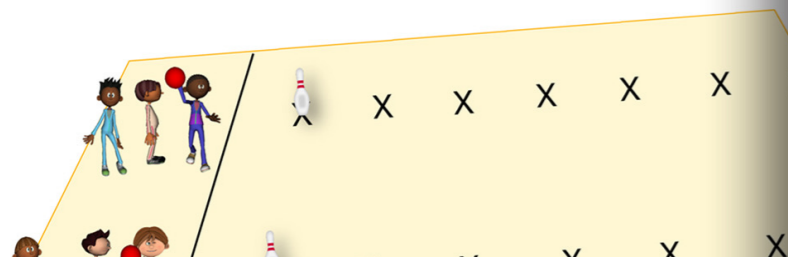


No-Prep Handball Lesson Plans

6 X 1 HOUR PLANS FOR PE TEACHERS AND COACHES

Move That Pin

A fun activity that works on throwing skills



Lesson 2 - Overview

Activity 1: Beach Bucket Catch

- Partner children up
- Give each group 1 ball and bucket or pail
- The child not holding the bucket will toss the ball into air
- The child with the bucket will have to catch the ball in the bucket



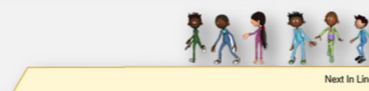
Activity 2: Clap Challenge

- Space the children out around the room
- Give each child a tennis ball
- Ask them to throw the ball in the air and clap their hand one time before it lands.
- When that becomes too easy, move onto 2 claps, then 3 and 4

1



Activity 3: Modified Wall Ball



Lesson 2: Catching

Learning Objective

be able to catch a ball correctly using the proper fundamentals

PE Standards

physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

catch the ball with

Equipment

4 x

15 x

40 x



Coach

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Lesson 1: Throwing

Learning Objective

To be able to throw a ball appropriately using the proper fundamentals

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I can throw the ball with accuracy

I can throw the ball with proper fundamentals



I can throw the ball stepping with the correct foot

Focus Questions

What foot do I step with while throwing a ball?

What is a proper follow-through while throwing a ball?

Equipment

4 x		Tall cones
2 x		Bowling pins
2 x		Foam balls

Coaching Points

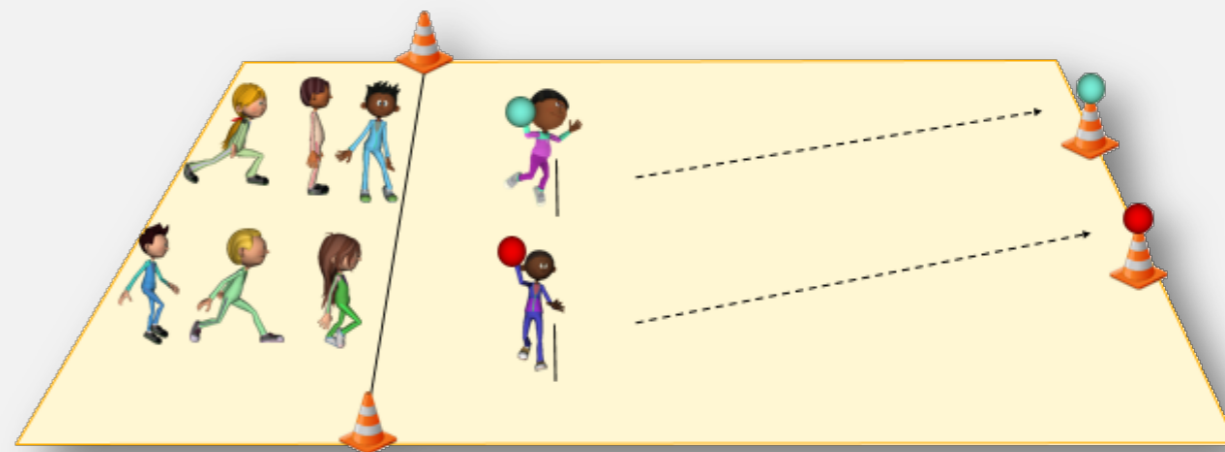
- ✓ Set throwing position
- ✓ Bring dominant arm back towards ear
- ✓ Step with the opposite foot
- ✓ Remember to follow through



Lesson 1 - Overview

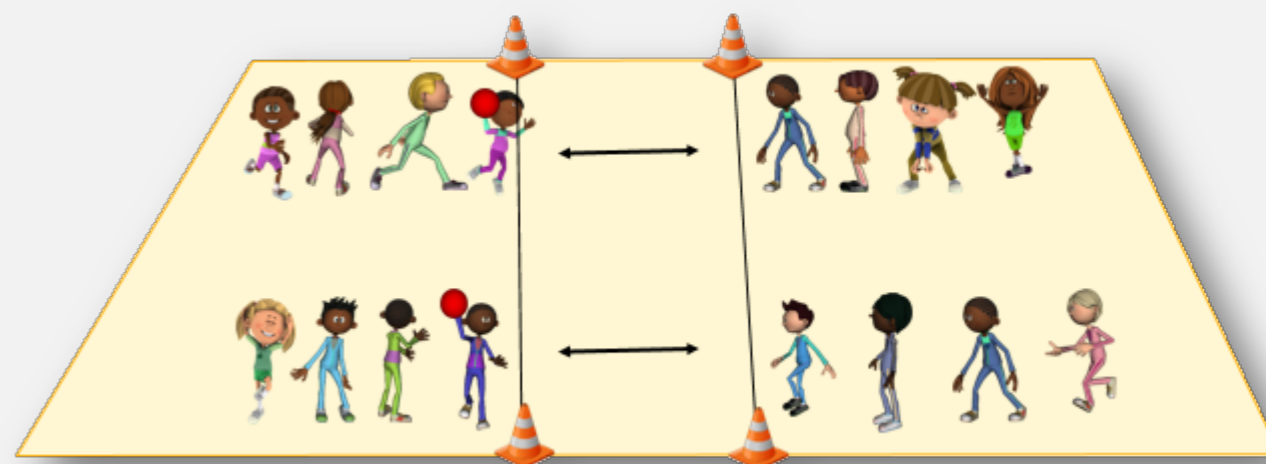
Activity 1: Cone Ball

- Set up students in a traditional relay race line
- Set up cones on end line with a ball balanced on top
- On 'go' the first child will try to throw their ball at their other ball
- Each time they get the ball to fall off the cone they get a point



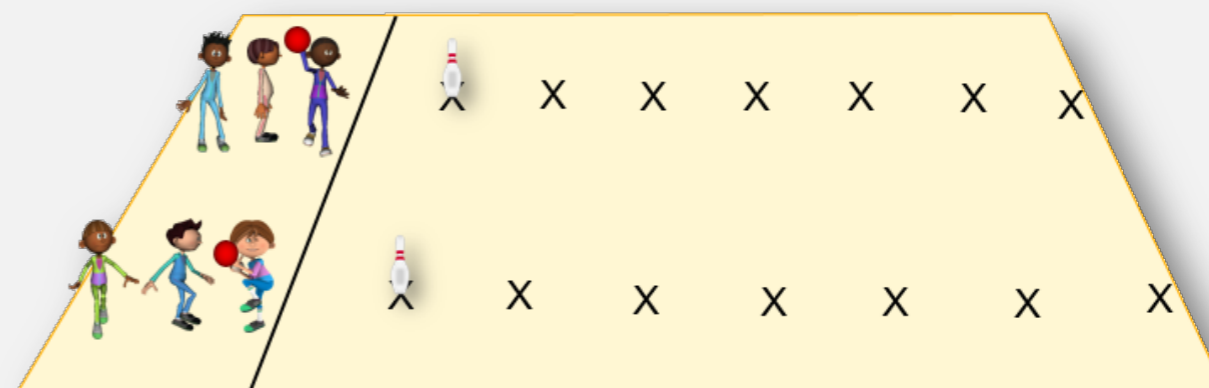
Activity 2: Catch & Throw

- Use cones or floor tape to create throwing lines
- Divide the class into 4 lines with 2 lines facing each other
- On 'go' the 2 lines will throw a ball back and forth
- They should keep track of how many times the ball gets caught
- Children should work on the proper fundamentals of throwing



Activity 3: Move That Pin

- Mark the floor with a starting line and X's to place the pin
- Put the children in 2 equal lines
- On 'go' the team must attempt to knock over the pin from the first X
- If they succeed, the pin now moves to the next X on the floor





Cone Ball

SKILL FOCUS

- ★ To improve aiming skills and eye-hand coordination

GROUP SIZE

- ★ Any number of even teams

EQUIPMENT

- ★ 4 cones, 4 balls, tape for floor

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to throw the ball in the direction of another child

SETUP

Set up the class in traditional relay race lines. Place a cone by each team where they should start to race, a piece of tape on the floor where they should throw a ball, and cones with a ball balanced on top of it near the far end line.

INSTRUCTIONS

1. On 'go' the first kid in line runs with a ball to a line taped on the floor. From there, they must throw the ball with proper mechanics at their cone with a ball balanced on top.
2. After they throw the ball, they must retrieve it and bring it back to the next kid in line, and then they go to the end of the line, waiting patiently for their turn again.
3. If they do knock the ball off the cone, it is their job to place it back on top.
4. Each child in line will follow this pattern.
5. The teacher should keep track of the score as they go along with the race. The teacher can also set a 5-minute time limit for each race.

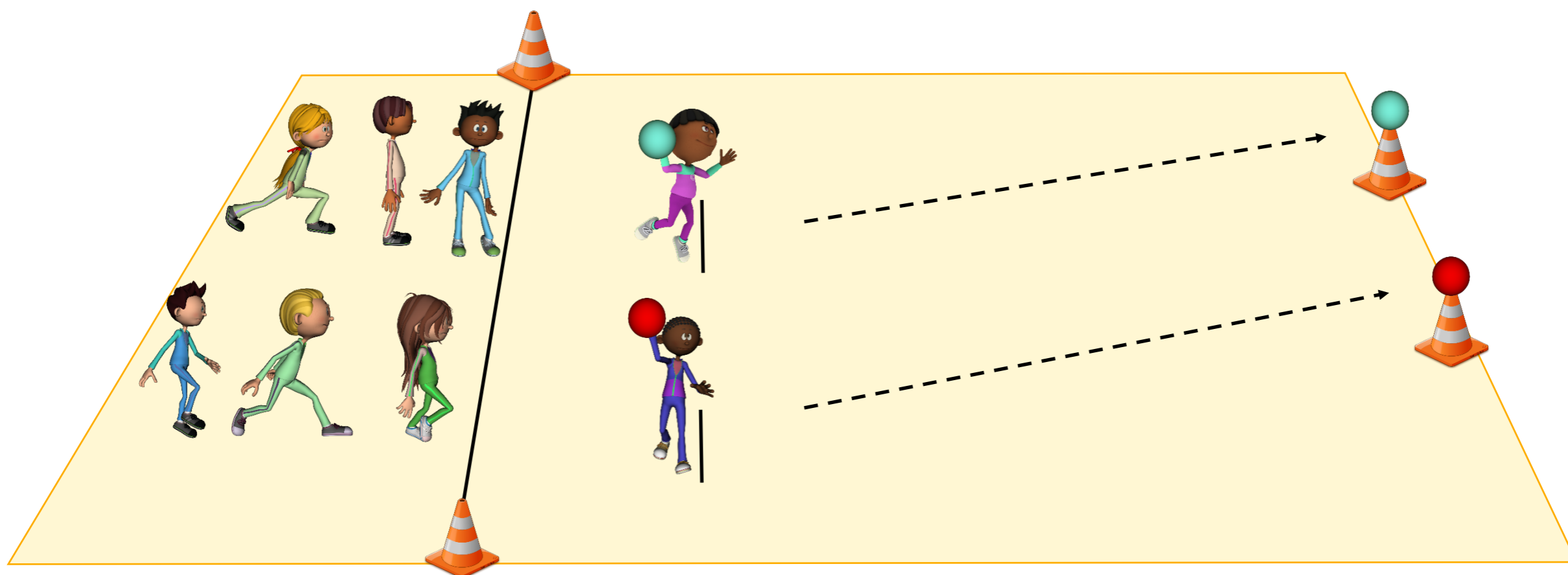
MODIFICATIONS

To make it harder, distance the throwing line back further from the line the children throw from.



