

Lesson 2	Handball - Beginner		Lesson Topic: Serving	
<p>➤ Learning Intentions: To understand the key points of the underarm & overarm serve in Handball, and be able to perform them at fundamental level. Continuing on from lesson one, the serves taught will be the underarm and overarm serves. Focus of the lesson is to ensure pupils can serve the ball in the required space.</p>				
	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Mini Handball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a mini game	<ul style="list-style-type: none"> ➤ In partners, pupils play a mini game in an improvised small court against a wall. ➤ Players take it in turn to hit ball allowing only one bounce ➤ Objective is to keep the ball in a rally for as long as possible 	<ul style="list-style-type: none"> ↑ Non-Dominant Hand ↓ Allow 2 bounces
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> ➤ Hold for 5-8 seconds ➤ No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to name stretches for specific muscles
Skill Recap	<u>Skill Recap</u> Underarm & Overarm	To reinforce lesson ones learned skills	<ul style="list-style-type: none"> ➤ Remember to reiterate key points and reinforce good technique 	<ul style="list-style-type: none"> ↑ Get pupils with adept at the skills to perform demonstration
The Skill of Serving	<u>Introduce Handball serve types.</u> Split into groups, and practice last week's skills through serving drills.	To develop pupils ability to serve a ball and keep it in the required space.	<p>Explain the importance of the serve in that it is the only time during a game that you are in complete control of the ball.</p> <ul style="list-style-type: none"> ➤ Pupils should aim to keep the ball in the court ➤ The serve should be aimed to deep court ➤ Stand behind short line ➤ Feet cannot cross short line even on follow through 	<ul style="list-style-type: none"> ↑ Progress to overhand serve ↓ Bring player closer to wall

Games	<u>Ins & Outs</u> (Singles)	To bring the basic serves into a fun mini game situation	This is a quick fire version of Handball. Pupils line up at the side of court. First two players on court. <ul style="list-style-type: none">- 1 v 1- 1 Rally- Winner of rally stays on- Newcomer serves Reinforce serving skills learnt during lesson	↓ Further from the wall ↓ Non-Dominant Hand ↓ Doubles ↓ Closer to wall ↓ Allow two bounces
Cool Down	<u>Commands</u>	To understand benefits of a cool down.	Pupils jog around hall following commands of teacher: <ul style="list-style-type: none">- Skipping- High Knees- Sideways- Etc	↑ Ask pupils questions why a cool down is essential after exercise

Lesson 2	Handball - Intermediate		Lesson Topic: Serving	
<p>➤ Learning Intentions: To be able to perform the most effective serves of Handball at an intermediate level. Continuing on from lesson one, the serves taught will be the underarm and overarm serves. Focus of the lesson is to ensure pupils can serve the ball in the required space from the centre of the court.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Mini Handball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a mini game	<ul style="list-style-type: none"> ➤ In partners, pupils play a mini game in an improvised small court against a wall. ➤ Players take it in turn to hit ball allowing only one bounce ➤ Objective is to keep the ball in a rally for as long as possible 	<ul style="list-style-type: none"> ↑ Non-Dominant Hand ↓ Allow 2 bounces
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> ➤ Hold for 5-8 seconds ➤ No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to name stretches for specific muscles
Skill Recap	<u>Skill Recap</u> Underarm & Overarm	To reinforce lesson ones learned skills	<ul style="list-style-type: none"> ➤ Remember to reiterate key points and reinforce good technique 	<ul style="list-style-type: none"> ↑ Get pupils with adept at the skills to perform demonstration
The Skill of Serving	<u>Introduce Intermediate Level Handball Serve Requirements</u> Split into groups, and practice last week's skills through serving drills, incorporating new serving requirements.	To develop pupils ability to serve a ball effectively from a central court position	<p>Explain the importance of the serve in that it is the only time during a game that you are in complete control of the ball.</p> <ul style="list-style-type: none"> ➤ Main objective to get pupils to serve the ball effectively from the middle of the court ➤ Pupils should be able to alternate the serve direction to both left and right hand side of the court ➤ As learnt in previous serving lessons, the ball should be served back deep and with pace 	<ul style="list-style-type: none"> ↑ Progress to overhand serve ↓ Bring player closer to wall

