

# Lowton High School PE Department Scheme of Work

SMSC – M3, SO3

UNIT	Handball	Band	C/D
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<u>Learning Outcomes Lower Band C</u>	<u>Learning Outcomes Upper Band C</u>
Takes first bounce after beating opponent with feint in 3 steps	Able to dribble with changes in speed and direction to beat opponents
Can steal ball when appropriate	Can use a variety of passes with deception to break down a defence
Uses ball appropriately making good decisions on when to pass, shoot or dribble	Plays with an advanced skill level in chosen position
Strong drive under pressure to shoot accurately	Can influence the game in both attack and defence
Can exploit openings and threaten opponents by scoring and assisting	Understands and plays to a team's tactics

<u>Learning Outcomes Lower Band D</u>	<u>Learning Outcomes Upper Band D</u>
Can successfully drive at speed and with control	Can successfully drive at speed and with control on weak side
Shows excellent timing to exploit openings in opponents defence	Displays high levels of success in all skills
Uses an advanced understanding of tactics in both attack and defence to gain an advantage over opponents	Shows a good skill level under pressure in a range of skills
Shows significant control over the game	Shoots with flowing action, balance, height and clear follow through
Makes few, if any, unforced errors	Can shoot with power and accuracy from all positions
Can screen opponents without ball	Can use screen when in possession

Developing skills in physical activity	Practice Situations	Developing physical and mental capacity	Evaluating and Improving	Making Informed choices about healthy active lifestyles
<ul style="list-style-type: none"> <li>- The following skills are to be taught under pressure from opponents</li> <li>- Catching and ball handling skills</li> <li>- Range of passes</li> <li>- Move into space to receive the ball/ spatial awareness</li> <li>- Dribbling</li> <li>- Range of shooting skills</li> <li>-Attacking and defending as teams</li> </ul>	<ul style="list-style-type: none"> <li>- Skill practices will be carried out in match controlled situations</li> <li>- To increase difficulty modified game situations such as 4v3 and 6v3 and 3v3 and 4v4 will be used</li> <li>- Pupils will need to plan as a team how to be successful in these modified situations.</li> <li>- Pupils will spend more time playing in match situations</li> </ul>	<ul style="list-style-type: none"> <li>- Awareness of team strategies/tactics in both attacking and defending situations,</li> <li>- Attacking positions on the court</li> <li>- defensive positions on the court</li> <li>- use of man to man and zonal defence</li> <li>- Consistently selects correct choice of action.</li> <li>- Consistently uses correct tactics to outwit opponents.</li> </ul>	<ul style="list-style-type: none"> <li><b>Pupils have to be able to know at a quicker speed:</b></li> <li>- When and when not to pass</li> <li>- How to receive a pass</li> <li>- How to intercept</li> <li>- How to shoot</li> <li>- Rules and refereeing signals</li> <li>- Travelling, double dribbling and feet infringements</li> <li>- Awareness of rules and regulations</li> <li>- Awareness of strengths and weaknesses and actions of others</li> <li>- Listen to feedback and adopt techniques.</li> <li>- Recognise contact in performance.</li> <li>- Give advice to your partner to aid improvements.</li> <li>- improve performance of a team by identifying weaknesses of opponents.</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Pupils to construct sport specific warm ups</b></li> <li>- be aware of local opportunities to develop in handball.</li> <li>- Understand how to control heart rate in match situations</li> <li>- be aware of the major muscle groups used in handball</li> </ul>