Cone Ball

A relay race where the children will throw balls using proper fundamentals at a cone with a ball balanced on top of it in an effort to get a point.





Catch & Throw

SKILL FOCUS

- ★ Eye-hand coordination, aiming, throwing, catching

GROUP SIZE

- ★ 20-25 depending on size of your room

EQUIPMENT

- ★ 2 foam balls, marking tape, 4 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Be aware of other children's space to avoid contact

SETUP

Set up 2 throwing lines with floor tape and cones. Divide the class into 4 lines with 2 lines facing each other (as seen in image).

INSTRUCTIONS

1. On 'go' the first child in each line will toss the ball overhand to the child across from them.
2. After they throw it, they must go to the back to their original line and wait for their turn to come again.
3. The person who catches it will now throw the ball back to the new person on the opposite line, and as earlier, goes to the end of their line after they throw it.
4. The children will follow this pattern, keeping track of how many times in a row they can catch the ball without it dropping on the floor.
5. As the children become more proficient, move the throwing lines back further.

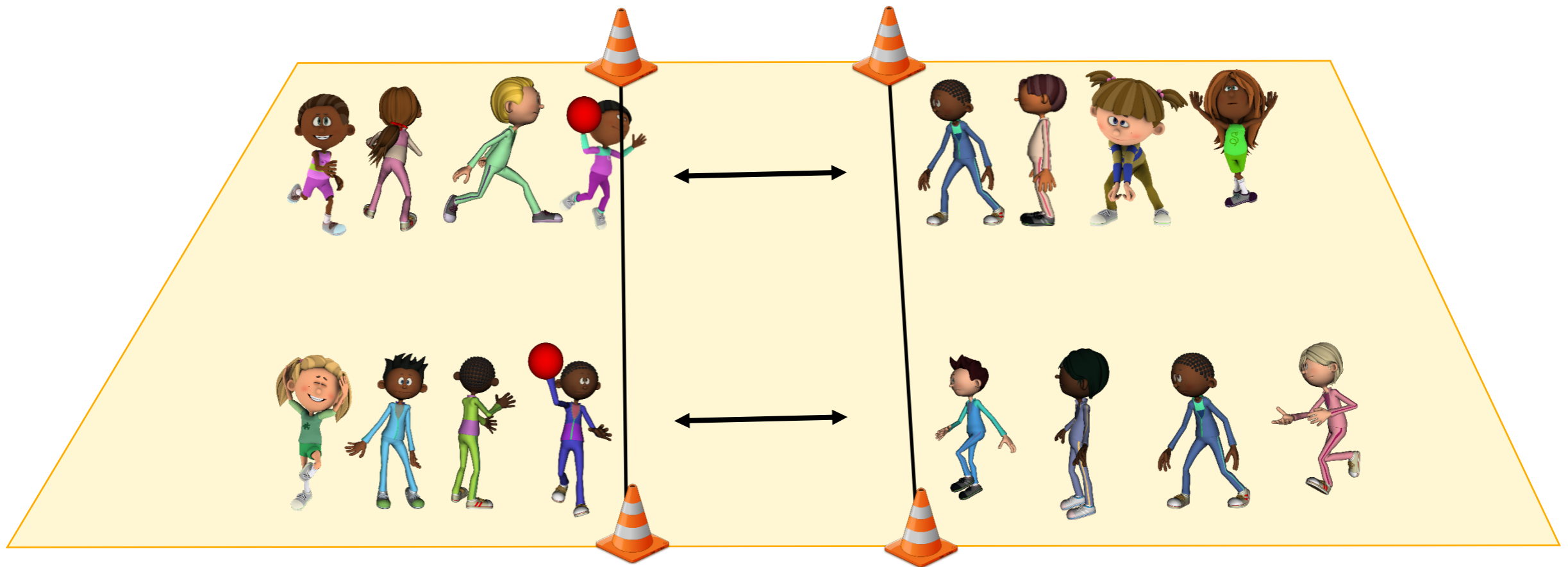
MODIFICATIONS

To make it harder, increase the distance of the throwing lines.



Catch & Throw

A fun catch and throw activity





Move That Pin

SKILL FOCUS

- ★ Throwing, catching, eye-hand coordination

GROUP SIZE

- ★ 15-25 children

EQUIPMENT

- ★ Floor tape, 2 balls, 2 bowling pins

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful of the pins being hit and bouncing at them

SETUP

Set up the children in 2 lines. Place a starting line on the floor along with X's to mark off where the pins will be placed (see image).

INSTRUCTIONS

1. On 'go' the first child in line will throw their ball at the bowling pin which will be close to them.
2. Whether they hit the pin or not, they must retrieve the ball and hand it off to the next child in line, then go to the end of the line.
3. If they hit the pin, they must also stand up the pin, and place it on the next X marked on the floor.
4. The team's objective is to have the pin travel from the X closest to them to the X the furthest from them on the opposite end line.
5. The team that can knock over the pin when it is on the last X wins the race.

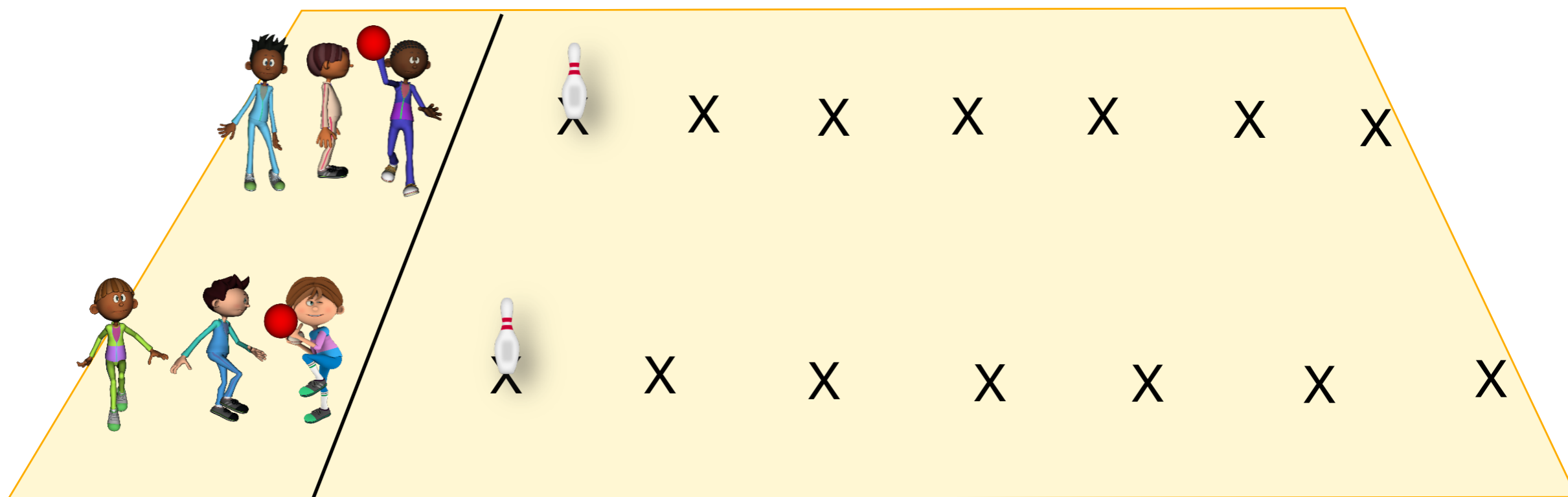
MODIFICATIONS

To make it harder, add more pins.



Move That Pin

A fun activity that works on throwing skills



Lesson 2: Catching

Learning Objective

To be able to catch a ball correctly using the proper fundamentals

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

- I can catch the ball with proper eye-hand coordination
- I can catch the ball with proper fundamentals
- I can catch the ball consistently without missing it

Focus Questions

- How do I concentrate on catching a ball properly?
- How do I track a ball as it comes towards me?

Equipment

- 4 x  Tall cones
- 15 x  Sand pails or buckets
- 40 x  Tennis balls

Coaching Points

- ✓ Concentrate on ball the entire path
- ✓ Do not take your eyes off the ball.
- ✓ Learn how to track the ball
- ✓ Be confident about catching the ball



Lesson 2 - Overview

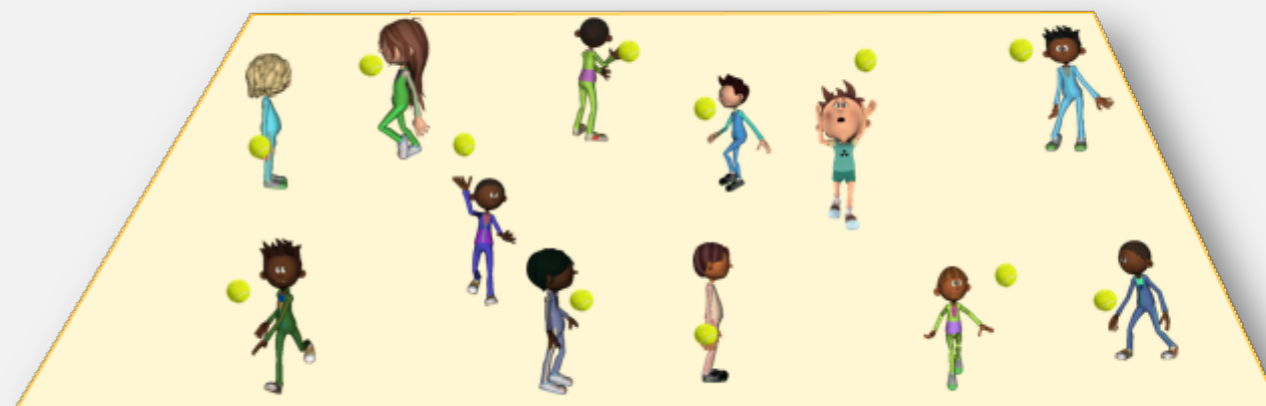
Activity 1: Beach Bucket Catch

- Partner children up
- Give each group 1 ball and bucket or pail
- The child not holding the bucket will toss the ball into air
- The child with the bucket will have to catch the ball in the bucket



