

**Fairfield Middle School**

*Weekly Lesson Plans*

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| **Name:** | Colby Coulter | **Week:** | 2017-2018 |
| **Course:** | PE - Handball | **Period(s):** | 2,3,7,8 |

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| **Essential Question:** | What are the skills, tactics, and rules associated with Handball and how do they relate to other Invasion games? |
| **Standard(s):**  SCAPES | (P) TSWBAT demonstrate offensive and defensive tactics related to Handball in both modified and full game scenarios. (8-2.1) |
| (P) TSWBAT monitor their own physical activity in class by using substitutions effectively to gain an advantage against opponents. (8-3.1) |
| (C) TSWBAT use prior knowledge of throwing cues used in dodgeball to perform shots on goal during handball skill practices, modified games, and full games. (8-2.4) |
| © TSWBAT describe the use of the defensive tactic “wall” in handball and how it can help keep an offense from scoring. (8-2.6) |
| (A) TSWBAT work cooperatively to develop team formations and substitution cards for tournament play. (8-4.1) |

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| **Lesson #1 Handball Rules & Basic Skills (1 Day)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own  **RUN OUT! (Transition to Beginning Formation)** |
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| **Lecture and Demonstration:** Handball Basic Rules (6 minutes)  Handball is a very high paced game. The rules ensure that the ball is always moving and there is NO downtime. It is an olympic sport and is becoming one of the most watched sports in the olympics (even beating out basketball)! The fast pace play and high scoring opportunities make handball fun and exciting for all ages. Only the basic skills of passing, catching, and throwing are needed to play.  Teacher Lecture   * Passing   + Throw between two teammates to advance the ball   + Must stop (or dribble) when the ball is in possession   + A dropped pass is a turn over   + Can be intercepted or knocked down * Dribbling (opposite of passing)   + More of a bounce and catch (not like basketball)   + Can be dribbled as often as needed in 3 secs   + 3 steps are allowed per dribble * Rule of 3’s   + 3 ways to move the ball     - Pass, Dribble, Shoot   + 3 steps     - Allowed per dribble   + 3 seconds     - To control the ball before a pass must be made   **Student Game Play:** Mini Handball (5 minutes)  Students will split up into 6 teams (3 games) and begin play using the rules that they learned. This allows the students to see the excitement that the sport of handball brings.   * Teacher will actively monitor all 3 games and be lenient with rules due to an unfamiliar game. |
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| **Student Practice:** Dribble, Pass, and Shoot (15 minutes)  Lay-Up Lines:   * Demonstration followed by practice (no goalie)   + 2 lines (shooting, rebounding)   + Students in shooting line will practice a dribble towards the goal and then shooting from outside the goal line (6m line).   + Rebounders in second line will rebound the ball and pass it to the next student in shooting line.   + After a student has shot or rebounded, they will rotate into the opposite line (shooter becomes rebounder and vice-versa)   + Add passes (pass, dribble, pass, dribble, shoot). Rebounder becomes teammate to shooter. |
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| **Student Skill Summary**  Modified Handball: (8 minutes)  The short, or mini, fields used for the lesson are key when trying to have the student focus on controlling the ball. Control is key to be successful when passing, dribbling, and shooting.   * Set-up: 30yd length by 10-15yd width field (indoor or outdoor) with pop-up goals on each end. Each field will have 3-4 colored jerseys and 1 Handball. * Rules: Basic rules of handball are followed with the exception of contact defense. All other rules are found below:   + Out of bounds = opposite team ball at spot of loss.   + Goalie must remain on feet and swapped at halftime.   + Contact results in a turn over. * Students will play for 8 minutes or teacher designated time. |
| **Formative Assessment**   1. Teacher will provide ***corrective feedback*** on rule comprehension. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 2 nets, 3-4 jerseys per field, and 1 ball per field of play. |
| **Notes:** | Handball is one of my student’s favorite activities in class. All skill levels can play and it can get very competitive very fast. I always suggest getting the students to play as quickly as possible so they understand how fun it can be. Once they realize how great of a sport it is, they want to learn about it. |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Handball. |

