

# Knowledge Organiser Handball Class 5

## About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

### An official handball team has seven players who each have a certain role:

- · Goalkeeper: defends the goal
- · Left wing: covers the left side of the court
- · Right wing: covers the right side of the court
- Centre back: helps with providing attack and defence options.
- Left back: covers left side of the court and prevents opposition from scoring.
- · Right back: covers right side of the court and prevents opposition from scoring.
- Pivot: an attacking player who has to shoot from a range of positions.

Could you consider how you set up with your teammates when playing games?



these principles?

# Keu Vocabularu

abide: act in accordance with the rules

angle: formed when two lines come together at a shared point e.g. arm to floor

appropriate: suitable approach

close down: to reduce the amount of space for an opponent

consistently: every time create: to make space dictate: to give order

towards goal

draw: encourage movement of an opponent

maintain: to keep possession: to have react: to respond to quickly

sportsmanship: play fairly, respect others and be gracious in victory and defeat

tactics: a plan that helps you to attack or defend

transition; moving from attack to defence or defence to attack

### Sending & receiving:

Year 5: not having a defender between you and the ball carrier helps you to send and receive with better control.

Year 6: making quick decisions about when, how and who to pass to will help you to maintain possession.

### Dribbling:

Year 5: dribbling in different directions and at different speeds will help you to lose a defender.

Year 6: choosing the appropriate skill for the situation under pressure will help you maintain possession.

### Space:

Year 5: moving to space even if you do not receive the ball will help to create space for a teammate.

Year 6: transitioning quickly between attack and defence will help your team to maintain or gain possession.

# catch

Ladder

Knowledge

- run

throw

- dribble
- shoot
- · change direction
- change speed

This unit will also help you to develop other important skills.

Speigl communication, kindness, respect, collaboration

Emotional confidence, honesty and fair play, determination, perseverance

select and apply, decision making, problem solving, comprehension, reflection

### The rule of three:

 If you have the ball in your hands you can take three steps then you either have to pass, shoot or dribble.

 If you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps.

- . If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double
- . Can only hold the ball for three seconds if standing with the ball.

### Double dribble:

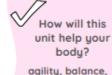
- · Cannot dribble, stop, then dribble again.
- Cannot dribble with two hands.

If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball club in uour local area.



co-ordination. speed, stamina



Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

## Three in a row

What you need: a partner, a ball, nine markers e.g. cushions or books, six socks each lone colour for one person and a different colour for the other person)

- Place nine markers approx four big steps away in a 5x5 grid. . Take turns with a partner to throw overarm to hit one of the
- . For each successful hit, place one of your coloured socks on it.
- · First person to get three in a row wins the game.
- . Make this harder by moving the grid further away













Head to our youtube channel to watch the skills videos for this unit.



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# **Knowledge Organiser** Dodgeball Class 5

Ladder Knowledge

Movement

Skills



### Throwing:

## Catchina:

Aim low to make it difficult for an opponent to catch.

Stay towards the back of the court area to give you more time to catch.

## About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.

Key Principles of **Target Games** (dodgeball, golf)

attacking	defending
placement	avoid
of an	getting
object	out

It's a game of strategic moves that use both defence and attack. On the defensive front, you'll need to use swift moves, and quick thinking to avoid being hit.

On the attack you'll need to throw with precision and speed to get opponents out.



- throw catch
- dodge
- jump
- block

This unit will also help you to develop other important skills.

Social co-operation, respect, communication

Emotional confidence, honesty, independence

hinking tactics, comprehension, observation, creativity

## OUTS

A plauer is 'out' when:

- A live ball hits their body (shoulders or below).
- · An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.

Tactics

Apply tactics relevant to the situation.

A live ball is one that has not bounced or hit a wall/ceiling.

Healthu Participation

Rules



- Unused balls must be stored in a safe
- Head shots do not count in dodgeball.

If you enjoy this unit why not see if there is a dodgeball club in your local area.



# Sock-tastic Dodge

Home Learning

What you need: 1 x pair rolled up socks



- . Throw the socks with one hand and catch with two.
- . Throw the socks with one hand and catch with the opposite hand.

Find more games that develop these skills in the Home Learning. Active Families tab on www.getset4education.co.uk

- . Throw the socks with one hand and catch with the same hand.
- . Throw the socks up and see how many of a chosen activity you can do before catching it again e.g. claps or star jumps.

- . Create your own version of a dodgeball game.
- · Set the rules. What happens if the ball hits you? How do you get back in the game? How do you decide
- · Invite people in your household to play the game

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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# **Key Vocabulary**

avoid: keep away from or stop communication: share information cushion: take the power out of an object

fake: to pretend force: create power

officiate: to be in charge of the rules

opponent: the other team

situation: circumstances that create the environment

tactic: a plan or strategy







agility, balance, co-ordination, speed.

How will this unit

help your body?