

**Fairfield Middle School**

*Weekly Lesson Plans*

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| **Name:**  | Colby Coulter | **Week:** | Sept 12-16, 2016 |
| **Course:** | PE - Handball | **Period(s):** | 2,3,7,8 |

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| **Essential Question:** (should be broad and not easily answered) | What are the skills, tactics, and rules associated with handball and how do they relate to other Invasion games? |
| **Standard(s):**(please write out standard and indicator) | (P) TSWBAT demonstrate the tactic of creating open space using a variety of passes and feints during a 3v2 scenario and full game. (8-1.1)  |
| (P)  |
| (C) TSWBAT identify and explain the rules surrounding a foreign game to them both during gameplay and a written quiz. (8-2.1) |
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| (A) TSWBAT accept possible differences on a team and work together to find success while playing handball. (8-4.1) |

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| **Monday** |
| **Instructional Activities:** (Should include warm-up, instructional strategies, closure, assessment, etc.) | Pre-Quiz on Handball KnowledgeSet-up: Meet teacher at the whiteboardLesson Focus - Introduction to handball rulesHandball is a popular sport in Europe due to its’ high intensity and fast paced play* Invasion Game - invading opponents territory to score
* Mix between ice hockey, basketball, and soccer
* Two teams of 7 players (6 + goalie)
* Score is 1 point w/ leather gopher sized ball
* 2 Halves
* 6 meter line creates goal zone where only the goalie is allowed
* Travel in 3’s : 3 seconds to have the ball while stopped and 3 steps without dribbling (double dribble - dribble fault)
* Defense can have no obstruction to a shot (shooting foul)
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| Lesson Focus - Dribbling, passing, * This dribble is more of a catch and drop (not like basketball)
* The main way to travel up and down the court is through a series of quick passes between you and your teammates
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| Practice: Modified game - Passing* 2 - 5 minute halves
* Must pass 3 times with a teammate before shooting (including turnovers)

Breakdown: How does passing help? Was passing or dribbling easier to move? Why? What is working defensively?Individual practice: Group of 3-4 * Work on 2 v 1 situation where passing is key to shoot
* Rotate with each shot

Game: No modifications* 2 halves focus on passing and dribbling
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| Assessment: Verbal - Handball Pre-TestVocabulary: Dribble, 3 second rule, 6 meter line, halves, obstruction, invasion game |
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| **Homework:** | N/A |
| **Materials Needed:** | 4-8 gopher balls, 4-8 nets |
| **Notes:** |  |
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| **Tuesday** |
| **Instructional Activities:** (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm- up: Long tossCues - Throwing (step in opposition, 90 degerees, release high, FT) Catching (low - pinkies touch, high thumbs touch) * Students will partner up and begin standing close to one another
* With each completed pass of a ball, back and forth, the students will take 1 step back
* How far can you go? Drop the ball and take a step forward.

Modification : change the ball used, must always be underhand/overhand catchQuestions: What is the more effective throwing method for short passes? Long?  |
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| Review: game rules and set-up* Court set-up and traveling rules
* Obstruction on defense
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| Lesson Focus: shooting/defensive wallFeints are a key tactic in shooting as well as the jump.* Feints (fakes) are used to move defenders out of place
* Jump is used to move closer to the goal
* 2 types of shots: direct/bounce
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| Practice: Groups of 3-4* 1 goalie
* Practice shooting from outside of the 6 meter line using a jump
* Add a defender and practice feints

Rotate as neededGame: 2 halves |
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| Vocabulary: Feint, direct/bounce shots |
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| **Homework:** | N/A |
| **Materials Needed:** | 4-8 balls and goals |
| **Notes:** |  |
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| **Wednesday** |
| **Instructional Activities:** (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm-up: Modified Game* Only have 1 person on opponent's side of the court to score
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| Lesson focus: Defensive Wall* Teams create harder shooting opportunities by creating wall around the 6 meter line
* This prevents clear line of sight and makes the shot more difficult
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| Practice: groups of 3-4* Single shooter
* 2-3 create wall
* 1 goalie
* Shooter attempts to feint/jump through or around wall

Game: 2 halves |
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| Assessment: Review questions:* Objective of the game?
* Keys to success?
* Keeping note of surroundings?
* Speed, agility?
* Defense?
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| Vocabulary: Wall  |
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| **Homework:** | N/A |
| **Materials Needed:** | 4-8 balls and whiteboards |
| **Notes:** |  |
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| **Thursday** |
| **Instructional Activities:** (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm-Up: Shooting Lines* Passes to shooting
* Add single and double defender
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| Multi-Team small gameplay 3v3-4v4* 2 10 min halves
* switch to play winner v winner, Loser v Loser
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| Assessment: Review Questions:Keys to success? Differences from regular play?Tactic?  |
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| **Homework:** | Study for Handball Quiz |
| **Materials Needed:** | 4-8 balls and nets |
| **Notes:** |  |
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| **Friday** |
| **Instructional Activities:** (Should include warm-up, instructional strategies, closure, assessment, etc.) | Warm-up: Passing and shooting Lines |
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| Large game :* 2 teams with two substitute options
* 2 - 20 minute halves
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| Assessment: Handball Quiz |
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| Assessment: Teacher monitors skills, tactics and rule following of each student and provides individual feedback.  |
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| **Homework:** |  |
| **Materials Needed:** | 1 ball/2 nets |
| **Notes:** |  |
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