

# Unit 5 - Team Handball

Content Area: **Unified Arts**  
Course(s): **Physical Education 8**  
Time Period: **November**  
Length: **4 weeks**  
Status: **Published**

## Unit Summary

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Team Handball incorporates the Physical Education, Fitness and Physical Activity Standards. It is a game that is fun to play and includes various skill levels.

## Standards

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HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
HPE.2.5.8.A	Movement Skills and Concepts
HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.8.C	Sportsmanship, Rules, and Safety
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.2	Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.
HPE.2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
HPE.2.5.8.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
HPE.2.5.8.C.CS2	Movement activities provide a timeless opportunity to connect with people around the world.
HPE.2.6.8	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.8.A	Fitness and Physical Activity
HPE.2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular

	physical activity.
HPE.2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
HPE.2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn....

## Essential Questions

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- Why are team activities important?
- What skills can I use in other settings?

## Enduring Understandings

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- Students will understand that team handball is a lifelong activity which requires knowledge of the rules and teamwork skills.

## Application

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- Students will be able to independently use their learning...

## Skills

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Students will be skilled at:

- Implementing successful ways to score goals to achieve success.
- Understanding the rules of the game.
- Identifying the positions on the court.
- Throwing.
- Catching.

- Goalie's role.
- Court vision.
- Pivoting.