EQUIPMENT:  
- 1 Handball per group  
- 4 cones for each group of four students.

LESSON OUTCOME (S):  
- Demonstrate dribbling skills.  
- Apply passing and catching skills in a modified game.  
- Defend against a passed ball.

BEFORE CLASS SET UP:  
- Set Handballs in Hoops around perimeter of activity area  
- Grids set-up for groups of 6

<table>
<thead>
<tr>
<th>ACTIVITY (Time)</th>
<th>LESSON CONTENT</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| HEALTH RELATED PHYSICAL ACTIVITY: | • Play space is a handball (basketball) court (add a second court if too crowded).  
• Designate 4 students as taggers; taggers wear pinnies.  
• Each student (including taggers) has a handball and is dribbling.  
• On your signal taggers attempt to tag as many students as possible without losing control of their handballs. If a tagger tags without control of the handball the tag doesn’t count.  
• If a dribbler is tagged student must dribble around the outside of the court one time.  
• Continue for 2 minutes then change taggers.  
• Add taggers if the students are not active enough. | • Assist with equipment.  
• Clarify rules.  
• Offer positive feedback. |
| Transition | • Students return cones to the perimeter.  
• Students form into groups of 6  
• These groups of 6 then form 2 groups of 3 with one ball each. | • Set Up grids for next activity |
| ACTIVITY #1 | • Students form groups of 6 and then divide into two groups of 3.  
• Each group of 6 is assigned a grid and needs 2 handballs. | • Direct students and explain activity as needed. |
### TEAM HANDBALL

#### LESSON 1

#### 4th-5th GRADE

| 2 on 1 Keep Away | • Designate one person to be in the middle (interceptor).  
• On your signal, the 2 outside students pass the handball to each other without the interceptor intercepting it or knocking it down.  
• The interceptor stays in the middle until you blow the whistle (after 1 minute) to rotate.  
• All passes must be around the interceptor and not over his or her head.  
• Interceptor must guard only the thrower and be 3 feet away from thrower.  
• Thrower can pivot but cannot move.  
• Receiver practices making sharp cuts to get open.  
• Challenge: Interceptor scores a point whenever a pass is not completed or when a pass is thrown over his or her head. Keep track of defensive points only. | • Provide positive feedback.  
• Congratulate improvement. |
|---|---|---|
| Activity #2 | Students need to return one ball and play 3 v. 3 in the same grids.  
• Object of the game is to complete 3 passes to 3 members of your own team.  
• Rules:  
  o Student with the ball can only dribble 3 times before passing.  
  o No more than 3 steps before a dribble or pass is made.  
• One point for each 3 consecutive catches.  
• After third completed pass, ball is placed down for the other team to begin.  
• If the ball is incomplete in any way, it is awarded to other team.  
• Principle of 3’s can be utilized here:  
  − Must complete 3 passes to score  
  − Defender stands 3 feet away from thrower  
  − 3 different individuals must catch the object  
  − Object must be passed in 3 seconds | • Assist with equipment  
• Help games get organized.  
• Encourage participation |
| 3 v. 3 3 Pass with Dribble | --- | --- |
| CLOSURE/COOLDOWN | • Review Skill/Activity | • Assistant help get balls into receptacle. |
L1 TEKS Introduction 1,2 4.1 ABEFGK 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD
L1 TEKS Introduction 1,2 5.1 BCFLK 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1,2,3,4,5,6
**EQUIPMENT:**
- 1 Handball per student
- Hoops for balls
- Noodles

**LESSON OUTCOME(S):**
- Demonstrate passing and catching skills.
- Execute a basic pivot when in possession of the ball.
- Demonstrate moving on offense without the ball to an open space.
- Demonstrate good defensive position.

**BEFORE CLASS SET UP:**
- Set Handballs in Hoops around perimeter of activity area.

**ACTIVITY (Time) | ORGANIZATION / MANAGEMENT / SAFETY | ROLE OF ASSISTANT**

**HEALTH RELATED PHYSICAL ACTIVITY:**

**French Fry Tag (10 minutes)**

- Object of game: the French Fries try to tag and freeze the entire class inside boundaries of the full basketball court or half-court for a small class.
- Quickly discuss the negatives of fatty foods. Then 2-4 students are given a noodles; these students are the French Fries.
- Once tagged student sit or kneel down.
- To be freed another student must come up to the tagged student and both students do 3 jumping jacks (push-ups, sit-ups, etc.) together.
- Neither person can be tagged while exercising. Students can keep exercising if a tagger is too close.
- Switch taggers after 2 minutes.

