**Curriculum**

**6th Grade Physical Education - Handball**

**Course Overview**

SPORT TYPE: Hand-eye, team, invasion

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop & refine skills of giving & receiving a pass, shooting, blocking & defending

Develop tactics of moving into space and passing to teammates in space

Develop defensive strategies & tactics

Develop awareness of positioning and responsibility within the team.

**Performance Indicators**

1) Display evidence of teamwork, cooperation and ability to work with teammates.

2) Display ability to defend against or attack an opponent safely & with control

3) Display ability to master: A variety of passing, dribbling, catching & shooting techniques

4) Display ability to work with, & include, teammates to create space or defend

5) Display basic understanding of the principles of play, incorporating ½ court & ‘man-to-man’, defence systems, & appropriate attacking options to break down defence

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up, including footwork techniques, with the ball, and appropriate stretches (PI 3)

Develop control and variety in passing, catching, dribbling & shooting (PI 1,3)

Develop safe attacking and defending footwork and techniques (PI 2)

Develop defensive tactics of ‘man-to-man’ and appropriate employment in games (PI 1,4,5)

Develop idea of moving into space and creating space to break down defence, working in small groups leading to larger group to develop teamwork (PI 1,4,5)

Develop from 2v2 keep ball games to larger games of max 7v7, with more emphasis and awareness of positioning and team responsibilities (PI 1,4,5)

Use conditioned SSGs such as 4 corner goals, long & short goal game, zone game( PI 1, 2,3,4,5).

**Resources**

Handballs 1 between 2

Bibs

Cones / markers

8 Handball goals

Beanbags, Frisbees, Airflow balls, Tennis balls, Soft balls