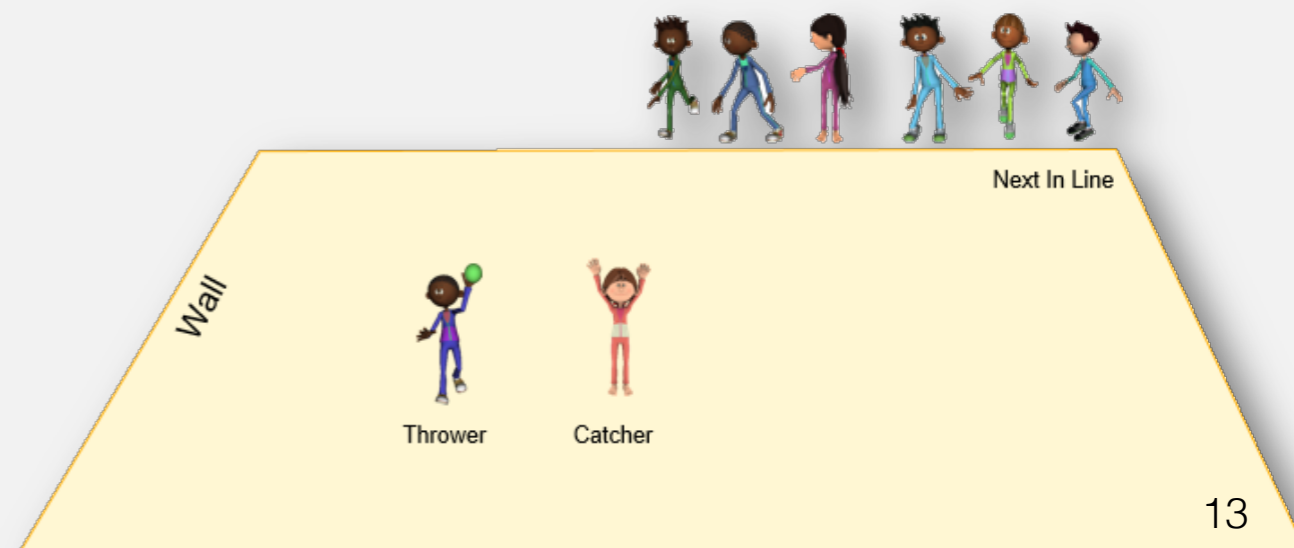
Activity 2: Clap Challenge

- Space the children out around the room
- Give each child a tennis ball
- Ask them to throw the ball in the air and clap their hand one time before it lands.
- When that becomes too easy, move onto 2 claps, then 3 and 4



Activity 3: Modified Wall Ball

- Place the children in a straight line on an end line
- Pick one child to start as the thrower
- Choose another child to be the catcher
- The thrower is going to try and get the catcher out of the game





Beach Bucket Catch

SKILL FOCUS

- ★ Catching, throwing, eye-hand coordination

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ 1 tennis ball and beach bucket for each group

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be aware of each other so they do not bump into other students

SETUP

Spread your students out around the room and group them in pairs, standing about 5 feet apart and facing each other. Make sure that each group has 1 tennis ball and 1 beach bucket or pail.

INSTRUCTIONS

1. On 'go' the child with the ball will toss the ball in the air.
2. The child with the bucket must try to catch the ball in the beach bucket.
3. Whether they catch it or miss it, get the ball and follow this pattern again.
4. After a few minutes, switch roles.
5. See how many times in a row the ball can be caught.

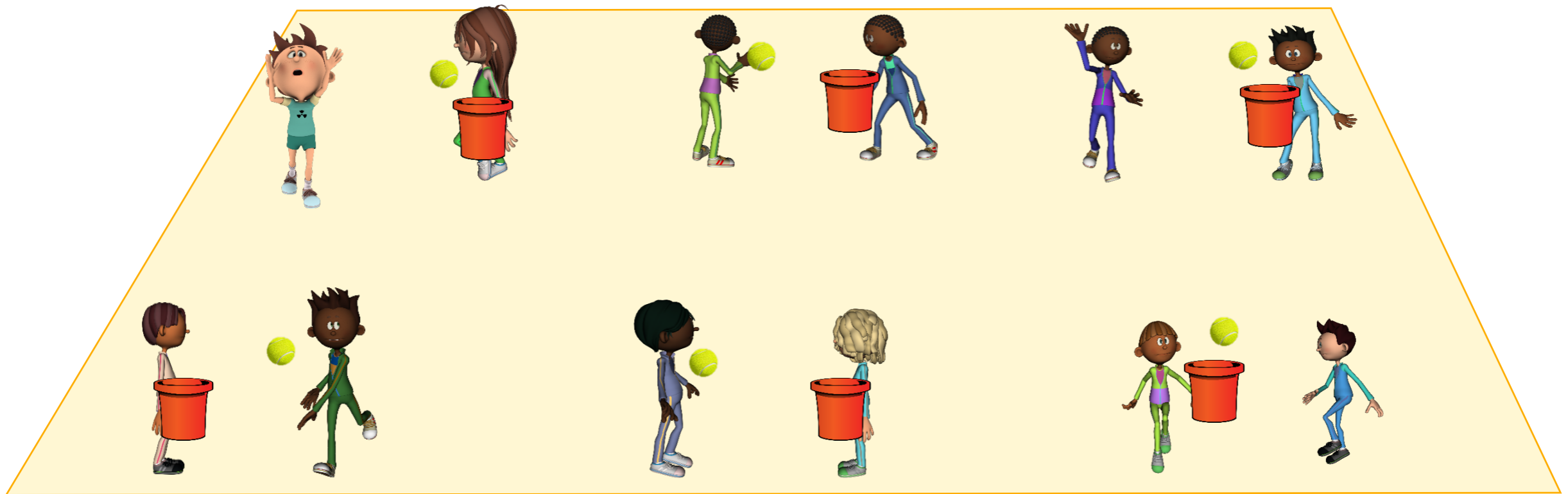
MODIFICATIONS

To make it harder, spread the children out 10 feet apart instead of 5 feet.



Beach Bucket Catch

A fun activity where the children will catch a ball with a bucket to improve eye-hand coordination





Clap Challenge

SKILL FOCUS

- ★ Catching, throwing, eye-hand coordination

GROUP SIZE

- ★ 8-24 students

EQUIPMENT

- ★ A tennis ball for each child

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another

SETUP

Space the children out around the room. Give each child a tennis ball.

INSTRUCTIONS

1. To start, have them practice throwing their ball into the air and catching it.
2. After a few minutes, switch to throwing the ball into the air, clapping their hands one time, then catching it before the ball can hit the ground.
3. After that, move onto 2, claps, 3 claps, 4 claps and higher.
4. The objective is not necessarily to get the highest number of claps in the class, rather to achieve their own personal best with the number of claps.

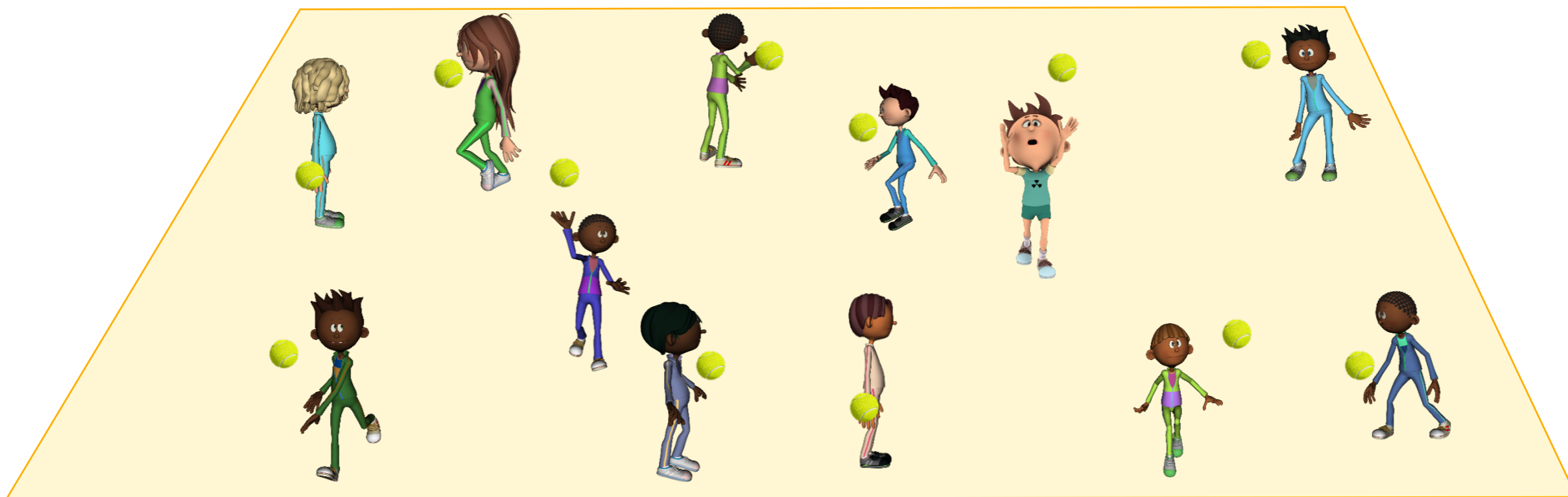
MODIFICATIONS

To make it harder, have the children toss the ball against a wall and see how many claps they can achieve.



Clap Challenge

A fun activity where the children will toss the ball into the air and clap their hands as many times as possible before catching it





Modified Wall Ball

SKILL FOCUS

- ★ Throwing, catching, eye-hand coordination

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 1 tennis ball

LOCATION

- ★ Inside or outside

SAFETY

- ★ Students should be aware of each other to not bump.

SETUP

Place your students in one line on the sideline. Pick one child to start as the thrower and one more to be the catcher.

INSTRUCTIONS

1. On 'go' the first child in line has to throw the ball against the wall above a specific height that is pre-determined by the teacher.
2. After they throw the ball, they must go to the end of the line as the person in line behind them has to catch the ball.
3. As they are catching the ball, the next child in line (see image) will come out.
4. The child who originally caught the ball is now the next thrower. They have to toss their ball against the wall and follow the same process as the person in front of them in line.
5. This pattern continues throughout the game.
6. Children must keep track of how many times they get out. The child with the least number of times getting out wins the game.

MODIFICATIONS

To make it harder, you can restrict the number of times the ball can bounce before caught. For example, you can say the ball must be caught before it bounces 2 times.



Modified Wall Ball

A fun activity where the children will throw the ball against the wall and try to make the child behind them in line miss the ball



Next In Line

Wall



Thrower



Catcher

Lesson 3: Speed & Agility

Learning Objective

To be able to move swiftly and agile to simulate movements in team handball

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can run left and right quickly
I can sprint fast
I can move with agility

Focus Questions

How do I run as fast as I can?
How do move at different angles while keeping my balance?