- Keep students on task.
- Encourage participation and safety.

**ACTIVITY #1 Partner Pass**

- Students find a partner and get one team handball. And move into a grid with 2 other pairs.
- Students, in the grid, pass the ball back and forth
- Have students begin passing changing the type of pass every minute.
  - Chest pass
  - Overhead pass
  - Baseball pass
  - Bounce pass
  - Pivot each time and then pass using any of the 4 (chest, overhead,
### ACTIVITY #2

**3 v. 3**

3 Pass/No Dribble

- Split into 2 teams of 3 with one team handball in the grid.
- Object of the game is to complete 3 passes to 3 members of your own team.
- **Rules**:
  - No dribbling.
  - Use overhand pass, chest pass, baseball pass or bounce pass.
  - Use pivot to find an opening for a pass.
  - Teammates without the ball move to an open space and try to get open to receive a pass.
  - Good defensive position, no contact allowed
  - Score one point for each 3 consecutive catches, then place ball down for the other team to begin on offense.
  - Score one point on defense for intercepting the pass.
  - If the ball is incomplete in anyway, it goes to other team.
  - **Principle of 3’s** can be utilized here:
    - Must complete 3 passes to score
    - Defender stands 3 feet away from thrower
    - 3 different individuals must catch the object
    - Object must be passed in 3 seconds

### CLOSURE/COOLDOWN

- Review Skill/Activity
- Teacher/Assistant supervises all activities for safety compliance, and correct throwing form.

- Make sure all students are actively involved and moving.
- Assistant help get balls into receptacle.
<table>
<thead>
<tr>
<th>L2 TEKS Introduction</th>
<th>1,2</th>
<th>4.1 ABEFGK</th>
<th>4.2 ABD</th>
<th>4.3 AE</th>
<th>4.4 BH</th>
<th>4.5 AB</th>
<th>4.6 AB</th>
<th>4.7 ABCD</th>
</tr>
</thead>
<tbody>
<tr>
<td>L2 TEKS Introduction</td>
<td>1,2</td>
<td>5.1 BCFKL</td>
<td>5.2 ABC</td>
<td>5.3 A</td>
<td>5.4 C</td>
<td>5.5 AD</td>
<td>5.6 AB</td>
<td>5.7 ABC</td>
</tr>
</tbody>
</table>

NASPE NATL STD P.E. 1,2,3,4, 5, 6
**EQUIPMENT:**
- 1 Handball per 2 students
- 1 Large cone for each 3 students.
- 1 jump rope, 4 polyspots or other type of line marker per group to mark goalie crease

**LESSON OUTCOME(S):**
- Demonstrate a shot on goal.
- Execute good footwork when shooting.
- Develop cardiovascular endurance, agility, speed, and balance.

**BEFORE CLASS SET UP:**
- Spread handballs in hoops around the play area
- Have 1 cone and 1 jump rope available for every group of 3 students.

## TAPED HANDBALL

**ACTIVITY (Time)**

<table>
<thead>
<tr>
<th>HEALTH RELATED PHYSICAL ACTIVITY:</th>
<th>ORGANIZATION / MANAGEMENT / SAFETY</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fry Tag (10 minutes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Object of game: the French Fries try to tag and freeze the entire class inside boundaries of the full basketball court or half-court for a small class.</td>
<td>• Keep students on task.</td>
<td></td>
</tr>
<tr>
<td>• Quickly discuss the negatives of fatty foods. Then 2-4 students are given a noodles; these students are the French Fries.</td>
<td>• Encourage participation and safety.</td>
<td></td>
</tr>
<tr>
<td>• Once tagged student sit or kneel down.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• To be freed another student must come up tp the tagged student and both students do 3 jumping jacks (push-ups, sit-ups, etc.) together.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Neither person can be tagged while exercising. Students can keep exercising if a tagger is too close.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Switch taggers after 2 minutes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**ACTIVITY #1**

<table>
<thead>
<tr>
<th>Pass &amp; Shoot</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Divide into groups of 3 with one ball for each group of 3.</td>
<td>• Help groups get organized and retrieve equipment for the activity.</td>
<td></td>
</tr>
<tr>
<td>• Each group of three has a jump rope to mark the crease restraining line that students must shoot behind.</td>
<td>• Help set up targets.</td>
<td></td>
</tr>
<tr>
<td>• Set up a cone as a target.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
- Using polyspots, a jump rope, tape or chalk line, mark out a goalie crease restraining line about 6-7 yards away.
- Two students practice making 3 passes and then one shoots on goal using the following:
  - Dribble, step and shoot.
  - Shooter may not step over the restraining line into goalie crease.
- Retriever stands behind target (cone) and collects the ball.
- Shooter and retriever exchange places.
- Repeat drill with 3 passes and a shot.
- Student scores one point each when he or she hits the cone.

