



Get Set 4 Education

Knowledge Organiser

Handball Class 5

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.

An official handball team has seven players who each have a certain role:

- Goalkeeper: defends the goal
- Left wing: covers the left side of the court
- Right wing: covers the right side of the court
- Centre back: helps with providing attack and defence options.
- Left back: covers left side of the court and prevents opposition from scoring.
- Right back: covers right side of the court and prevents opposition from scoring.
- Pivot: an attacking player who has to shoot from a range of positions.

Could you consider how you set up with your teammates when playing games?



Only the goal keeper is allowed in the goal area (unless an attacker has landed after releasing the ball when shooting).

Can you think of any other invasion games that share these principles?



Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Key Vocabulary



- abide:** act in accordance with the rules
- angle:** formed when two lines come together at a shared point e.g. arm to floor
- appropriate:** suitable approach
- close down:** to reduce the amount of space for an opponent
- consistently:** every time
- create:** to make space
- dictate:** to give order
- draw:** encourage movement of an opponent
- maintain:** to keep
- possession:** to have
- react:** to respond to quickly
- sportsmanship:** play fairly, respect others and be gracious in victory and defeat
- tactics:** a plan that helps you to attack or defend
- transition:** moving from attack to defence or defence to attack

Ladder Knowledge



Sending & receiving:

Year 5: not having a defender between you and the ball carrier helps you to send and receive with better control.

Year 6: making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Year 5: dribbling in different directions and at different speeds will help you to lose a defender.

Year 6: choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Year 5: moving to space even if you do not receive the ball will help to create space for a teammate.

Year 6: transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

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

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

Social communication, kindness, respect, collaboration

Emotional confidence, honesty and fair play, determination, perseverance

Thinking select and apply, decision making, problem solving, comprehension, 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, shoot or dribble.
- if you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps.
- If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double dribble.
- Can only hold the ball for three seconds if standing with the ball.

Double dribble:

- Cannot dribble, stop, then dribble again.
- Cannot dribble with two hands.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

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

Three in a row

What you need: a partner, a ball, nine markers e.g. cushions or books, six socks each (one colour for one person and a different colour for the other person)

How to play:

- Place nine markers approx four big steps away in a 3x3 grid.
- Take turns with a partner to throw overarm to hit one of the markers.
- For each successful hit, place one of your coloured socks on it.
- First person to get three in a row wins the game.
- Make this harder by moving the grid further away.



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



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Knowledge Organiser Dodgeball Class 5

About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.

It's a game of strategic moves that use both defence and attack. On the defensive front, you'll need to use swift moves, and quick thinking to avoid being hit.

On the attack you'll need to throw with precision and speed to get opponents out.



Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out

Key Vocabulary



avoid: keep away from or stop

communication: share information

cushion: take the power out of an object

fake: to pretend

force: create power

officiate: to be in charge of the rules

opponent: the other team

situation: circumstances that create the environment

tactic: a plan or strategy

Ladder Knowledge



Throwing:

Aim low to make it difficult for an opponent to catch.

Catching:

Stay towards the back of the court area to give you more time to catch.

Movement Skills

- throw
- catch
- dodge
- jump
- block

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

Social co-operation, respect, communication

Emotional confidence, honesty, independence

Thinking tactics, comprehension, observation, creativity

Rules

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.

A live ball is one that has not bounced or hit a wall/ceiling.

Tactics

Apply tactics relevant to the situation.

Healthy Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

If you enjoy this unit why not see if there is a dodgeball club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Sock-tastic Dodge

What you need: 1 x pair rolled up socks

Practise:

- Throw the socks with one hand and catch with two.
- Throw the socks with one hand and catch with the opposite hand.
- Throw the socks with one hand and catch with the same hand.
- Throw the socks up and see how many of a chosen activity you can do before catching it again e.g. claps or star jumps.

How to play:

- Create your own version of a dodgeball game.
- Set the rules. What happens if the ball hits you? How do you get back in the game? How do you decide the winner?
- Invite people in your household to play the game.

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



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