

# Unit 7: PT- Team Handball

Content Area: **Physical Education and Health**  
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**  
Time Period: **March**  
Length: **15 blocks**  
Status: **Published**

## **Enduring Understandings**

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Individuals who learn to practice safely, effectively and efficiently have better performance of skills in a game situation.

Rules are established for a safe and healthy environment.

## **Essential Questions**

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In what ways can the game of team hand ball provide an opportunity for individuals to participate?

Why is teamwork important in playing team handball?

How does working well as a team relate to real life?

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

## **Content**

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Jump ball, obstruction, three-point line, defense, offense, types of throws (side-out, corner, indirect, direct) goal area, goalie, shutout.

## **Skills**

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Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

## Resources

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Handball, goals, cones

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs, <https://www.njrotc.navy.mil/curriculum.html>

## Standards

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- 0xHPE.2.5.12 All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
- 0xHPE.2.5.12.A Movement Skills and Concepts
- 0xHPE.2.5.12.A.1 Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
- 0xHPE.2.5.12.A.2 Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
- 0xHPE.2.5.12.C Sportsmanship, Rules, and Safety
- 0xHPE.2.5.12.C.3 Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.