**Challenges:**
- Move the line further back
- How many shots in a row can your group make?
- How many shots in a row can you make?

**3 passes & shoot**

---

**CLOSURE/COOL DOWN**
- Review Skills/Activity
- Help get balls into hoops.
| L3 TEKS  | Introduction 1, 2 | ABEFG 4.1 | ABK 4.2 | ABD 4.3 | AE 4.4 | BH 4.5 | A 4.6 | AB 4.7 | ABCD 4.8 |
| L3 TEKS  | Introduction 1, 2 | 5.1 BCFKL | AB 5.2 | C 5.3 | A 5.4 | C 5.5 | AD 5.6 | AB 5.7 | ABC 5.8 |

NASPE NATL STD P.E. 1, 2, 3, 4, 5, 6
## TEAM HANDBALL

**Lesson 4**

**Grade:** 4th-5th

---

### Equipment:
- 1 handball per 2 students
- 2 cones per 6 students
- Noodles

### Lesson Outcomes:
- Demonstrate accurate passing.
- Defend another student.
- Develop cardiovascular endurance, agility, speed, and cooperative learning skills.

---

### Before Class Set Up:
- Have cones available for use as goals
- Form squares 8 paces apart using 4 cones or let the students set this up.

---

### Activity (Time) Organization / Management / Safety

**HEALTH RELATED PHYSICAL ACTIVITY:**

**Olympic Countries Tag (10 Minutes)**

- Students spread out between cones.
- Select 2-3 students to be taggers. Taggers begin game by standing in middle of gym holding a noodle.
- If a student is tagged he or she must name a country within a 3 alligator count, counted by the tagger.
- If a country cannot be named then that student becomes a tagger.
- Add additional taggers if needed to make game more challenging.

**Activity #1: Pass & Switch**

- Groups of 4, students in lines opposite each other
- Player A passes to Player C, following the pass and lining up behind the next thrower (C).
- Player C receives pass, passes to Player B, following the pass and lining up behind the next thrower.
- Continue passing and switching lines.
- Change from chest pass to bounce pass, overhead pass, baseball pass.
- Challenge:
  - How many catches can your group make in 30 seconds?

---

### Role of Assistant

- Set up 20 x 20 grids using cones.
- Explain directions.
- Distribute 1 noodle to each tagger.
- Help students find partners and set up the drill.
- Move to different groups to help with feedback about their passing and receiving.
Can you improve that score?  
How many catches in a row can your group make?

ACTIVITY #2  
3 v 1  

- Students in groups of 4 set-up 4 cones forming a square 8 paces apart.  
- Each group has one ball  
- See diagram below  

- X2 is about 8-10 feet away from X, who has the ball.  
- As ball is passed to X1 using a chest or bounce pass, X2 moves to support  
- Explain that D is acting as a passive defender and does not try to aggressively take ball, but gets into good defensive position with feet shoulder width apart, center of gravity low and hands up. Ball continues to be passed and X2 moves to the side of the ball, looking for a pass.  
- After each pass a new space will be open. Here X now moves to space opened up when X2 moved to receive the pass.  
- Continue this pattern of moving to the open spot until 5 passes have been made.  
- Rotate positions every 5 passes.
### ACTIVITY #3

**3 v 1 With Active Defender**
- Same as Activity #1 with active defender.
- One point for Defender if pass to X2 is deflected or intercepted.
- Students keep track of their defensive scores.
- Rotate positions every minute or after 5 passes.

**Move to different groups to offer feedback and encourage movement without the ball**
- Help students playing defense to maintain good defensive position.

### CLOSURE/COOL DOWN
- Review Skill/Activity
- Get balls into hoops.

---

L4 TEKS Introduction  1,2  4.1 ABFEGK  4.2 ABD  4.3 AE  4.4 BH  4.5 A  4.6 AB  4.7 ABCD
L4 TEKS Introduction  1,2  5.1 BCFKL  5.2 ABC  5.3 A  5.4 C  5.5 AD  5.6 AB  5.7 ABC

NASPE NATL STD P.E.  1,2,3,4,5,6
### EQUIPMENT:
- 4 Cones or Polyspots per end line game
- 1 handball for every student
- Pinnies for half the class

### LESSON OUTCOME(S):
- Apply team handball skills in a modified game.
- Demonstrate moving without the ball to an open space.
- Execute basic defensive position and guarding an opponent.

