

# Handball (grade 5)

Content Area: **Physical Education**  
Course(s): **PE 5**  
Time Period: **3rd Marking Period**  
Length: **3 Weeks**  
Status: **Published**

## **Team Handball I Overview**

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Team Handball is a great activity to build a student's cardiorespiratory endurance, muscular strength and flexibility as well as their ability to cooperate with teammates to achieve a common goal. In this unit, students will learn the rules and essential movement skills in order to successfully participate in a game of Team Handball.

## **Transfer**

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

- participate successfully in a game of Team Handball and enjoy the physical, social and mental benefits of the game to improve their overall health.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## **Meaning**

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## **Understandings**

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Students will understand...

- how to throw and catch using the correct form.

- the rules of team handball.
- how team handball enhances their personal fitness level.
- how to cooperate with teammates to achieve a common goal.

## **Essential Questions**

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Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent football improve skill-related fitness versus health-related fitness.

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- the proper mechanics of the throwing form for a handball.
- the proper mechanics of the catching form for a handball
- the rules for a game of Team Handball.
- sportsmanship rules while playing a competitive game.
- the health related fitness components related to playing a game of Team Handball.

## **Students will be skilled at...**

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Students will be skilled at...

- throwing a handball
- catching a handball
- working with teammates to achieve a common goal
- identifying and following the rules of handball

## **Academic Vocabulary**

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### **Learning Goal 1**

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Students will throw a handball using the correct form.

- Students will throw a handball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

### **Target 1**

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How to hold the handball using proper form and mechanics.

### **Target 2**

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Throwing Mechanics:

Non throwing side aimed at target

Stepping with the opposite foot

Bring the throwing arm back away from the body

Rotate your hips

Throw over your shoulder

Follow through to your target

## **Learning Goal 2**

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Students will catch a handball using the correct form.

- Students will catch a handball using the correct form.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

## **Target 1**

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Hands up, away from the face

Eyes on the ball

Watch the ball into your hands

Give with the ball

## **Learning Goal 3**

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Students will explain the rules of team handball.

- Students will explain the rules of team handball.

HPE.2.5.6.C.2	Apply rules and procedures for specific games, sports, and other competitive activities and
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describe how they enhance participation and safety.

### **Target 1**

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Court/Field Dimensions/Boundary

### **Target 2**

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Defensive boundary

Goalie area

Amount of steps/passes required before shot on goal

Benefits of using the pass

### **Learning Goal 4**

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Students will identify the origin and cultural background of Team Handball.

- Students will identify the origin and cultural background of Team Handball.

HPE.2.5.6.C.3

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

### **Target 1**

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Students will be able to list the rules of Handball

Students will be able to associate the rules of handball to the origin

### **Learning Goal 5**

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Students will explain how team handball enhances their cardiorespiratory endurance.

- Students will explain how team handball enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1

Analyze the social, emotional, and health benefits of selected physical experiences.

HPE.2.6.6.A.2

Determine to what extent various activities improve skill-related fitness versus health-related fitness.

## **Target 1**

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Students will be able to recognize how Handball benefits fitness

Students will be able to list how Handball benefits fitness

## **Learning Goal 6**

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Students will demonstrate proper sportsmanship and cooperation during games.

- Students will demonstrate proper sportsmanship and cooperation during games.

HPE.2.5.6.C.1 Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.

HPE.2.5.6.C.2 Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

## **Target 1**

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Students will demonstrate good sportsmanship during and after the game.

## **Summative Assessment**

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## **21st Century Life and Careers**

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WORK.5-8.9.1.8.1 The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time.

WORK.5-8.9.1.8.1 Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.

WORK.5-8.9.1.8.2 Leadership abilities develop over time through participation in groups and/or teams that are engaged in challenging or competitive activities.

WORK.5-8.9.1.8.A.1 Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.

WORK.5-8.9.1.8.C.1 Determine an individual's responsibility for personal actions and contributions to group activities.

WORK.5-8.9.1.8.C.2 Demonstrate the use of compromise, consensus, and community building strategies for carrying out different tasks, assignments, and projects.

WORK.5-8.9.1.8.D.3

Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.

WORK.5-8.9.1.8.F.1

Demonstrate how productivity and accountability contribute to realizing individual or group work goals within or outside the classroom.

### **Formative Assessment and Performance Opportunities**

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Teacher will monitor students throwing and catching form during a game of Team Handball and provide feedback to the students

### **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of monitoring, equipment and repetition.

### **Unit Resources**

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Foam Balls

Goals

Jerseys

Cones