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| **Lesson #2 - Pass, Dribble, Shoot (1 day)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own  **Sport Specific:** Passing with a partner (3mins) and shooting on goal (3mins)  **RUN OUT! (Transition to Beginning Formation)** |
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| **Student Game Play:** Mini Handball (5 minutes)  Students will split up into 6 teams (3 games) and begin play using the rules that they learned. All handball rules will be followed with the addition of the rules below:   * Must make 3 passes before a shot on goal * Goalies must switch at half |
| **Student Practice:** Modified Gameplay Situation  2 vs 1:   * Demonstration followed by practice   + Students stay in lines but move back 20m from goal. Teammates will attempt to use a variety of passes, dribbles, and shots to get by zone defender(s) (add a second zone defender with success)   + 2v1 moves to 2v2 with defenders staying in a designated zone.   + Success and failure both restart play with a new group from the beginning. |
| **Student Skill Summary**  Modified Handball: (8 minutes)  The short, or mini, fields used for the lesson are key when trying to have the student focus on controlling the ball. Control is key to be successful when passing, dribbling, and shooting.   * Set-up: 30yd length by 10-15yd width field (indoor or outdoor) with pop-up goals on each end. Each field will have 3-4 colored jerseys and 1 Handball. * Rules: Basic rules of handball are followed with the exception of contact defense. All other rules are found below:   + Out of bounds = opposite team ball at spot of loss.   + Goalie must remain on feet and swapped at halftime.   + Contact results in a turn over. * Students will play for 8 minutes or teacher designated time. |
| **Formative Assessment**   1. Teacher Observation - corrective feedback on student use of rule of 3’s 2. Teacher Discussion - review of tactical advantage of a 2v1 scenario |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 1 handball, 3-4 jerseys and 2 nets per field of play |
| **Notes:** |  |
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| **Lesson #3 - Defense and Formations (1 day)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own **Sport Specific:** Passing with a partner (3mins) and shooting on goal (3mins)  **RUN OUT! (Transition to Whiteboard)** |
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| **Student Game Play:** Mini Handball (5 minutes)  Students will split up into 6 teams (3 games) and begin play using the rules that they learned. All handball rules will be followed with the addition of the rules below:   * Two jerseys will be used to identify defenders that can not pass the mid-court line (switch at half) * Goalies must switch at half |
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| **Lecture and Demonstration:** Defense and Formations (6 minutes)  Teacher Lecture   * Formations   + Placement of team members to help improve both offensive attacks and defensive stops   + In handball, defenders are typically left in the back half to guard the press   + A Hybrid (offense/defensive) player plays both sides   + Some teams prefer a high offensive attack, while others leave defenders back and attack with only a small amount of players. * Defensive Wall   + In handball, everyone is a defender when the ball is not in their team’s possession.   + The wall is a spread across the goal line which makes it difficult for the offense to score.   + The wall expands and contracts to the area of the ball as a shot is expected. |
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| **Student Practice:** Modified Gameplay Situation (12 minutes)  2 vs Wall:   * Demonstration followed by practice   + Two lines will be created to attack the wall. These partners can use a variety of passes, dribbles, and shots to try and score on the wall. Success/failure will both result in restart from the beginning.   + A wall of 3-5 students will be created across the goal line. Students work together to close off the area where the shot is being taken.   + Rotations occur every 3 minutes. |
| **Formative Assessment**   1. Teacher observation of student’s use of the defensive tactic “Wall” 2. Teacher questioning of team communication to close wall at shot. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 1 handball, 3-4 jerseys and 2 nets per field of play |
| **Notes:** |  |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Handball. |

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| **Lesson #4 - Skill Summary and Tournament play (2 days)** | |
| **Instructional Activities:**  (Should include warm-up, instructional strategies, closure, assessment, etc.) | **Warm-Up**  Cardio: 1-5 minutes of walking followed by jogging (30-90 secs)  Flexibility: Static - R/L hamstring, butterfly, ITB stretch; Dynamic - Knee to chest, quad pulls, straight leg kicks, high knees, butt kicks  Muscular Strength: Push-ups (5-12)  Muscular Endurance: Curl-ups (8-24)  BMI: (optional) Height/weight check on own  **Sport Specific:** Passing with a partner (3mins) and shooting on goal (3mins)  **RUN OUT! (Transition to Beginning Formation)** |
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| **Student Cognitive Cooperative**   * Team Creation   + Privately, student captains will create teams for tournament. Teams will be posted in classroom. * Formation & Substitution Cards   + Teams will work together to create best formation as identified by their strengths.   + Teams will create substitution cards to determine when subs will rotate and for whom they will fill in. |
| **Student Skill Summary**  Handball Tournament: (10 minute halves)  The two day handball tournament will allow continuous student demonstration of knowledge as well as formative assessment by the teacher.   * Set-up: 30yd length by 10-15yd width field (indoor or outdoor) with pop-up goals on each end. Each field will have 3-4 colored jerseys and 1 Handball. * Rules: Basic rules of handball are followed with the exception of contact defense. All other rules are found below:   + Out of bounds = opposite team ball at spot of loss.   + Goalie must remain on feet and swapped at halftime.   + Contact results in a turn over.   + Subs are allowed in and out as needed. * Students will play for 10 minute halves with the winners advancing to the next round of the tournament. |
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| **Formative Assessment**   1. Teacher will provide ***corrective feedback*** on rule comprehension and skill use. |
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| **Lesson Accommodations/Modifications:** |  |
| **Equipment Needed:** | 1 handball, 2 nets, 6 jerseys per field of play |
| **Notes:** |  |
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| **Summative Assessment for Unit** | Written test on rules, tactics, and syntax vocabulary terms related to Handball. |