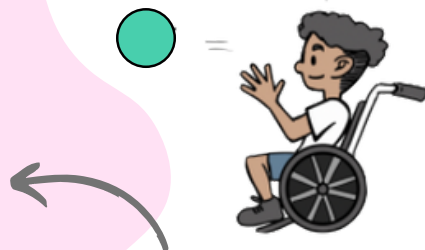
Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

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	

Can you set up your own game and practise your handball skills at lunchtime?



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
decision: select an outcome
delay: to slow an object or player
deny: to prevent an action happening
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
opposing: in competition with
option: possible choices
referee: the person who makes sure the rules are followed
supporting: being an option for the person with the ball
timing:
tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Cushioning a ball will help you to control it when catching it.

Space:

Moving into space will help your team keep possession and score goals.

Attacking:

Shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space.

Defending:

Mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

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

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

Social

communication, co-operation, work safely, collaboration, respect

Emotional

honesty and fair play, determination, confidence, empathy

Thinking

decision making, identify, select and apply, reflection

Rules

The rule of three:

- If you have the ball in your hands you can take three steps then you either have to pass or shoot.
- Can only hold the ball for three seconds if standing with the ball.
- Must be three steps away from a person taking a free pass.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team.

Tactics

Using attacking tactics will help your team to maintain possession and score goals. Using defending tactics will help your team to 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



Sock Pick Up

What you need: 2 people, 2 markers e.g. cushions and a sock and a space

How to play:

- Place out your two markers and put the sock on top of one marker.
- One person is the attacker, one the defender.
- Attacker starts at a marker approx. 6m away from the sock and has 1 minute to try to pick the sock up as many times as possible. After each pick up, return to the start marker.
- If the defender tags the attacker, the attacker must go back to the start marker.
- Switch roles.

Top tips:

- Attacker: use quick changes of speed and direction to avoid the defender.
- Defender: track the attackers movement and go for the tag before they reach the sock.



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



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