

**Resources:**

Handballs, Spots & Bibs

KS2

**Objectives:** I can:

- Pass a ball with my elbow above my shoulder.
- Catch a ball with my arms outstretched.
- Move/step out into a space to receive the pass.

Lesson 1

| Activities   | Coaching Points   |
|--|---|
| <p><b>Warm Up - Agility</b></p> <ul style="list-style-type: none"> <li>Bean soup - Jog in the space changing speed and direction. Upon the command respond the different types of beans. Eg. Jelly beans, baked bean, Mexican bean etc.</li> </ul>   | <p>Heart rate<br/>Blood flow</p>  |
| <p><b>Activity 1 – Passing and catching</b></p> <ul style="list-style-type: none"> <li>Roll and pass. – In pairs or fours, introduce passing and catching skills, one pupil rolls the ball to the other who picks it up and passes to the other.</li> <li>Ext. Increase distance</li> </ul>  | <p>Passing</p> <ul style="list-style-type: none"> <li>Foot forward</li> <li>Ball in opposite hand</li> <li>Elbow above shoulder</li> </ul> <p>Coaching points for catching</p> <ul style="list-style-type: none"> <li>Ready position</li> </ul> <p>Hands and fingers towards the ball</p> |
| <p><b>Activity 2 – Passing and catching, moving into a space</b></p> <ul style="list-style-type: none"> <li>Square and triangle drills – In 4s pass and catch the ball around the square. Times number of throws and catches</li> <li>Ext – using a triangle pupils pass and move the ball around the shape, keep switching direction.</li> </ul>          | <ul style="list-style-type: none"> <li>Hands and arms out to catch the ball</li> <li>Off the chest</li> </ul>   |
| <p><b>Activity 3 – Passing, catching and moving into a space</b></p> <ul style="list-style-type: none"> <li>Sequence passing – In fours using the square pupils are give a number they must then pass the ball to each other in order and then move to find a space to receive the pass again.</li> <li>Ext – using all groups in the same area</li> </ul> | <ul style="list-style-type: none"> <li>Communication</li> <li>Heads up looking for the ball.</li> </ul>   |
| <p><b>Game – Passing, catching and moving into a space under pressure</b></p> <ul style="list-style-type: none"> <li>3 v 1 – In groups of 4 pupils pass the balls to each other with one pupil being the defender. Pupils pass the ball for one minute recording the largest sequence of passes they achieve.</li> </ul>                                   |   |
| <p><b>Cool down:</b> Passing, catching stepping out to receive the pass</p> <p>Follow the leader – Upon command, follower steps out to receive a pass from somebody other than their leader. Continue.</p>   |   |