### BEFORE CLASS SET UP:
- Set balls out in hoops around the perimeter of the activity area.
- Have pinnies available and ready for game play.
- Set up 15 x 25 yard grids (or what you have space for) for groups of 6.

### ACTIVITY (Time) | ORGANIZATION / MANAGEMENT / SAFETY | ROLE OF ASSISTANT
--- | --- | ---
**HEALTH RELATED PHYSICAL ACTIVITY**
Handball Awesome Add-On (10 minutes)
- Each student has a handball.
- Students dribble the ball around the area.
- On teacher’s signal, students begin dribbling.
- On the next signal students stop and perform a designated ball handling skill:
  - Hold ball and pivot on one foot.
  - Dribble and jog in place.
  - Dribble changing hands.
  - Dribble between legs.
  - Bend down and move the ball in a figure-8 between the legs.
  - Bend down and holding the ball with one hand in front of legs and one hand behind, quickly let go, switching the position of the hands and catching the ball before it hits the floor.
- Add a new skill each time you signal students to stop.
- From memory, students must do all other skills in order, before adding the new skill.
- Assist with distributing equipment.
- Encourage students to participate.

**ACTIVITY #1**
2 on 1 Keep Away
- Students form groups of 6 and then divide into two groups of 3.
- Each group of 6 is assigned a grid and needs 2 handballs.
- Designate one person to be in the middle (interceptor).
- On your signal, the 2 outside students pass the handball to each other without the interceptor intercepting it or knocking it down.
- The interceptor stays in the middle until you blow the whistle (after 1 minute)
- Direct students and explain activity as needed.
- Provide positive feedback.
- Congratulate improvement.
### Activity 

**Activity #2**  
**End Line Game 3 v 3**
- Students form groups of 6 and then make 2 teams of 3.
- Set up several games across the width of the play space, approx. 15' X 20' (see Diagram), marked off with cones.
- Offensive players move to an open space to receive a pass.
- Point is scored if the handball is caught beyond the goal line by the offensive team.
- **Principle of 3’s:**
  1. Three passes to three different players before scoring
  2. Must guard the handball 3 feet away
  3. Object must be passed in 3 seconds
- All incomplete passes or interceptions result in handball going in the other direction.
- Thrower can only take 3 steps and either pass or dribble 3 times.
- Handball is put back into play at the goal line after a score.
- **Variation:** Could make teams of 4 – 6 students depending on facilities and class size.

### Closure/ Cool Down
- Review Skill/Activity
- Assist with returning balls into hoops.
# TEAM HANDBALL
## LESSON 6
### 4th-5th GRADE

**EQUIPMENT:**
- 1 Handball per 6 students
- Hoops for balls
- For each grid, 2 Cones to mark each goal and polyspots to mark goalie crease

**LESSON OUTCOME(S):**
- Demonstrate shooting at the goal
- Demonstrate moving without the ball to get open for a pass.
- Demonstrate basic defensive position and guarding an opponent.
- Demonstrate basic goalie position and guarding against a shot.
- Develop cardiovascular endurance, agility, speed, eye-hand coordination, and spatial awareness.

**BEFORE CLASS SET UP:**
- Have balls, in hoops spread around perimeter of activity area
- 20 X 20 yd. grid with one 8-10-foot goal.

<table>
<thead>
<tr>
<th>ACTIVITY (Time)</th>
<th>ORGANIZATION / MANAGEMENT / SAFETY</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| **HEALTH RELATED PHYSICAL ACTIVITY:** Keep Away (10 minutes) | • Students form groups of 3.  
• Demonstrate game with 2 students or with a student and the assistant.  
• Designate 1 student to be in the middle (interceptor).  
• On your signal the 2 outside students pass the handball to each other without it being intercepted or knocked down.  
• Student stays in the middle until you blow whistle to rotate players.  
• All passes must be around interceptor and not overhead.  
• Interceptor must guard only the thrower and be 3 feet away from the thrower.  
• Thrower can pivot but cannot move.  
• Receiver practices making sharp cuts to get open. | • Assist with demo if needed.  
• Direct students and explain activity as needed.  
• Give positive feedback. |
| **ACTIVITY #1 2X2 Shooting Derby** | • Groups of 6 divided into 3 pairs.  Two players on offense, 2 on defense, 1 as goalie and 1 as feeder.  
• For each play the ball starts with the feeder who is on the sideline.  
• Offensive player receives pass from Feeder, who performs a throw-in to start play.  
• Defender cannot steal initial pass, but tries to intercept any subsequent passes.  
• 2 passes required by offense before attempting to shoot. | • 20 X 20 play space for the drill, using 4 cones or polyspot markers to mark boundaries and 2 |
• Shooters may not enter the goalie crease.
• Dribbling is allowed.
• Person with the ball can take 3 steps.
• Switch every 3 attempts. An attempt is counted when a goal is scored or any change of possession (out-of-bounds, interception, missed goal etc.).
• Offense becomes defense, defenders become goalie and feeder, and goalie and feeder become offense.
• One point for each score.
• Each partnership keeps track of their own score.