Equipment

2 x		Tall cones & whiffle ball
1 x		Stopwatch
4 x		Foam balls
100 x		Plastic cups

Coaching Points

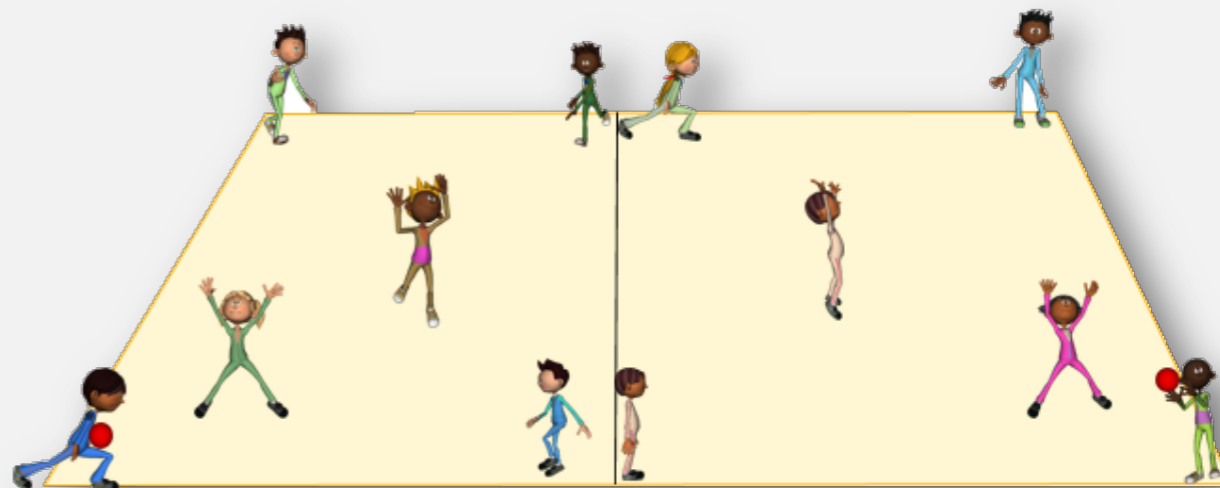
- ✓ Concentrate on balance
- ✓ Focus on being agile
- ✓ Remember to stay on task at hand
- ✓ Get into a rhythm while moving



Lesson 3 - Overview

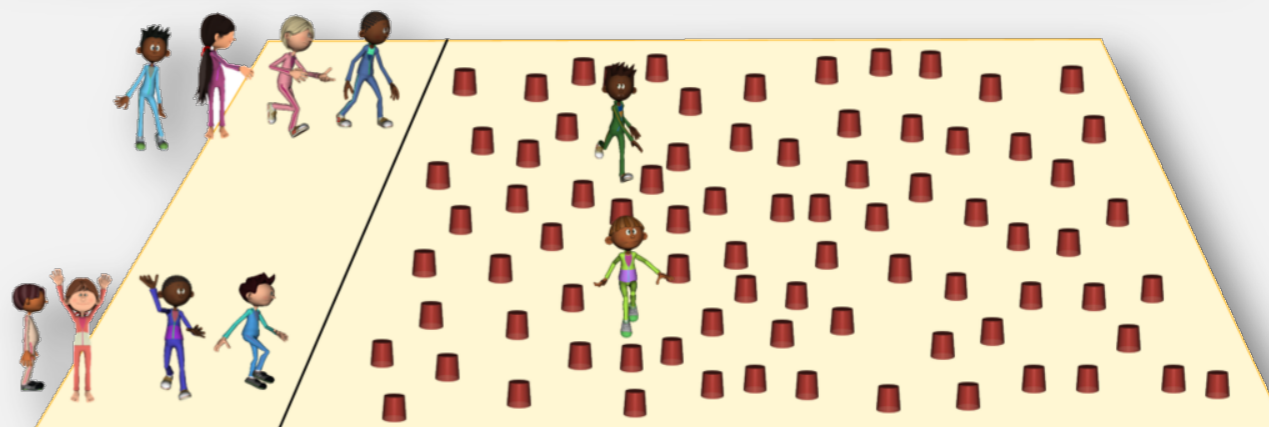
Activity 1: 4 vs. 2

- Divide your room into 2 parts
- Place a child in each corner of the room
- Place 2 children in the middle
- Provide 1 ball to the kids on the outside
- Children on the outside will throw the ball around
- Students in the middle must try to intercept it



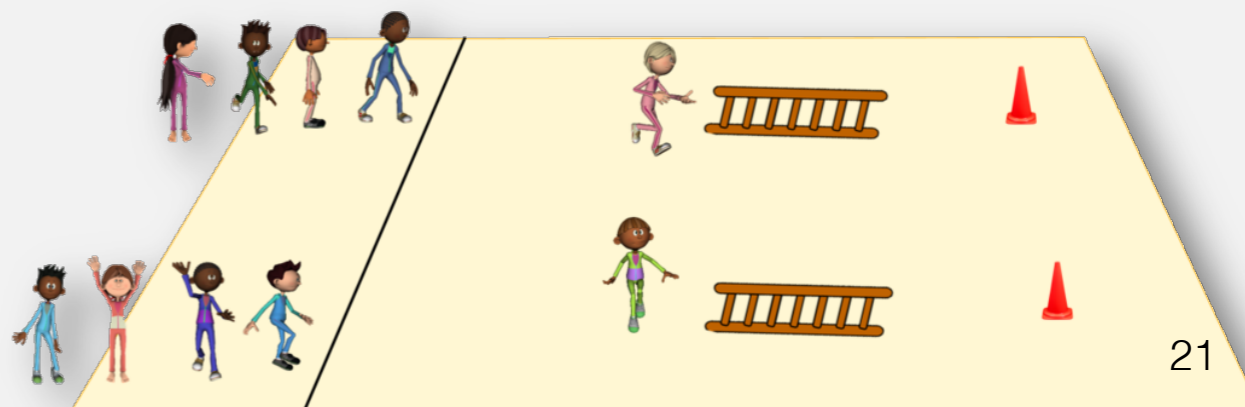
Activity 2: A "MAZE"ing Race

- Put the children into 2 lines
- Lay out plastic cups all over the floor
- Run heats where the children have to run from points A to B
- Try to see which child can get through the maze the fastest



Activity 3: Ladder Challenge

- Place the children in traditional relay race lines
- Use floor tape to create a ladder on floor
- On 'go' the children will run through the ladder
- The first team to finish the challenge wins





4 VS. 2

SKILL FOCUS

- ★ Eye-hand coordination, balance, agility speed

GROUP SIZE

- ★ 6-24 children

EQUIPMENT

- ★ 1 sponge ball

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to bump into one another

SETUP

Divide your room into 2 halves. Place a child in each corner of these halves (as seen in image). Place another 2 children in the middle of the half of the room. Provide 1 sponge ball to each half of the room.

INSTRUCTIONS

1. On 'go' the children in the corners of each half of the room will toss the ball to each other with no particular pattern.
2. The 2 children in the middle will be sprinting around trying to intercept the ball however they can.
3. Anytime the children in the middle intercept the ball, the teacher should rotate the children in the middle as well as rotate new children into the game in case you have a large class.
4. All the students in the class should get a chance to be a person in the middle and a person in the corner.
5. There is no contact allowed in this game.
6. The children in the middle are not allowed to swat the ball out of the hands of those in the corners.

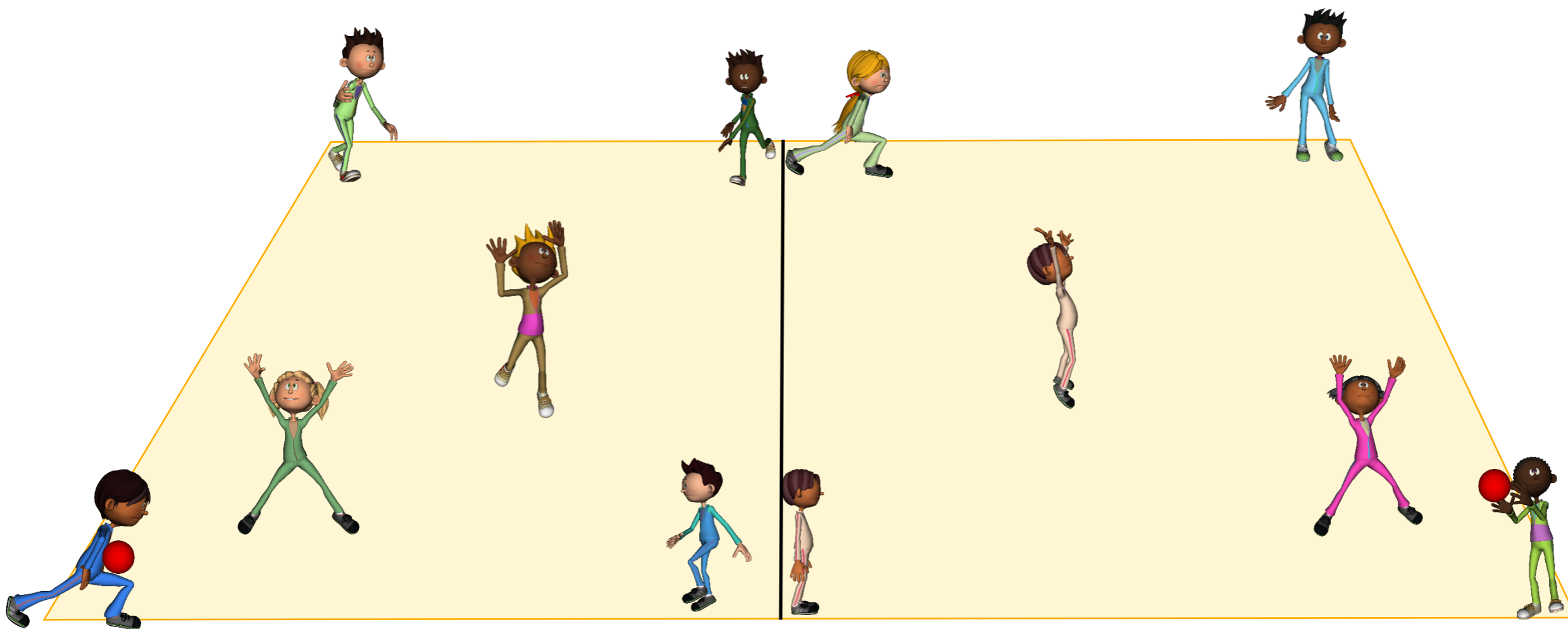
MODIFICATIONS

To make it harder, put 3 children in the middle.



4 vs. 2

A keep-away game that improves speed and agility





A "MAZE"ing Race

SKILL FOCUS

- ★ Coordination, balance, agility, speed

GROUP SIZE

- ★ 8-16 children

EQUIPMENT

- ★ 100 plastic cups, stopwatch

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be aware of the other children in the room so they do not bump

SETUP

Put your students into a line and lay out plastic cups all over your floor (as seen in image).

INSTRUCTIONS

1. When the teacher says 'go' the first child in line must run from the start line to the finish line.
2. The teacher will time how fast they go.
3. After the child goes, they go to the end of the line and wait for their turn to come again.
4. The children will have to run through obstacles on the way (plastic cups).
5. If they touch a plastic cup, they are disqualified and have to wait for their turn to come around again. The child with the fastest time wins.
6. Have extra plastic cups on hand as some may get damaged.

