

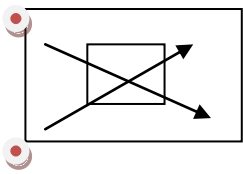
Stage: Year 1/2 - Handballing

Content Outcomes:

Lesson Number: 1

Resources/Equipment

Football, Cones (minimum of 3 colours), goals

LESSON SEGMENT & TIMING	CONTENT/LEARNING EXPERIENCES	KEY TEACHING POINTS	ORGANISATION/PROCEDURE
<p><b>Warm Up (5 min)</b></p> <p><b>Lesson Content (10 mins)</b></p> <p><b>Modified Game (10mins)</b></p> <p><b>Conclusion (5mins)</b></p>	<p>Passing Vs Running</p> <p>Sink the Sub</p> <p>Criss, Cross, Handball</p>	<ul style="list-style-type: none"> <li>Space out the group in the circle.</li> <li>Handball should be received on partner's chest.</li> </ul> <ul style="list-style-type: none"> <li>Set Up- Aim football towards the target.</li> <li>Step- No dominant foot towards the target.</li> <li>Contact- Swing striking fist through the football.</li> <li>Timing- Aim to where the target is heading</li> </ul> <ul style="list-style-type: none"> <li>Running, weaving through space.</li> <li>Timing the handball</li> </ul> <div data-bbox="902 1145 1144 1318" data-label="Diagram">  </div>	<p><b>Passing Vs Running</b> Class in split in 2, half forms a circle the half lines up behind a marker. The circle is the passing group, each person must complete one pass to the next. Count the number of passes. The group lining up is the running group. Each member must run one lap around the passing group.</p> <p><b>Sink the Sub Set Up</b> 2 lines of cones 5m apart (2 different colours). Students in pairs, one on each side. Teacher will walk down the middle the side with the footballs will Handball with the goal to hit the teacher 5 times.</p> <p><b>Criss, Cross, Handball</b> Set up a square 5x5m, inside that set up a 2x2m square. Students line up evenly on the points of the outside square. 2 Footballs, students run to the diagonally opposite side. Students must handball when inside the small square.</p>