Teaching Cues:
• Shooting Cues:
  o When shooting, remember to step toward goal with opposite foot.
  o Look for an open spot to shoot at.
  o Shoot down at the goal.
• Goalie Cues:
  o Good athletic stance.
  o Arms up.
  o Head up and move toward the throw to cut down the angle of the shot.
  o Catch or deflect the ball away from the goal.

larger cones for goals 12 feet apart or use ½ of a basketball court with 2 cones for a goal.

• Use cones or tape on wall or bleachers to mark the goal
• Use polyspots or other marker on floor to mark off goalie crease
• Assist with groupings.
• Make sure students are actively engaged.
<table>
<thead>
<tr>
<th>CLOSURE/COOL DOWN</th>
<th>• Review Skill/Activity</th>
<th>• Assist with getting balls into hoops.</th>
</tr>
</thead>
</table>

L6 TEKS Introduction 1, 2 4.1 ABEFGK 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD
L6 TEKS Introduction 1, 2 5.1 BCFKL 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1, 2, 3, 4, 5, 6
# Lesson 7

## Equipment:
- 1 Handball per 6 students
- Pinnies for half the class
- 4 cones in each grid to use as goals
- Polyspots or lines to mark goalie crease
- Noodles

## Lesson Outcome(s):
- Apply passing, dribbling, shooting and defending skills in a game situation.

## Before Class Setup:
- Have balls, in hoops spread around perimeter of activity area
- Have pinnies available
- 20 X 20 yd. grid with one 8-10-foot goal.
- Grids can be set up on full basketball court, divided basketball court, or on a grass field.

## Activity (Time)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Organization / Management / Safety</th>
<th>Role of Assistant</th>
</tr>
</thead>
</table>
| Health Related Physical Activity: French Fry Tag (10 minutes) | - Object of game: the French Fries try to tag and freeze the entire class inside boundaries of the full basketball court or half-court for a small class.  
- Quickly discuss the negatives of fatty foods. Then 2-4 students are given a noodles; these students are the French Fries.  
- Once tagged student sit or kneel down.  
- To be freed another student must come up to the tagged student and both students do 3 jumping jacks (push-ups, sit-ups, etc.) together.  
- Neither person can be tagged while exercising. Students can keep exercising if a tagger is too close.  
- Switch taggers after 2 minutes. | - Keep students on task.  
- Encourage participation and safety. |
| Activity #1 | - Groups of 6 form two teams within grid. One team wears pinnies  
- Two cones for a goal at each end of grid. | - Assist with grouping & equipment |
6 v. 6 Team Handball With goalies

- Goal area marked off by goalie crease using polysteps or other type of marking.
- 5 active offensive court players and one goalie for each team.
- Game begins with a throw-in at center court.
- Offensive players pass and dribble to attempt to score a goal while being defended.
- Principle of 3’s
  - Guard the ball 3 feet away
  - Must complete 3 passes before shooting.
  - Only 3 steps before and after dribbling.
  - 3 passes to 3 different students before a score can be made
- Goalie can use hands, feet or body to block a shot and clears the ball to a teammate who then tries to move the ball down the court to score in opponent’s goal.
- Challenge: Every 3-4 minutes- team leading moves up and team behind moves down one court. Ties are settled with rock/paper/scissors.
- Teaching Cues:
  - Short, quick passes are best.
  - Move without the ball and look for a pass when on offense.
  - Keep body low and hands up when playing defense.
  - Free Throw: A free pass from one offensive player to a teammate which cannot be intercepted or blocked by a defender. It must be taken within 3 seconds of being awarded to the player.
- Rules:
  - Out of bounds ball is put in play at the spot by the opposing team with a throw-in.
  - Introduce penalty throw: A penalty throw is taken by an offensive player against the goalie from outside the goal crease restraining line. The player taking the free throw must keep one foot stationary and must the shot within 3 seconds. All other players must stay outside the free throw line except for the goalie who defends against the shot.
  - Rules for Awarding Free Throw: The following infractions result in a free throw from the spot of the infraction.
    - Holding the ball for longer than 3 seconds.
    - Running more than 3 steps with the ball.
    - Kicking the ball or contacting the ball below the waist.
    - Grabbing, tackling or holding an opponent.
    - Double dribble

