

KS2 –HANDBALL

National curriculum aims: National curriculum aims: KS2 National Curriculum Aims: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, **handball**, rounders and tennis], and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best



Year 3

- To understand benefits of a warm-up & to develop hand eye coordination
- To understand the correct hand and body positioning for contacting the ball.
- To perform an underarm stroke.
- To perform an overarm stroke.
- To be able to serve a ball
- To bring the basic strokes into a fun game situation

Year 5

- To understand the importance and learn names of muscles
- To recap overarm and underarm strokes and the correct hand and body positioning for contacting the ball.
- To perform the sidearm stroke and fly shot (hit ball before it bounces)
- To serve a ball effectively from a central court position
- To use understand the rules of handball
- To understand the importance of footwork
- To use all strokes in a game situation

Year 4

Year 6