

**S: 5 H: 2 GLO: 9-12 Cooperative Handball****OKLAHOMA ACADEMIC STANDARDS: Physical Education**

Source: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=773#.V5uO2bgrLIV>

<u>Objectives/ Student Targets</u>		<u>Equipment &amp; Technology Needed:</u>
<u>Cognitive:</u> The students will explain the importance of maintaining spacing on the court.		2 chairs, ball (brightly colored gator skin is best), team jersey, cloth strips
<u>Affective:</u> The students will understand the value of working cooperatively as a team.		
<u>Psychomotor:</u> The student will demonstrate throwing and catching skills.		
<u>Academic Vocabulary:</u> Traveling,		
<u>Introduction / Anticipatory Set:</u>  Ask the class if there is anyone who has heard of or played the game of handball. Handball is a team sport in which two teams of seven players each (six outfield players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. Handball was first played in Scandinavia and Germany at the end of the 19th century. At this point you can show a video of high level athletes playing a game of Handball if you'd like.		<u>Classroom Layout:</u>  Gym or large open space  Set up the 2 chairs at opposite ends of the playing area to be goalie – 6' to 8' for Goalie
<u>Instant Activity:</u>  Split the class into 3 or 4 groups. They will perform a drill used to develop passing skills in handball. To perform this drill all players must form a circle with a passer positioned in the center. A ball should be given to the passer in the center of the circle and one of the players forming the circle. The passer in the middle then passes to the player to the right of the player holding the other ball and at the same time the other player with the ball should pass their ball to the passer in the middle. This continues on until the balls have gone through two full rotations of the circle after which the passer in the middle is switched for another player.		
<u>Fitness Development:</u>  Improve muscular strength and muscular endurance through strength training exercises		

**S: 5 H: 2 GLO: 9-12 Cooperative Handball**  
**OKLAHOMA ACADEMIC STANDARDS: Physical Education**

Continue to develop cardiorespiratory endurance through activities that raise the increase the heart rate for a minimum of 30 minutes  
 Target improved body composition through strength training and cardio work  
 Improve flexibility through daily dynamic and static stretching routine.

**Lesson Focus:**

Set up two chairs at opposite ends of the playing area. One student from each team sits in a chair and becomes the goalie. Divide the class into two teams, with one team wearing the jerseys/pinnies. Each team spreads out on their half of the playing area. Toss a coin to see which team will get the ball first. The object is to pass the ball from teammate to teammate, until the team goalie catches the ball. The goalies are placed on the opposite ends of where their teammates are. In other words the goalies will be facing their teammates at the start. Set up a 6' x 8' safety area in front of the goalies. The defensive players can't go inside of that area. When the goalie catches the ball a point is scored for that team.

**Basic rules:**

- After catching the ball a player cannot walk (or move his/her chair). If he/she does, then travelling is called and the other team is awarded the ball. A person in a wheelchair may wheel around in a circle to find open teammates.
- Players may use a pivot foot/wheel as in basketball.
- If the ball touches the floor, (i.e. a teammate drops the ball or has it batted down when throwing), the other team is awarded the ball.
- Defensive players must stay at least 1-2 ft. (your decision) from the offensive player. This should limit fouls and some possible rough play.

This activity is best for 10-16 students. However, if you have a large number of students you can use sideline players to catch the ball then continuously rotate players from the sideline to the playing area every five minutes, or you can play with two or more balls. You can also limit your goalies' abilities by using cloth strips to inhibit vision or motor ability.

Encourage your students to use short passes to work the ball to their goalie. Maybe give them extra points for making 4 passes in a row successfully.

**Teaching Cues:**

- Short Passes
- Can't step
- pivot
- opposition

**Modifications:**

If outdoors use a frisbee instead of a foam ball.

Allow 3 steps with ball.

Allow Bounce

Limit Goalie's Abilities

**S: 5 H: 2 GLO: 9-12 Cooperative Handball**  
**OKLAHOMA ACADEMIC STANDARDS: Physical Education**

**Assessment:**

- 1) Student throws with two hands, without stepping, does not practice safety precautions, does not dribble or keep control of the ball, argues with other players.
- 2) Student throws with two hands and does not step some of the time, mostly practices safety precautions, dribbles and keeps control of the ball only some of the time, argues with other players occasionally.
- 3) Student throws the ball with one hand and steps with opposition, practices safety precautions all of the time, dribble and keeps control of the ball correctly, does not argue with other players and has good sportsmanship.

**Closure:**

Class Discussion:

What were some strategies you used that worked well? Are there some that did not work as well?

Why do you think this game is not as popular in the United States?

How could we have made this game more challenging?