- Have pinnies available for students to use during game.
- Help students understand the game.
- Move around the area offering assistance as needed to keep game moving.
### Teaching Cues:

- **Shooting Cues:**
  - When shooting, remember to step toward goal with opposite foot.
  - Look for an open spot to shoot at.
  - Shoot down at the goal.

- **Goalie Cues:**
  - Good athletic stance.
  - Arms up.
  - Head up and move toward the throw to cut down the angle of the shot.
  - Catch or deflect the ball away from the goal.

### CLOSURE/COOL DOWN

- Review Skill/Activity
- Assist with getting balls into hoops.

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L7  TEKS  Introduction  1, 2  4.1  ABFGK  4.2  ABD  4.3  AE  4.4  BH  4.5  A  4.6  AB  4.7  ABCD
L7  TEKS  Introduction  1, 2  5.1  BCFKL  5.2  ABC  5.3  A  5.4  C  5.5  AD  5.6  AB  5.7  ABC

NASPE  NATL  STD  P.E.  1, 2, 3, 4, 5, 6
## EQUIPMENT:
- 1 handball per group of 6
- Pinnies for one half of class
- 4 cones in each grid to use as goals
- Polyspots or lines to mark goalie crease

## LESSON OUTCOME(S):
- Apply passing, dribbling, shooting and defending skills in a game situation.

## BEFORE CLASS SET UP:
- Set balls in hoops around perimeter of activity area.
- Have pinnies available around the perimeter.
- Set-up grids for team handball.
- Team handball can be played on a full basketball court, a divided basketball court, or on a grass field.

## ACTIVITY (Time)
<table>
<thead>
<tr>
<th>HEALTH RELATED PHYSICAL ACTIVITY: Handball Awesome Add-Ons (10 minutes)</th>
<th>ORGANIZATION / MANAGEMENT / SAFETY</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
</table>
| - Each student has a handball.  
- Students dribble the ball around the area.  
- On teacher’s signal, students begin dribbling.  
- On the next signal students stop and perform a designated ball handling skill:  
  - Hold ball and pivot on one foot.  
  - Dribble and jog in place.  
  - Dribble changing hands.  
  - Dribble between legs.  
  - Bend down and move the ball in a figure-8 between the legs.  
  - Bend down and holding the ball with one hand in front of legs and one hand behind, quickly let go, switching the position of the hands and catching the ball before it hits the floor.  
- Add a new skill each time you signal students to stop.  
  From memory, students must do all other skills in order, before adding the new skill. |  | • Assist with distributing equipment if needed.  
• Encourage students to participate |
<table>
<thead>
<tr>
<th>Transition</th>
<th>Students form groups of 6, each group in a grid with one ball.</th>
<th>Assist with grouping &amp; equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTIVITY #1</td>
<td>Groups of 6 form two teams within grid. One team wears pinnies</td>
<td>Have pinnies available for students to use during game</td>
</tr>
<tr>
<td></td>
<td>Two cones for a goal at each end of grid.</td>
<td>Help students understand the game.</td>
</tr>
<tr>
<td></td>
<td>Goal area marked off by goalie crease using polypoits or other type of marking.</td>
<td>Move around the area offering assistance as needed to keep game moving.</td>
</tr>
<tr>
<td></td>
<td>5 active offensive court players and one goalie for each team.</td>
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<tr>
<td></td>
<td>Game begins with a throw-in at center court.</td>
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<td></td>
<td>Offensive players pass and dribble to attempt to score a goal while being defended.</td>
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<tr>
<td></td>
<td>Principle of 3’s</td>
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</tr>
<tr>
<td></td>
<td>• Guard the ball 3 feet away</td>
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<td></td>
<td>• Must complete 3 passes before shooting.</td>
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<tr>
<td></td>
<td>• Only 3 steps before and after dribbling.</td>
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<tr>
<td></td>
<td>• 3 passes to 3 different students before a score can be made</td>
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<tr>
<td></td>
<td>Goalie can use hands, feet or body to block a shot and clears the ball to a teammate who then tries to move the ball down the court to score in opponent’s goal.</td>
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<tr>
<td></td>
<td>Challenge: Every 3-4 minutes- team leading moves up and team behind moves down one court. Ties are settled with rock/paper/scissors.</td>
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<td></td>
<td>Teaching Cues:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Short, quick passes are best.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Move without the ball and look for a pass when on offense.</td>
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</tr>
<tr>
<td></td>
<td>• Keep body low and hands up when playing defense.</td>
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<tr>
<td></td>
<td>• Free Throw: A free pass from one offensive player to a teammate which cannot be intercepted or blocked by a defender. It must be taken within 3 seconds of being awarded to the player.</td>
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<tr>
<td></td>
<td>Rules:</td>
<td></td>
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<tr>
<td></td>
<td>• Out of bounds ball is put in play at the spot by the opposing team with a throw-in.</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Introduce penalty throw</strong>: A penalty throw is taken by an offensive player against the goalie from outside the goal crease restraining line. The player taking the free throw must keep one foot stationary and must the shot within 3 seconds. All other players must stay outside the free throw line except for the goalie who defends against the shot.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rules for Awarding Free Throw: The following infractions result in a free throw from the spot of the infraction.</td>
<td></td>
</tr>
</tbody>
</table>
**Holding the ball for longer than 3 seconds.**
**Running more than 3 steps with the ball.**
**Kicking the ball or contacting the ball below the waist.**
**Grabbing, tackling or holding an opponent.**
**Double dribble**