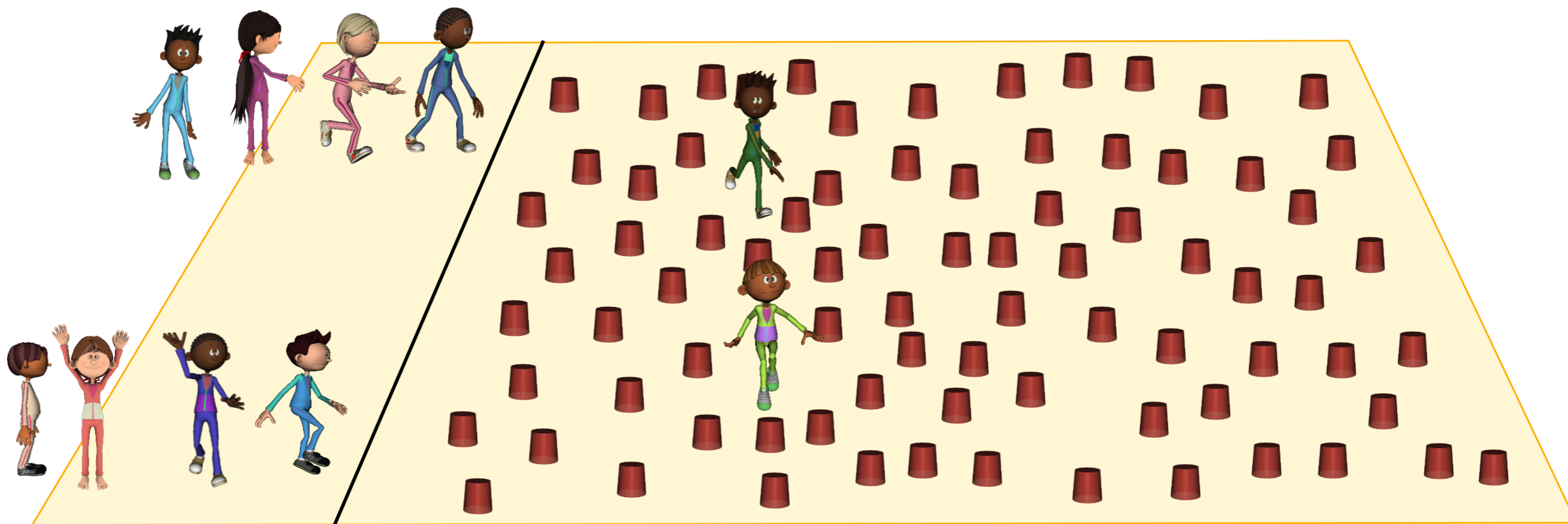
MODIFICATIONS

To make it harder, lay out more plastic cups.



A "MAZE"ing Race

A fun agility race where the children have to get through obstacles while they run





Ladder Challenge

SKILL FOCUS

- ★ Coordination, agility, jumping, balance

GROUP SIZE

- ★ 12-30 students

EQUIPMENT

- ★ 4 cones, floor tape

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children must be careful to maintain their balance and not fall

SETUP

Put the children into 2 traditional relay race lines. If inside, use floor tape to mark off a ladder on the ground. If outside, use chalk. Place a cone at the opposite end of the start line to mark where the children have to run to.

INSTRUCTIONS

1. On 'go' the first child in line must run through the ladder.
2. While going through the ladder, they must make sure they step into each opening.
3. Once they jump through the last opening, they must go around the cone that is provided and come back to the start line going through the ladder a second time.
4. Once they get back to the start line, the next child goes following the same pattern.
5. The first team to finish wins the race.
6. To mix it up, you can also do an activity where you time each child running through the ladder to see who can go through the fastest.

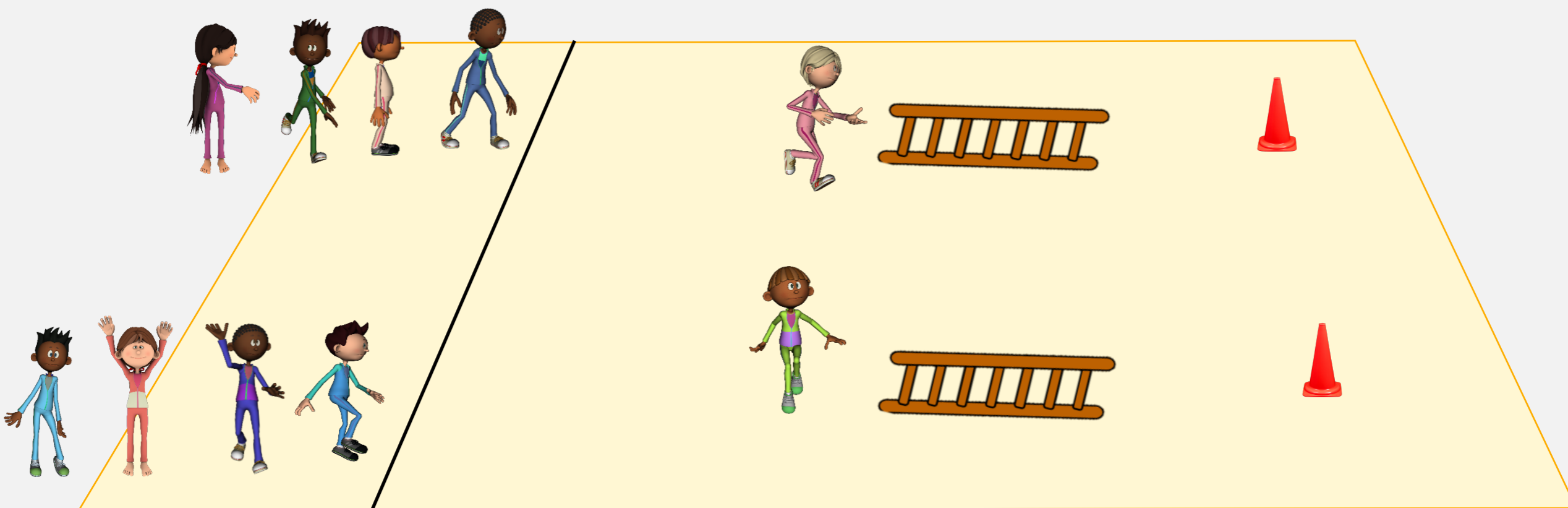
MODIFICATIONS

To make it harder, you can make the ladder larger with more openings.



Ladder Challenge

A speed and agility activity where the children have to jump through a ladder



Lesson 4: Goalie Play

Learning Objective

To be able to block the other team's attempt at scoring a goal

SHAPE Standards

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance

Success Criteria

I can block a ball coming my way most of the time

I can catch a ball coming my way

I will not be afraid of a ball coming at me

Focus Questions

How do I concentrate on catching properly?

How do I know in which direction to move?

Equipment

6 x  Tall cones

20 x  Hula hoops

30 x  Sponge balls

Coaching Points

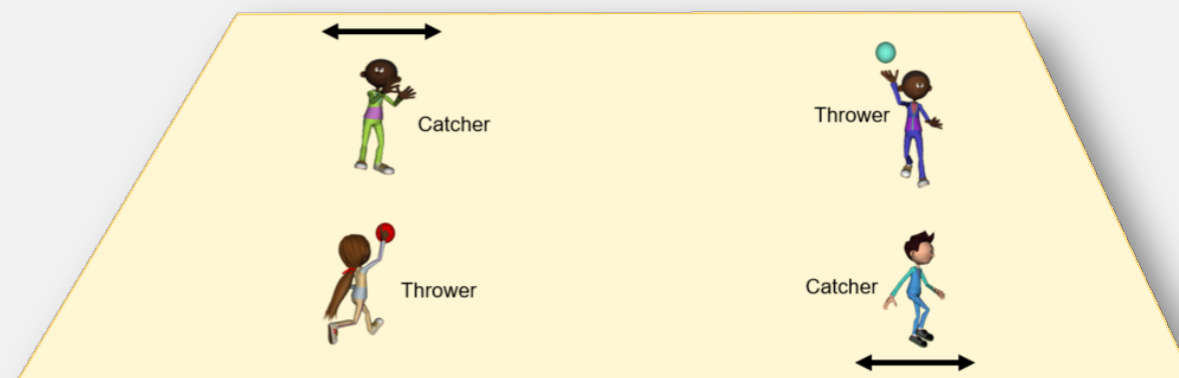
- ✓ Lock in on the ball at all times
- ✓ Do not be intimidated by balls thrown in your direction
- ✓ Never take your eyes off the ball
- ✓ Communicate with your teammates



Lesson 4 - Overview

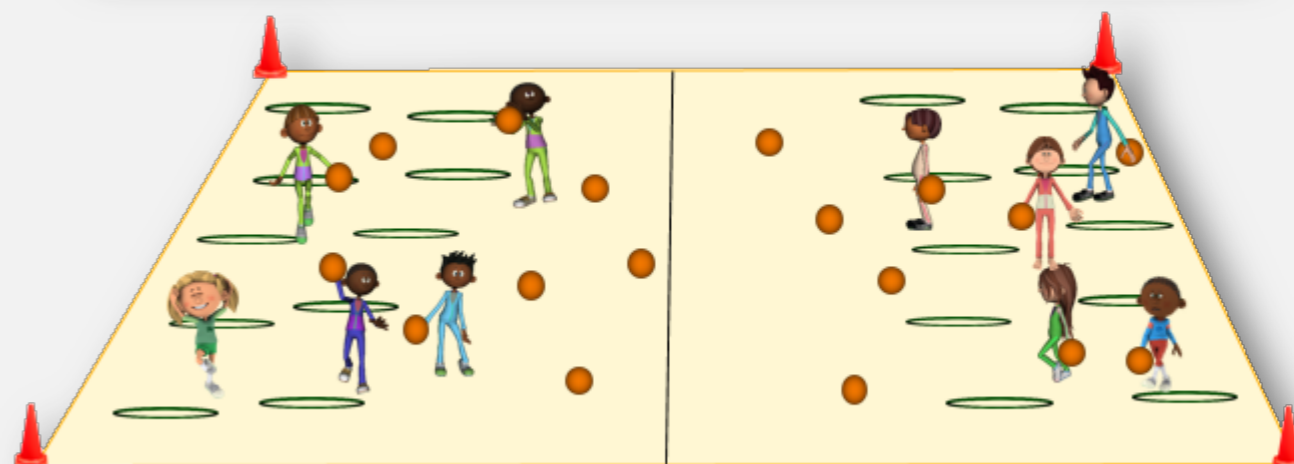
Activity 1: Side to Sides

- Partner up the children
- One person in each pair is the thrower
- One child in each pair is the catcher (goalie)
- The catcher must run from side to side, catching a ball



