

#### What should I already know?

- How to change directions when moving and avoid bumping into others.
- Show control with sending a ball.
- Recognise and use space in games.

#### Gems of Knowledge

##### What will I do?

- Keep control of the ball. including when throwing, catching, gathering, keeping possession,
- Throw in different ways (fast, slow, high, low).
- Know and show how to defend between ball and target.



##### What will I know?

- How to choose and use simple tactics to suit different situations and apply these in small sided games.
- Understand some rules of the game.
- Show awareness of others and decide when and where to go.

**“Don’t dream of winning, train for it”  
- Mo Farah**

#### FOCUS -

### Handball - Throwing and Catching

#### Vocabulary

<p><b><u>Possession</u></b> - Having control of /taking the ball.</p>		<p><b><u>Attack</u></b> - Acting quickly to stay in control.</p>	
<p><b><u>Underarm throw</u></b> - Swing your arms past your side to send the ball.</p>		<p><b><u>Defend</u></b> - Act quickly to get the ball from the other team and get control back.</p>	
<p><b><u>Receive</u></b> - Catching. Getting hold of the ball.</p>		<p><b><u>Awareness</u></b> - Staying focussed on the game and the people around you.</p>	