



Inspiring PE

Year 5

Invasion games

Handball



Lesson objective – Explore gripping and passing a ball

1. Explore gripping/holding a ball
2. Explore sending and receiving a handball (or equivalent)
3. Apply skills to a competitive game

Starter activity— Movie time

On; **play** the students jog safely around the area; **pause** the students stop, **change channel**– change action e.g. jumping hopping skipping. **Rewind**– slowly moving backwards.

Mobilise our joints—as a class following the teacher

Head—looking up, down left and right. Repeat once

Shoulders—rotating the shoulders backwards and then forwards

Hips—rotating the hips left then rotating the hips right

Ankles—take one foot slightly off the floor, move it left and right. Repeat with the other foot.

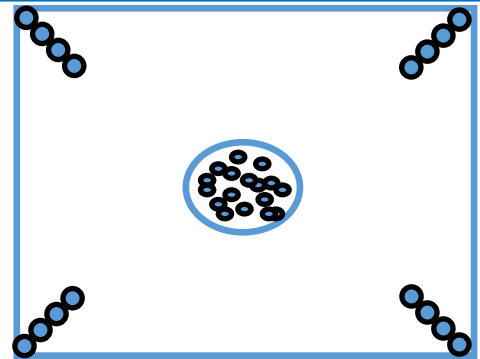
Construct learning challenge (if you don't have a hand ball use a small—medium sized soft ball)

Explore gripping and carrying a hand ball play a quick game of treasure hunt.

- Split the group into 5/6 teams
- Place lots of balls (hand balls, tennis balls etc.) in the middle of the area (spread out)
- On go one child from each team will run up and take a ball, keep taking turns until all the balls are gone
- They must grip the ball in one hand and carry it back without dropping it
- The winning team is the one with the most points.

In pairs practice throwing the ball with one hand and catching with two hands, give the children time to explore different methods to throw with one hand. Bring the group in to share ideas, place a focus on

- Standing side on
- Holding the ball in one hand above the shoulder
- Step with the back foot as they throw forward



Apply learning objective

In groups of four, play piggy in the middle. 4V1.

- The 3 students need to pass the ball to each other, the defender needs to try to get the ball.
- When the defender gets the ball he/she changes role.
- Ensure all the students have a turn at being the defender
- Emphasis the importance of calling a name and being ready to catch the ball.
- Encourage students to move into a space and call for the ball.

What can the students do if they are in a space and want the ball? Call for it,

Differentiation

Haps

Give haps a harder handball
Place with same ability children
Make the area smaller
Play3V2

Laps

Give a softer smaller ball to hold in one hand.
Allow more space
Work with a lead learner for a few minutes to explain the game

Review

What have we learned today?

Turn to the person nearest you and discuss the best technique to grip and throw a ball.

Share ideas with the class

Health and safety issues

- It is highly recommended that all children wear correct clothing and footwear, no jewellery allowed and hair tied back

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