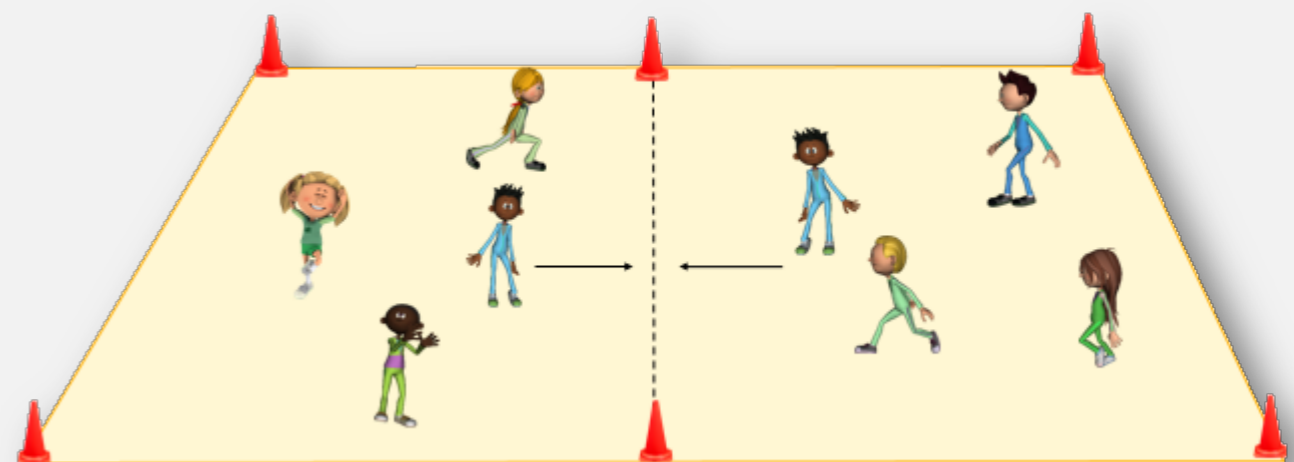
Activity 2: Protect the Hoop

- Put the children on 2 even teams
- Each team must stay on their half of the room
- Every kid is a goalie
- They must protect their hula hoops
- At the same time, they try to get a sponge ball into the other team's hoops



Activity 3: Goal Line

- Place the children on 2 even teams
- Each team starts on one half of your room
- On 'go' their objective is to make it safely to the other team's goal line
- Each child will also be a goalie or guard protecting their goal line





Side to Sides

SKILL FOCUS

- ★ Aiming, eye-hand, balance coordination, speed

GROUP SIZE

- ★ 8-20 students

EQUIPMENT

- ★ 10 sponge balls, floor tape

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children have to be careful not to bump into each other while moving side to side

SETUP

Partner up the children around the room and give a sponge ball to each group. It may be easier to mark the floor with floor tape to show the catchers where they should move to (as seen in image).

INSTRUCTIONS

1. Within each pair of children, one child will be the thrower, the other will be the catcher. The catcher is practicing moving side to side as a goaltender would do during a game.
2. The catcher will move from side to side (as seen in image)
3. The thrower will toss the ball to the catcher who must catch the ball as they move side to side. Once they catch it, they must immediately throw the ball back to the thrower as they proceed to now move side to side in the other direction.
4. Have the children do this for 1 minute, then have them rotate their spots. If the ball drops, they just pick it up and start again.
5. This drill is meant to help children simulate the movements of a goalie.

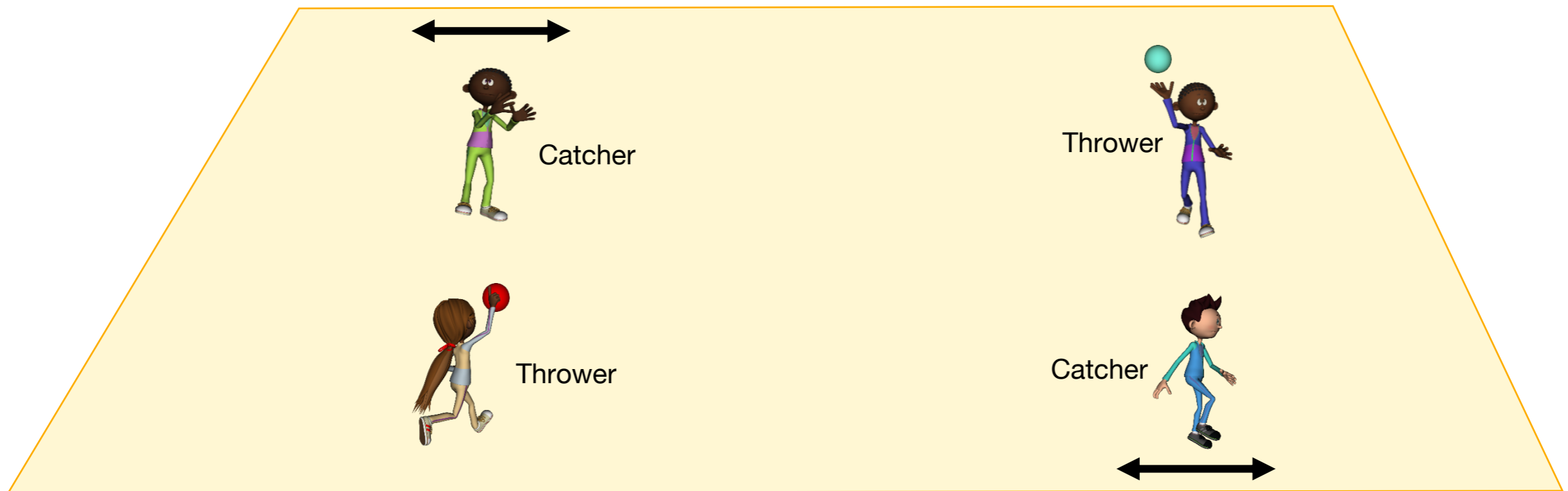
MODIFICATIONS

To make it harder, increase the amount of time the children do the activity.



Side to Sides

A goalie drill where children will practice their goalie footwork





Protect the Hoop

SKILL FOCUS

- ★ Aiming, throwing, goalie protecting, eye-hand coordination

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ 25 sponge balls or bean bags, 20 hula hoops, 4 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to stay alert when a ball is being thrown to them

SETUP

Divide your class into 2 even teams. Each team must stay on their half of the room. Place 10 hula hoops on each half of the room (as seen in image). Spread out about 20 sponge balls or bean bags all around your room.

INSTRUCTIONS

1. In this game, every child is a goalie and a scorer. They have to protect the hoops on their half of the room and not allow the other team to get a sponge ball or bean bag into one of their team's hoops.
2. Children must stay on their half of the room.
3. On 'go' the children start underhand tossing balls onto the other team's side.
4. Their objective is to throw the sponge balls and get one into the other team's hula hoop.
5. Every child tries to be a goalie and a scorer.
6. The first team to get a sponge ball or bean bag into the other team's hula hoop wins.
7. If it becomes too easy, make it whichever team gets a ball into 2 hula hoops.

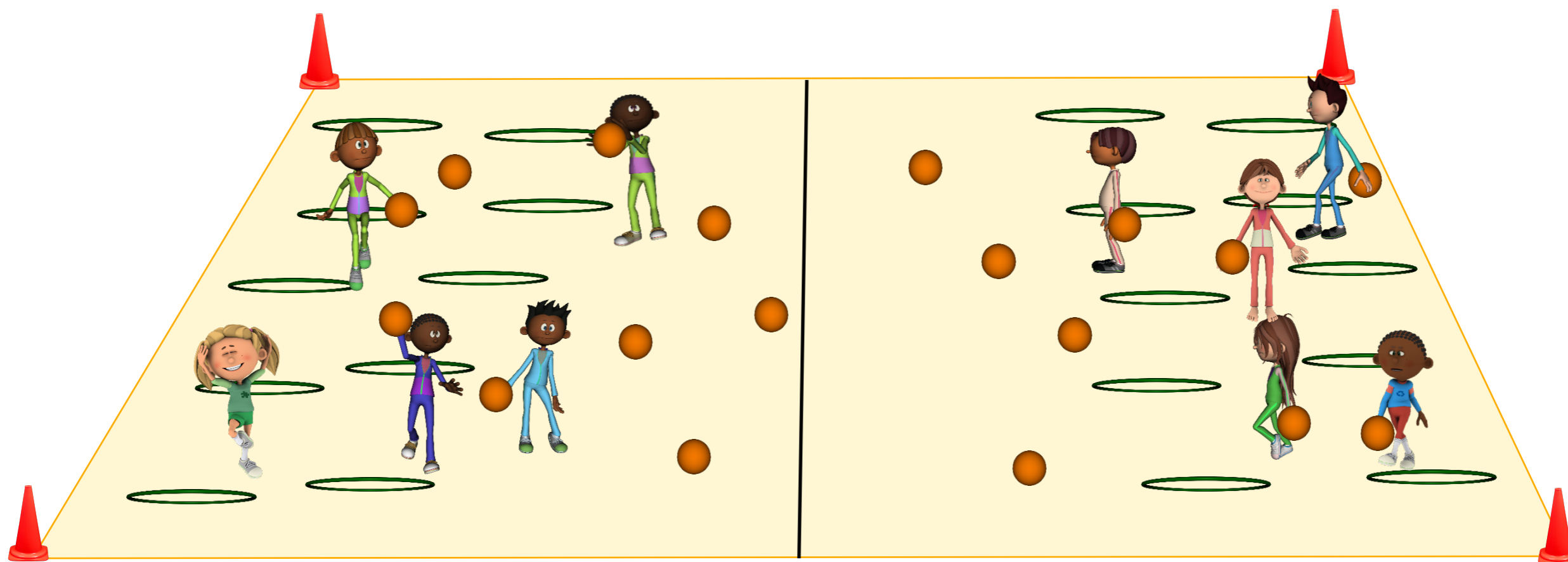
MODIFICATIONS

To make it harder, declare a winner by the team who can get a sponge ball or bean bag into every hula hoop.



Protect the Hoop

A goalie protecting game where the children have to stop sponge balls or bean bags from getting into hula hoops





Goal Line

SKILL FOCUS

- ★ Running, coordination, balance, agility

GROUP SIZE

- ★ 8-20 children

EQUIPMENT

- ★ 6 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another while running

SETUP

Divide the class into 2 even teams. Place each team on one half of the room. Place 6 cones around the perimeter of the room in the corners and middle (as seen in image).

INSTRUCTIONS

1. In this game, every child will be a guard (goalie) of their end line as well as a runner who has to make it safely over to the other team's end line.
2. Place a 2-minute time limit on each round.
3. On 'go' children will have 2 minutes to cross over to the other team's half of the room and make it safely to their end line.
4. When children cross the middle line to get across, they have to avoid being tagged by someone on the other team. If they get tagged, they are out until the next round begins.
5. Children can take a chance and run across at any time onto the other team's side as long as they do it within 2 minutes.
6. After 2 minutes, whichever team has the most kids on the other team's end line wins.

