

Day 1 (Tuesday, Nov 5, 2013)

Subject: European Handball - PE 10 Wings

Time Duration: 60 minutes

Objective: Learn the basics of handball and be able to apply this knowledge to the actual gameplay of handball.

Materials: Multiple handballs, nets

Activity and Procedures

Introduction (5-10 mins): State the history, rules, court measurements, and gameplay of handball.

Warm-Up (10-30 mins): The following games/drills will be executed to warm students up before the main game.

- 1) Shooting Drill: One student will be the goalkeeper while everybody else lines up in front of the goal zone. Every student except the one in goal will have a ball. The student in the front of the line will attempt to get the ball in the net. After they shoot, the student who shot the ball is now the goalkeeper, and the student who WAS the goalkeeper shags the ball and goes to the end of the line.
- 2) Line Tag: Each student will be dribbling a handball. Students may only walk/run along the lines of the gym while dribbling the ball. If they stop dribbling the ball at any point they are out. One or multiple students will be "It" and will attempt to tag the other students. The "It"(s) cannot stop dribbling the ball either, or they will be out as well. The drill will end when either all the students have been tagged or the drill has been taking too much time.

Game (Rest of class): Students will be divided into two equal teams, and they will play handball!

Day 2 (TBD)

Subject: European Handball - PE 10 Wings

Time Duration: 90 minutes

Objective: Review the basics of handball, warm-up then play handball.

Materials: Multiple handballs, nets

Activity and Procedures

Review (2-5 mins): Review the rules and procedures of handball with the class

Warm-Up (10-30 mins): The following games/drills will be executed to warm students up before the main game.

- 1) Keep-Away Tag: 2-4 students will be "It". The rest of the students will try to keep one handball away from the students who are It. Students may not dribble the ball in this drill and must pass the ball to another student after taking 3 steps or within 3 seconds. If the ball is caught by an It, the student responsible for the ball being caught must be "out". The drill ends when all students are out or when the drill has been going on for too long.
- 2) Role Play: Students will pair up. There will be two "teams": attacking and defending. One pair is attacking and one pair is defending at a time. The attacking team will attempt to shoot the ball into the goal through passing, dribbling, and of course, shooting. The defending team will attempt to intercept the ball and prevent the attacking team from shooting a goal.
- 3) British Bulldog: Each student will have a ball, except for one person, who is in the middle. When the student in the middle calls, "British Bulldog," students must try to get past the student in the middle and get to the other side of the gym, while dribbling their balls. If a student gets tagged by the It student, they must abandon their ball and be It.

Main Game (Rest of Class): Students will be divided into two equal teams and play handball!

Day 3 (TBD)

Subject: European Handball - PE 10 Wings

Time Duration: 90 minutes

Objective: Review the basics of handball, warm-up then play handball.

Materials: Multiple handballs, nets

Activity and Procedures

Review (2-5 mins): Review the basics of handball.

Warm-Up (10-30 mins): The following games/drills will be executed to warm students up before the main game.

- 1) Three Person Drill: A handball version of the basketball drill. Students will get in 3 lines. The line on the very left will start with the ball. The student with the ball first will take three steps, pass the ball to the person on the very right, then switch places with the student in the middle. The person on the right will then take 3 steps, pass the ball to the person on the very left, then switch places with the student in the middle. Continue in this cycle.
- 2) Shooting Drill: One student will be the goalkeeper while everybody else lines up in front of the goal zone. Every student except the one in goal will have a ball. The student in the front of the line will attempt to get the ball in the net. After they shoot, the student who shot the ball is now the goalkeeper, and the student who WAS the goalkeeper shags the ball and goes to the end of the line.

- 3) Get the Pinnie: 2-4 students will hang pinnies from either the inside of their shirt or the inside of their shorts, with most of the pinnie sticking out. Ensure that the pinnie will not fall out during the warm-up. Every other student will try to get the pinnies from them, but the catch is, only the student with the handball may grab the pinnie. There will be 2 or 3 handballs, and they must be passed after taking 3 steps. After all the pinnie students have had their pinnies taken, new pinnie students will be assigned if there is enough time.

Main Game (Rest of class): Students will divide into 2 equal teams and play handball!

Reminder: Remind the students that they have a test coming up. >:D