

Physical Education → Handball KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
Catching Shot stopping Feints Dribbling Passing Shooting Movement – offensive and defensive	Speed Agility Co-ordination Power Cardiovascular fitness Muscular endurance Reaction time Strength	Core skills Advanced skills Key positions Basic rules Basic regulations Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance	Playing the ball Scoring Fouls Throw-off Throw-in GK throw Free throw 7m throw
Teaching Focus		Literacy	
<u>Year 7</u> <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents 		Rules Regulations Tactics Spatial awareness Analysis Shot stopping Frontal Sideward Offensive Defensive Feinting	

- Understanding of **basic rules, regulations** and **positioning**
- **Analysis** of **own performance** against practical criteria

Stationary
 Striding
 Vertical
 Jump shot
 Screening
 Tackling
 Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.
 Pass
 Isolation
 Conditioned
 Outwitting opponents
 Accuracy

Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control** and **fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt** to **new situations** within **competitive situations**
- Understanding of **all rules, regulations** and **positioning**
- **Analysis** of **own performance and the performance of others** against practical criteria

Year 9

- Application of **advanced skills** within condition games in order to develop confidence whilst under pressure .
- **Application of advanced skills** within a **competitive situation** in order to outwit opponents
- Understanding of **key tactics** used to outwit an opponent. .
- Application of **key tactics during competitive game play**. .
- **Analysis of own performance and the performance of others** against practical criteria KS4.
- **Adopt a leadership role** in the lesson.

KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole' approach** might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.englishhandball.com

www.britishhandball.com

[GCSE PE OCR NEA Grading Criteria - Handball](#)

School Club Links

[Liverpool Handball Club](#)

[Formby Handball Club](#)

[England Handball](#)