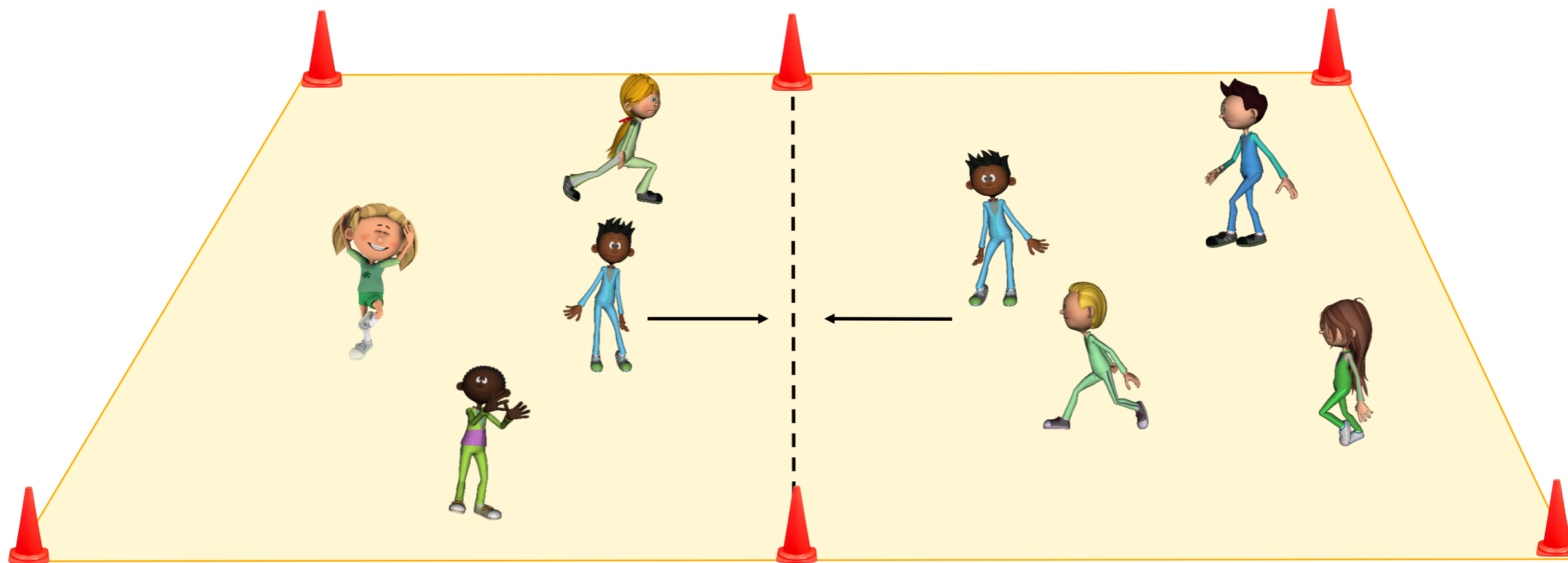
MODIFICATIONS

To make it harder, decrease the time limit of each round to 1 minute.



Goal Line

A running game that requires kids to run to the other team's goal line



Lesson 5: Running & Jumping

Learning Objective

To be able to run and jump effectively and efficiently to enhance your skill level in team handball

SHAPE Standards

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Success Criteria

I can run and jump efficiently

I can run and jump with great speed

I can run and jump with proper fundamentals

Focus Questions

How do I concentrate on running properly?

How do I jump higher?

Equipment

2 x		Cardboard boxes
4 x		Cones
21 x		Hula hoops
100 x		Bean bags

Coaching Points

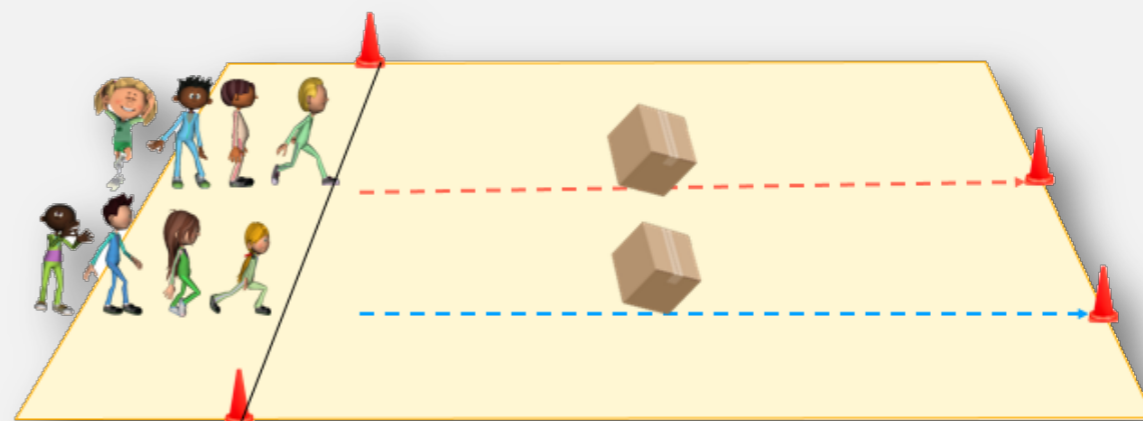
- ✓ Move your arms side to side while running
- ✓ Thrust upwards with power while jumping
- ✓ Focus on coordination and balance
- ✓ Improve your agility through hard work and practice



Lesson 5 - Overview

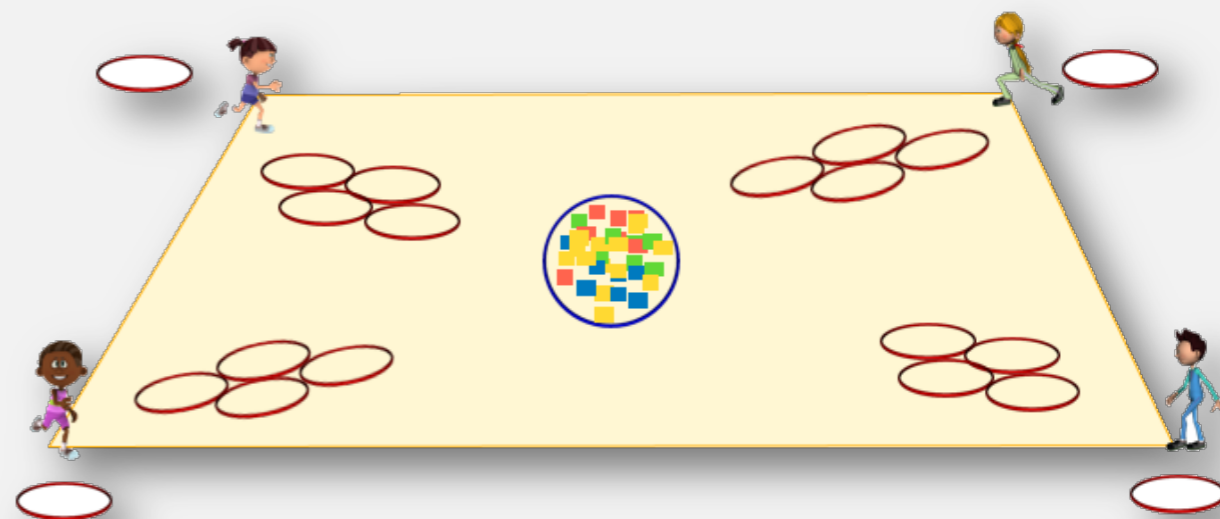
Activity 1: Run & Jump

- Set up the children in a traditional relay race line
- On 'go' the first child runs, jumps over a box, and continues running
- When they get to the end, they turn around and come back the same way
- When they return to start line, the next child goes



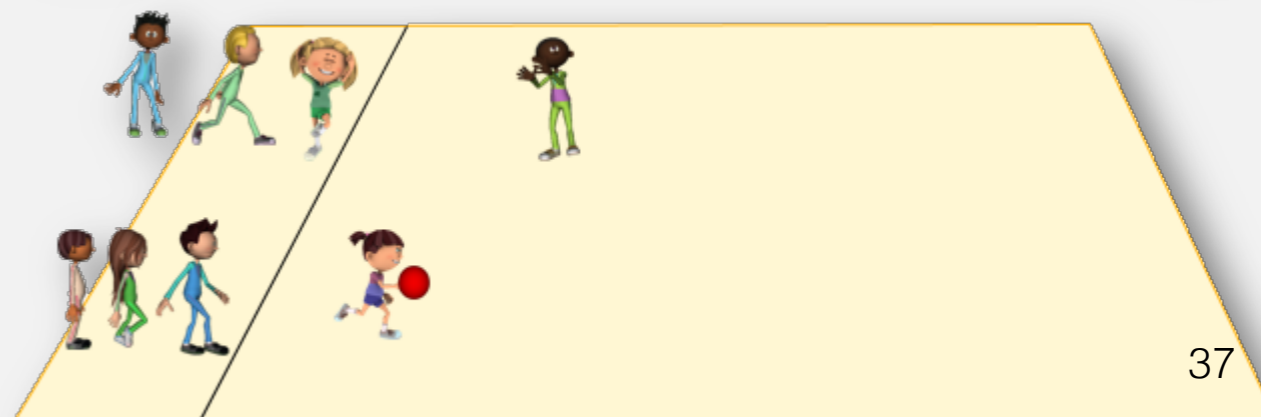
Activity 2: Bean Bag Heist

- Set up the children on 4 teams
- Each team makes a line in the corner of the room
- On 'go' the first child runs to the middle and takes a bean bag
- On the way, they must jump through hula hoops and bring the bean bag back



Activity 3: Catch & Run

- Divide the class into 2 lines
- 2 children will go at a time
- On 'go' the first child in each line will pass a ball to each other back and forth as they run to their end line
- Once they get to their end line, they come back the same way
- When they get to the start line, the next two children go





RUN & JUMP

SKILL FOCUS

- ★ Running, speed, agility

GROUP SIZE

- ★ 8-30 students

EQUIPMENT

- ★ 2 cardboard boxes, 4 cones

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should be careful not to trip or fall while jumping over the cardboard boxes

SETUP

Set up the children in traditional relay race lines. Place a cardboard box for each team at the midway point of their run (as seen in image). Place cones to mark off the start line and the end line.

INSTRUCTIONS

1. On 'go' the first child sprints forward towards their cone on the opposite end line.
2. As they run, they must jump over a cardboard box that is in their path.
3. Once they jump the box, they run to their cone, go around it, then head back to the start line.
4. On the way back, they must jump over the box again.
5. Once back at the start line, the next child will take their turn.
6. The first team to finish wins the race.

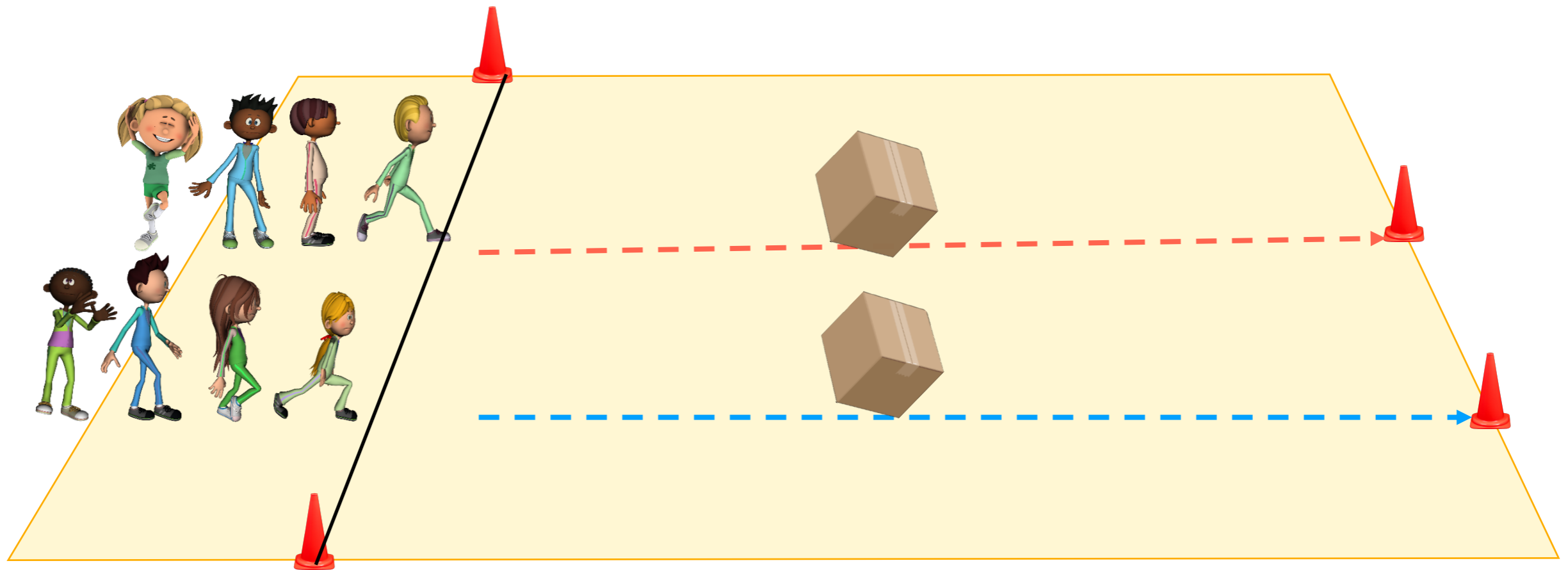
MODIFICATIONS

To make it harder, place 2 boxes for each team to jump in their path to the cone on the opposing end line.



