

Team Handball Lesson Plan 1

Objectives: Day 1

Cognitive:

- TSWBAT successfully be able to demonstrate to the teacher that they know the different lines of the Team Handball court
- TSWBAT successfully demonstrate they know how to anticipate a pass by keeping their eyes on the ball and teammates

Psychomotor:

- TSWBAT successfully demonstrate accurate passes
- TSWBAT successfully demonstrate catching with eyes on the target

Affective:

- TSWBAT successfully demonstrate ability to work together with their teammates

Fitness:

- TSWBAT be physically active in categories 4 and 5 of the SOFIT instrument for more than 40% of the lesson.

Equipment Needed: Handball, 10-15 medium size cones

Topic:

1. Introduction to Team handball
2. Rules regarding the court
3. The numbers game
 - a) whole class, whole court
 - b) half court
 - c) small groups, whole court
 - d) additional ball

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Time	Task	Situation	Criteria	Critical Elements/Cues
10 min	Introduction to Team Handball a) History b) How the game is played c) Rules and court dimensions	In gymnasium Please refer to the history/rules handout for complete information about team handball.		
4 min	Warm-up – Focus on learning the lines of the court. Students will line up baseline. The teacher will instruct the students to jog to the different lines of the court, including: <ul style="list-style-type: none"> - sideline - 6 meter line - 7 meter line - 9 meter line - half court line 		Students understand the court dimensions and names of the lines of the court	
7 min	Stretching Routine			
15 min	"Numbers game" focusing on the pass Stationary – Each student receives a number 1-10 and moves to an open space in a large circle facing each other. The student who is number 1 will start with the ball. This student (number 1) will pass the ball to number two, two passes to three, etc; until the ball reaches student number ten.	In the gymnasium in pre-designated area for team handball	Only move on to the next task when the team is capable of demonstrating a correct performance	Passes need to be: <ul style="list-style-type: none"> - Accurate - Under Control Teammates need to be watching the ball and moving to the open space during the movement tasks

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Time	Task	Situation	Criteria	Critical Elements/Cues
	<p>Walking – Repeat stationary task; this time with the students in a circle walking down the length of the court.</p> <p>Jogging – Repeat walking task; this time instruct the students to jog while passing.</p> <p>Jogging – Repeat the jogging task; with an additional another ball.</p> <p>Jogging – Repeat the jogging task with two balls; this time reduce the team size in half.</p>			
5 min	<p>Closure</p> <p>Review the court lines</p> <p>Review the importance of the pass; including the critical elements of the pass for this lesson</p>			