



## PE - Knowledge Organiser

### Year 5 – Handball – Summer 1

#### Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

#### Key Skills: Physical

- Throwing and catching
- Moving with the ball
- Dribbling
- Intercepting
- Shooting

#### Key Skills: S.E.T

- Social: Collaboration
- Social: Communication
- Emotional: Honesty and Fair Play
- Emotional: Perseverance
- Thinking: Planning strategies and using tactics
- Thinking: Observing and provide feedback

#### Key principles of invasion games

Attacking	Defending
Score goals	Stop goals
Create space	Deny space
Maintain possession	Gain possession
Move the ball towards goal	



#### Key Rules



The rule of three:

- You can hold the ball for three seconds if not moving.
  - You can take three steps with the ball then option to pass, shoot or dribble followed by option to use an additional three steps.
  - You must be three steps away at a throw in.
- Other rules:
- Games start from the centre of the court.
  - The conceding team start from the centre of the court after a goal is scored.
  - Double dribble - dribbling the ball with two hands at the same time and / or dribbling the ball, catching it and then dribbling again is called double dribble.

#### Key Vocabulary:

pressure

delay

control

tactics

support

release

angle

reaction

principle

inclusion

create

close down

transfer

#### Powerful Knowledge

**Interception:** when a player takes possession of the ball away from the opposition as the ball is passed.

**Possession:** when a team has the ball they are in possession.

**Marking:** when a player defends an opponent.

**Principle:** these are the attacking and defending foundations that make up a game. Please see principles on the left.

**Close down:** used in defence to deny a space to an opponent or to make an angle smaller making it harder for the attack.