Run & Jump

A relay race requiring the children to work on speed, jumping, and agility





Bean Bag Heist

SKILL FOCUS

- ★ Speed, agility, balance, eye-hand coordination

GROUP SIZE

- ★ 4-20

EQUIPMENT

- ★ 21 hula hoops, 50-100 bean bags

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another when going to the middle

SETUP

Put the children on 4 teams with each team making a line in the corner of your room. Each team should have 4 hoops in front of them to run through and another hoop next to their team to drop their loose bean bags in. Place a hoop in the middle of the room filled with 100 bean bags.

INSTRUCTIONS

1. On 'go' the first child in line must run to the middle of the room to grab a bean bag.
2. On the way, they must jump through 4 hula hoops in their path.
3. After they pick up the bean bag, they must run back jumping through the hoops.
4. As soon as they get back to the start line, they must drop their bean bag into their team's hula hoop at the start line (as seen in image).
5. As soon as they put the bean bag in their hula hoop, the next child goes.
6. The race continues until all the bean bags in the middle are gone.
7. The team with the most bean bags wins the race.

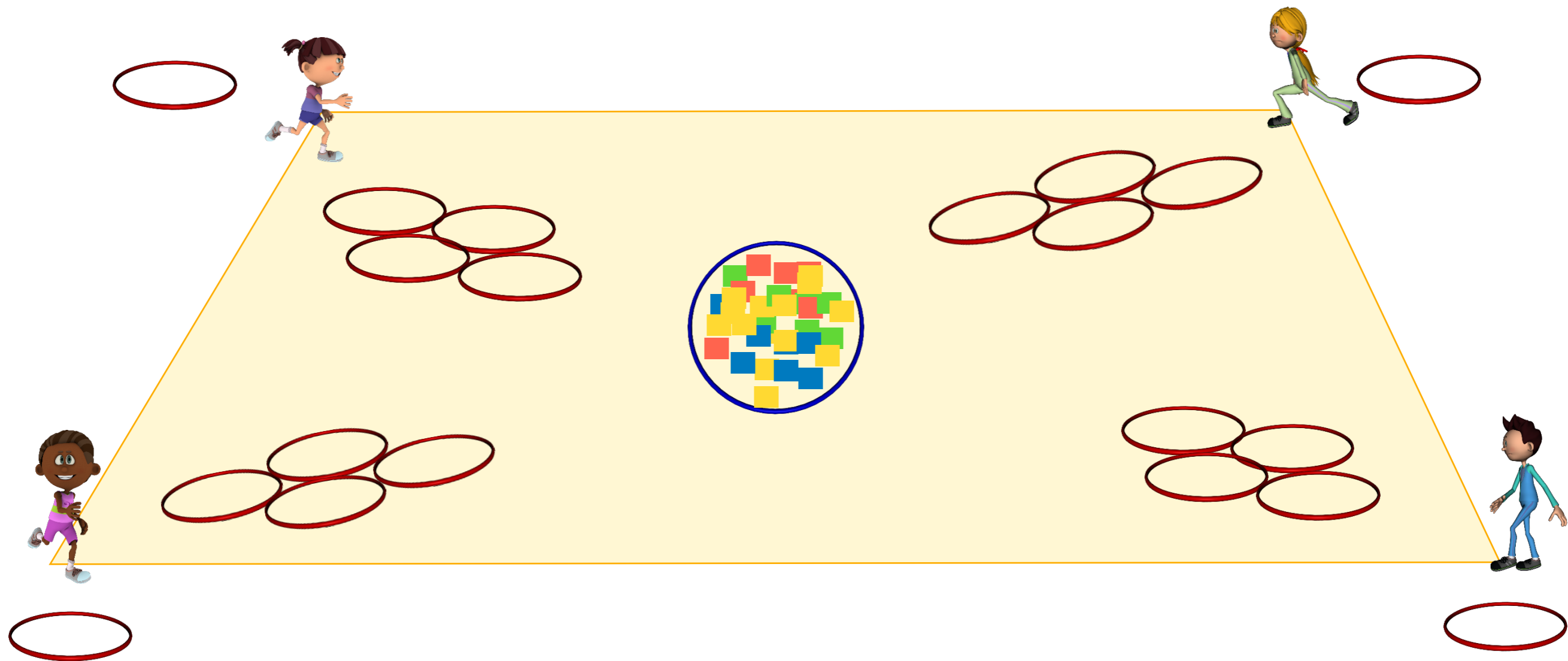
MODIFICATIONS

To make it harder, increase the number of bean bags in the middle.



Bean Bag Heist

A sprinting race where the children have to 'steal' bean bags





Catch & Run

SKILL FOCUS

- ★ Running, speed, agility, catching

GROUP SIZE

- ★ 8-24 children

EQUIPMENT

- ★ 1 sponge ball

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children should run at the same pace as each other

SETUP

Put your students into 2 even lines (as seen in image). All you need for this activity is 1 rubber or sponge ball.

INSTRUCTIONS

1. On 'go' the first 2 children in each line will run to their end line and back simultaneously, making sure to run at the same pace.
2. As they run, they must pass a ball back and forth to each other.
3. The teacher should set up specific rules as to how many times they must pass the ball back and forth.
4. You don't want the children to run back and forth and only pass the ball 1 or 2 times during the entire run.
5. Have the students go through the line multiple times.

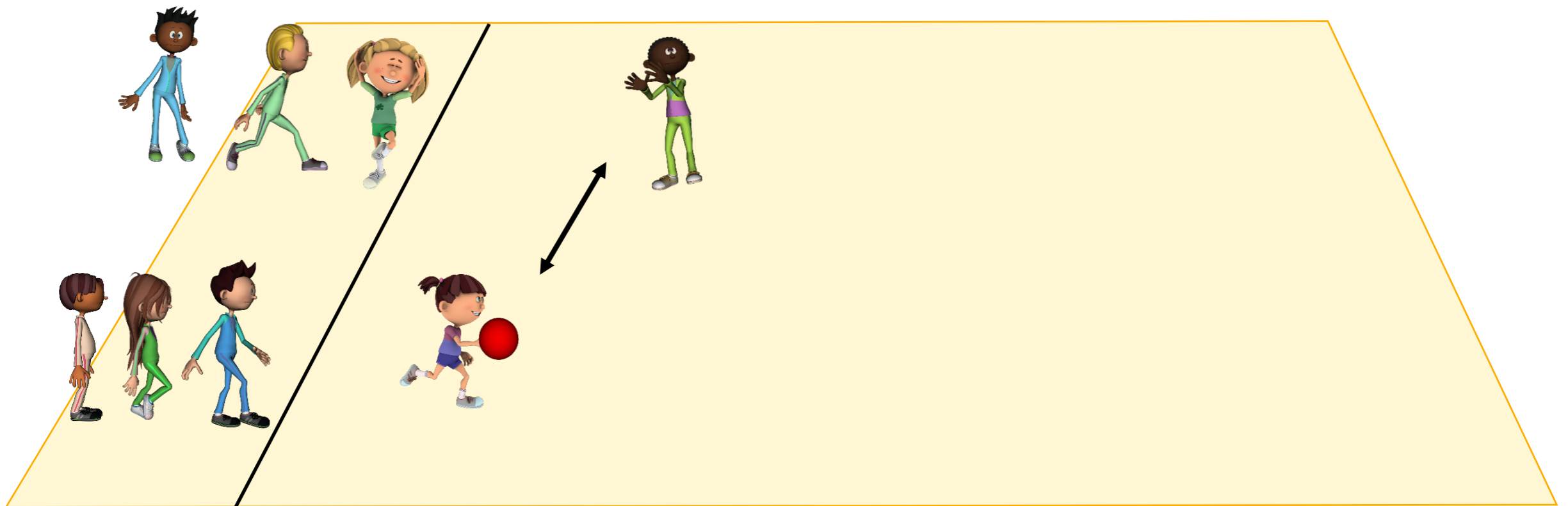
MODIFICATIONS

To make it harder, increase the distance the children have to run.



Catch & Run

A fun activity that incorporates catching and running



Lesson 6: Game Play

Learning Objective

To be able to simulate a game of team handball using the skills of throwing, catching, running, agility and eye-hand coordination.

SHAPE Standards

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns

Success Criteria

I understand how to apply the skills needed to play team handball

I can catch efficiently

I can throw efficiently



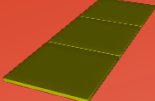
I can run efficiently

Focus Questions

How do I apply my skills to play team handball?

How can I throw, catch, and run efficiently?

Equipment

- 4 x  Cones
- 1 x  Sponge ball
- 2 x  Gym mats (goals)

Coaching Points

- ✓ Focus on the task at hand
- ✓ Be a good teammate
- ✓ Use all the proper fundamentals
- ✓ Apply the skills used in this unit



Handball Super League

SKILL FOCUS

- ★ Gameplay, teamwork

GROUP SIZE

- ★ 10 players per team

EQUIPMENT

- ★ 4 cones, 2 mats, 1 sponge ball

LOCATION

- ★ Inside or outside

SAFETY

- ★ Children need to be careful not to bump into one another

SETUP

This is a chance for your students to put their skills to work in a real game environment. Divide your group in even teams and set up 4 cones to outline your team handball field. Use gym mats as your goals if you do not have real goals. Seven children will play at a time. If you have more children, you can sub kids in. If you have fewer children, you can subtract some of the positions.

INSTRUCTIONS

Your students will be playing a real game of team handball, with a focus on learning the positions, rules and scoring of the game. For all levels, we recommend using a sponge ball instead of a rubber ball.

MODIFICATIONS

To make it easier:

- Allow the children to take extra steps with the ball
- Use a smaller sponge ball
- Use a smaller playing field
- Do not keep score

To make it more challenging:

- Kids can take only 1 step with the ball
- Use a larger sponge ball
- Use a larger playing field
- Keep score



Team Handball Unit Assessment

Name: _____

Class: _____

Skill	Beginning	Developing	Mastering
Throwing			
Catching			
Agility			
Speed			
Goalie Play			
Running			
Jumping			
Gameplay			
Effort			