**CLOSURE/COOL DOWN**
- Review Skill/Activity
- Help students return balls to hoops

L8 TEKS Introduction 1, 2 4.1 ABEGFK 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD
L8 TEKS Introduction 1, 2 5.1 BCFKL 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

NASPE NATL STD P.E. 1,2,3,4,5,6
**TEAM HANDBALL**

**LESSON 9**

**4th-5th GRADE**

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### EQUIPMENT:
- Handballs for all students
- Pinnies for one half of class
- 4 cones for each grid to use as goals
- Polyspots or lines to mark goalie crease

### LESSON OUTCOME(S):
- Apply Team Handball skills in a game situation.

### BEFORE CLASS SET UP:
- Set balls in hoops around perimeter of activity area
- Have pinnies available around the perimeter
- Set-up grids for team handball.
- Team handball can be played on a full basketball court, a divided basketball court, or on a grass field.

### ACTIVITY (Time)

<table>
<thead>
<tr>
<th>HEALTH RELATED PHYSICAL ACTIVITY:</th>
<th>ORGANIZATION / MANAGEMENT / SAFETY</th>
<th>ROLE OF ASSISTANT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dribble Tag (10 minutes)</td>
<td>Play space is a handball (basketball) court (add a second court if too crowded).</td>
<td>Assist with equipment.</td>
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<tr>
<td></td>
<td>Designate 4 students as taggers; taggers wear pinnies.</td>
<td>Clarify rules.</td>
</tr>
<tr>
<td></td>
<td>Each student (including taggers) has a handball and is dribbling.</td>
<td>Offer positive feedback</td>
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<tr>
<td></td>
<td>On your signal taggers attempt to tag as many students as possible without losing control of their handballs. If a tagger tags without control of the handball the tag doesn’t count.</td>
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<tr>
<td></td>
<td>If a dribbler is tagged student must dribble around the outside of the court one time.</td>
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<td></td>
<td>Continue for 2 minutes then change taggers.</td>
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<tr>
<td></td>
<td>Add taggers if the students are not active enough.</td>
<td></td>
</tr>
</tbody>
</table>

| ACTIVITY #1  6 v. 6 | Two groups of 6 come together to form two teams within a grid. One team wears pinnies and one ball for each grid with goals set up at each end and each goalie crease set up with polyspots or another type of marking. | Help students understand the game. |

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**Team Handball**

- Five active court players and one goalie per team.
- Game begins with a throw-in at center court.
- Offensive players advance the ball and attempt to score a goal by passing and dribbling while being defended.
- Principle of 3’s
  - Guard the ball 3 feet away
  - Must complete 3 passes before shooting.
  - Only 3 steps before and after dribbling.
  - 3 passes to 3 different students before a score can be made
- Goalie clears the ball to a teammate and that team then tries to move the ball down the court to score in opponent’s goal.
- Rules:
  - Out of bounds ball is put in play by the opposing team with a throw-in.

**Teaching Cues:**
- Short, quick passes are best.
- Move without the ball and look for a pass when on offense.
- Keep body low and hands up when playing defense.
- Free Throw: A free pass from one offensive player to a teammate, which cannot be intercepted or blocked by a defender. It must be taken within 3 seconds of being awarded to the player.

