

**Unit Overview**

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<b>Curricular Are:</b>	Physical Education	<b>Notes:</b>	<b>Checking for Prior Knowledge:</b> Maybe some prior knowledge on handball from elementary school that is based on what teachers know about the sport in North America.
<b>Topic or Theme:</b>	European Handball		
<b>Grade Level:</b>	Grade 8		
<b>Goals:</b>	Understanding the game of handball, rules, equipment and players activities.		

Lesson #	Topic	Objectives/Learning Outcomes	Activities	Materials	Assessment/Criteria
1	Moving with the ball	Students to learn: <ul style="list-style-type: none"> <li>• Basic motor skills:                             <ul style="list-style-type: none"> <li>- running, jumping, throwing</li> </ul> </li> <li>• Moving with the ball;</li> <li>• Dribbling techniques; fundamentals of dribbling;</li> <li>• Covering the ball from the opponent;</li> <li>• Running and directional changes;</li> <li>• Rhythm and balance;</li> <li>• Controlled starting and stopping, changing directions;</li> </ul>	<ul style="list-style-type: none"> <li>• Various drills, and games that focuses on the basic motor skills.</li> <li>• Games and activities that focuses on dribbling</li> <li>• Games and activities that focuses on running and direction changes</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement</li> </ul>
2	Catch and pass	Students to learn: <ul style="list-style-type: none"> <li>• Catching/passing techniques;</li> <li>• Basic body, hand position for catching;</li> <li>• Techniques for absorbing the ball’s momentum;</li> <li>• Explore the variety of passes in handball;</li> <li>• Fundamentals of passing;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Games and drills for catching and passing</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>
3	Shooting techniques and aiming	Students will learn: <ul style="list-style-type: none"> <li>• The different types of shots in handball; overhand shot. Jump shot, hip shot;</li> <li>• Execution techniques of the various shots;</li> <li>• Target practice;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Drills and games to facilitate development, rhythm and timing of shots.</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>
4	Body fake	Students will learn: <ul style="list-style-type: none"> <li>• Faking techniques;                             <ul style="list-style-type: none"> <li>- passing fake, shooting fake</li> <li>- one-on-one body fake combinations</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>▪ Use of various drills and games that helps to develop the movements, timing and rhythm used in faking.</li> </ul>	Handball goal, balls, bench, pinnies	Assessment is done through” <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>

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5	Defense work	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>• Individual defensive playing techniques;</li> <li>• Understanding defensive space;</li> <li>• Factors that affect control of defensive space: footwork, arm position;</li> <li>• Individual roles in defense;</li> <li>• Fundamentals of defensive movements (body stance, arm position, footwork, alertness, ball sense, position on the court);</li> <li>• Body position on 1:1 play;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Drills and games to develop skills and techniques in individual defense.</li> </ul>	Handball goal, balls, bench, pinnies	<p>Assessment is done through”</p> <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>
6	Offense work	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>• Individual offensive playing techniques;</li> <li>• Individual roles in offense;</li> <li>• Straight and extended fast break;</li> <li>• Fundamentals in offensive play;</li> <li>• Techniques of fast and extended break;</li> </ul>	<ul style="list-style-type: none"> <li>▪ Drills and games that helps to develop individual skills and techniques in offensive play</li> </ul>	Handball goal, balls, bench, pinnies	<p>Assessment is done through”</p> <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>
7	Tactics	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>• The role of tactical maneuvers in handball;</li> <li>• Introduction of simple tactical principals and their importance in handball;</li> </ul>	Handball game	Handball goal, balls, bench, pinnies	<p>Assessment is done through”</p> <ul style="list-style-type: none"> <li>• Observing individual and group work;</li> <li>• Correction of techniques and the execution of the various elements;</li> <li>• Explanations of what is the desired outcome of a movement.</li> </ul>