			NB: The overarm serve deep to the back court, and alternating between sides, is widely regarded as the most effective serve in One-Wall Handball.	
Games	<u>Ins & Outs</u> (Doubles)	To bring the basic serves into a fun mini game situation	<p>This is a quick fire version of Handball. Pupils line up at the side of court. First two players on court.</p> <ul style="list-style-type: none"> - 2 v 2 - 1 Rally - Winner of rally stays on - Newcomer serves <p>Reinforce serving skills learnt during lesson</p> <ul style="list-style-type: none"> ➤ The fact that games are only up to one, and the newcomers serve first, puts added emphasis on effective serving 	<ul style="list-style-type: none"> ↓ Further from the wall ↓ Non-Dominant Hand ↓ Doubles ↓ Closer to wall ↓ Allow two bounces
Cool Down	<u>Commands</u>	To understand benefits of a cool down.	<p>Pupils jog around hall following commands of teacher:</p> <ul style="list-style-type: none"> - Skipping - High Knees - Sideways - Etc 	<ul style="list-style-type: none"> ↑ Ask pupils questions why a cool down is essential after exercise

Lesson 2	Handball - Advanced		Lesson Topic: Serving	
<p>➤ Learning Intentions: To be able to perform the most effective serves in Handball at an advanced level. The serves taught will be the underarm & overarm serves, continuing on from lesson one, but at an advanced level of accuracy and consistency.</p>				
Activity	Description	Objectives	Teaching Points	Differentiation
Warm-Up	<u>Mini Handball</u>	To understand benefits of a warm-up, & to develop hand-eye coordination through a mini game	<ul style="list-style-type: none"> - In partners, pupils play a mini game in an improvised small court against a wall. - Players take it in turn to hit ball allowing only one bounce - Objective is to keep the ball in a rally for as long as possible 	<ul style="list-style-type: none"> ↑ Non-Dominant Hand ↓ Allow 2 bounces
	<u>Stretching</u>	Understand importance and learn names of muscles.	<ul style="list-style-type: none"> - Hold for 5-8 seconds - No bouncing 	<ul style="list-style-type: none"> ↑ Get pupils to explain benefits of warming up
Skill Recap & Advanced Serving	<p><u>Target Serve</u></p> <p>Recap on previously learnt underarm & overarm serves</p> <p>Practice new serving strategies through a fun target game</p>	To further develop the pupils ability to perform both serve types to a high level.	<p>Rules:</p> <ul style="list-style-type: none"> - Split the court (behind the short line) into 4 square sections - Teacher picks a section for pupil to serve into - 1 point for getting it in correct square <p>Effective Serves compromise of:</p> <ul style="list-style-type: none"> - Serves should be executed with fast pace and land deep at the back of the court - Serves should consistently be directed effectively to either side of the court - Pupils should be able to serve the ball from a central court position to either side <p>NB: The overarm serve deep to the back court, and alternating between sides, is widely regarded as the most effective serve in One-Wall Handball.</p>	<ul style="list-style-type: none"> ↑ Additional points awarded for technique, or the ability to serve accurately using both the underarm and overarm serve ↑ Minus points for serving into the incorrect section

<p>Games</p>	<p><u><i>Ins & Outs</i></u> (Singles)</p>	<p>To bring the basic serves into a fun mini game situation</p>	<p>This is a quick fire version of Handball. Pupils line up at the side of court. First two players on court.</p> <ul style="list-style-type: none"> - 1 v 1 - 1 Rally - Winner of rally stays on - Newcomer serves <p>➤ The fact that games are only up to one, and the newcomer serves first, puts added emphasis on effective serving</p>	<p>↓ Further from the wall ↓ Non-Dominant Hand ↓ Doubles</p> <p>↓ Closer to wall ↓ Allow two bounces</p>
<p>Cool Down</p>	<p><i>Commands</i></p>	<p>To understand benefits of a cool down.</p>	<p>Pupils jog around hall following commands of teacher:</p> <ul style="list-style-type: none"> - Skipping - High Knees - Sideways - Etc 	<p>↑ Ask pupils questions why a cool down is essential after exercise</p>