**Introduce Penalty Throw:** A penalty throw is taken by an offensive player against the goalie from outside the goal crease restraining line. The player taking the free throw must keep one foot stationary and must take the shot within 3 seconds. All other players must stay outside the free throw line, except for the goalie, which defends against the shot.

**Rules for Awarding Penalty Throw:** The following infractions result in a Penalty Throw.
- When a foul by the defense prevents a clear chance to score a goal by the offense.
- When a player displays unsportsmanlike behavior.

**CLOSURE/COOL DOWN**

- Review Skill/Activity
- Help students return balls to hoops
- Move around the area offering feedback and assistance as needed to keep games moving.
**TEAM HANDBALL**

**Lesson 9**

**4th-5th Grade**

- Collect pinnies.

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<table>
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<th>4.2</th>
<th>ABD</th>
<th>4.3</th>
<th>AE</th>
<th>4.4</th>
<th>BH</th>
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**NASPE NATL STD P.E.**  
1,2,3,4,5,6
**EQUIPMENT:**
- Pinnies for half of the class
- 4 cones for each grid to use as goals
- Polyspots or lines to mark goalie crease
- Enough jump ropes for the class during HRPA, music.

**LESSON OUTCOME(S):**
- Apply Team Handball Skills in a game situation.
- Develop cardiovascular endurance, agility, speed, demonstrate various jump rope skills, and eye-hand coordination.

**BEFORE CLASS SET UP:**
- Set balls in hoops around perimeter of activity area.
- Have pinnies available around the perimeter.
- Set-up grids for team handball.
- Team handball can be played on a full basketball court, a divided basketball court, or on a grass field.

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<th>ROLE OF ASSISTANT</th>
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</table>
| HEALTH RELATED PHYSICAL ACTIVITY: French Fry Tag (10 Minutes) | - Object of game: the French Fries try to tag and freeze the entire class inside boundaries of the full basketball court or half-court for a small class.  
- Quickly discuss the negatives of fatty foods. Then 2-4 students are given a noodles; these students are the French Fries.  
- Once tagged student sit or kneel down.  
- To be freed another student must come up tp the tagged student and both students do 3 jumping jacks (push-ups, sit-ups, etc.) together.  
- Neither person can be tagged while exercising. Students can keep exercising if a tagger is too close.  
- Switch taggers after 2 minutes. | - Help supervise and keep students on task |
| ACTIVITY #1 | - Two groups of 6 come together with one ball to form two teams within a grid. One team in each grid wears pinnies.  
- Teams comprised of five active court players and one goalie per team. | - Circulate among games to assure that students understand the |
### 6 v. 6 Team Handball Mini-Tournament

- Teams in each grid compete for approximately 3 minutes. On teacher’s signal games end. Winning team remains in their grid. Losing teams rotate one grid in a CCW direction to begin another game.
- Game begins with a throw-in at center court by the losing team.
- Offensive players advance the ball and attempt to score a goal by passing and dribbling while being defended.
- Principle of 3’s
  - Guard the ball 3 feet away
  - Must complete 3 passes before shooting.
  - Only 3 steps before and after dribbling.
  - 3 passes to 3 different students before a score can be made
- Goalie clears the ball to a teammate and that team then tries to move the ball down the court to score in opponent’s goal.
- Rules:
  - Out of bounds ball is put in play by the opposing team with a throw-in.
  - **Penalty Throw**: A free shot taken by an offensive player against the goalie from outside the goal crease restraining line. The player taking the free throw must keep one foot stationary and must take the shot within 3 seconds. All other players must stay outside the free throw line, except for the goalie, who defends against the shot.
  - **Rules for Penalty Throw**: The following infractions result in a Penalty Shot.
    - When a foul prevents a clear chance to score a goal by the offense.
    - A player displays unsportsmanlike behavior.
- Switch teams after 5 minutes.

### CLOSURE/COOL DOWN

- Review Skill/Activity

### TEKS

- **L8 TEKS Introduction**
  - 1, 2 4.1 ABEGF 4.2 ABD 4.3 AE 4.4 BH 4.5 A 4.6 AB 4.7 ABCD

- **L8 TEKS**
  - 1, 2 5.1 BCFKL 5.2 ABC 5.3 A 5.4 C 5.5 AD 5.6 AB 5.7 ABC

- **NASPE NATL STD P.E.**
  - 1,2,3,4,5,6