

## Unit Overview

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<b>Curricular Are:</b> Physical Education <b>Topic or Theme:</b> European Handball <b>Grade Level:</b> Grades 1 to 12 <b>Goals:</b> Understanding the game of handball, rules, equipment and players activities.	<b>Notes:</b>	<b>Checking for Prior Knowledge:</b> Maybe some prior knowledge on handball from elementary school that is based on what teachers know about the sport in North America.
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Lesson #	Topic	Objectives/Learning Outcomes	Activities	Materials	Assessment/Criteria
1	Moving with the ball	Students to learn: <ul style="list-style-type: none"> <li>Basic motor skills:               <ul style="list-style-type: none"> <li>running, jumping, throwing</li> </ul> </li> <li>Moving with the ball;</li> <li>Dribbling techniques; fundamentals of dribbling;</li> <li>Covering the ball from the opponent;</li> <li>Running and directional changes;</li> <li>Rhythm and balance;</li> <li>Controlled starting and stopping, changing directions;</li> </ul>	<ul style="list-style-type: none"> <li>Various drills, and games that focuses on the basic motor skills.</li> <li>Games and activities that focuses on dribbling</li> <li>Games and activities that focuses on running and direction changes</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>Observing individual and group work;</li> <li>Correction of techniques and the execution of the various elements;</li> <li>Explanations of what is the desired outcome of a movement</li> </ul>
2	Catch and pass	Students to learn: <ul style="list-style-type: none"> <li>Catching/passing techniques;</li> <li>Basic body, hand position for catching;</li> <li>Techniques for absorbing the ball’s momentum;</li> <li>Explore the variety of passes in handball;</li> <li>Fundamentals of passing;</li> </ul>	<ul style="list-style-type: none"> <li>Games and drills for catching and passing</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>Observing individual and group work;</li> <li>Correction of techniques and the execution of the various elements;</li> <li>Explanations of what is the desired outcome of a movement.</li> </ul>
3	Shooting techniques and aiming	Students will learn: <ul style="list-style-type: none"> <li>The different types of shots in handball; overhand shot. Jump shot, hip shot;</li> <li>Execution techniques of the various shots;</li> <li>Target practice;</li> </ul>	<ul style="list-style-type: none"> <li>Drills and games to facilitate development, rhythm and timing of shots.</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>Observing individual and group work;</li> <li>Correction of techniques and the execution of the various elements;</li> <li>Explanations of what is the desired outcome of a movement.</li> </ul>
4	Body fake	Students will learn: <ul style="list-style-type: none"> <li>Faking techniques;               <ul style="list-style-type: none"> <li>passing fake, shooting fake</li> <li>one-on-one body fake combinations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Use of various drills and games that helps to develop the movements, timing and rhythm used in faking.</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>Observing individual and group work;</li> <li>Correction of techniques and the execution of the various elements;</li> <li>Explanations of what is the desired outcome of a movement.</li> </ul>

Lesson #	Topic	Objectives/Learning Outcomes	Activities	Materials	Assessment/Criteria
5	Defense work	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>• Individual defensive playing techniques;</li> <li>• Understanding defensive space;</li> <li>• Factors that affect control of defensive space: footwork, arm position;</li> <li>• Individual roles in defense;</li> <li>• Fundamentals of defensive movements (body stance, arm position, footwork, alertness, ball sense, position on the court);</li> <li>• Body position on 1:1 play;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Drills and games to develop skills and techniques in individual defense.</li> </ul>	Handball goal, balls, bench, pinnies	<p>Assessment is done through”</p> <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>
6	Offense work	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>• Individual offensive playing techniques;</li> <li>• Individual roles in offense;</li> <li>• Straight and extended fast break;</li> <li>• Fundamentals in offensive play;</li> <li>• Techniques of fast and extended break;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Drills and games that helps to develop individual skills and techniques in offensive play</li> </ul>	Handball goal, balls, bench, pinnies	<p>Assessment is done through”</p> <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>
7	Tactics	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>• The role of tactical maneuvers in handball;</li> <li>• Introduction of simple tactical principals and their importance in handball;</li> </ul>	Handball game	Handball goal, balls, bench, pinnies	<p>Assessment is done through”</p> <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>