



#stathomestayactive

@PEatHome1

EXPLORE

This week you will need a soft ball or object which ideally you can hold in one hand.



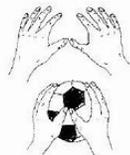
Bright ideas:

You will need a family member to help you, ask them to throw the ball to you, can you catch the ball using two hands? Do lots of practising, ask them to start slowly and then they can speed up as you get more confident.

Top Tips:

When you are catching the ball “make a W” shape with your hands.

Now ask someone in your family to throw the ball to you ten times, see how many times you can catch it using the tip above.



What happens if the ball is thrown to you low down? Can you still catch using the “w shape?” You may need to move your hands for a low catch.

As you get more confident ask you family member to get you moving!

They can throw the ball;

- High
- Low
- To the side so that you have to move your feet
- With a bounce

See how many catches you can make in a row without dropping the ball.



@KESSPB

@awhitehousePE

@SarahLayPE

Where can I find out more about Handball?

<https://southbirminghamhandballclub.wordpress.com/>

<https://www.Englandhandball.com/>

<https://britishhandball.com/>

PRACTICE

Now you are going to practise throwing the ball. In handball the ball is often thrown with one hand.

See if you can throw the ball to your family member with just one hand.



Try to start with the ball high up in the air using your elbow for power. Aim the ball in front of your family member, aiming at shoulder to head height.

As you get more confident, try out some short passes and some long passes.



English Challenge!

Handball requires determination, courage and hard work to keep going throughout a game.

Can you write a story about a time when you have shown any of these qualities?

Use a story map to help you write your story, it could look something like this.

Setting	Characters	
Beginning	Middle	End



Make sure you are always watching the ball, so that it doesn't hit you in the face.

DEVELOP



In this activity you are going to use the new skills you have learnt in a competition with your family member.

ACTIVITY 1: Standing Catch

Throw the ball in the air and catch it using a “w shape” try this ten times, keep count of your score.

ACTIVITY 2: Seated Catch

Throw the ball in the air, sit down and try to catch the ball. Try this ten times, keep count of your score.

ACTIVITY 3: Sit down, stand up Catch

Throw the ball in the air, sit down and then stand back up and try to catch the ball. Try this ten times, keep count of your score.

ACTIVITY 4: Partner Catch

Throw the ball to your partner ten times, every time they catch it they score a point. Then swap over!

Ask your family member to help you add up your points, the most you can score is 40! GOOD LUCK!

Mathematics Challenge!

Handball is played with two teams, each team has seven players. How many players would be on the court at a time?

$$7 + 7 = \underline{\quad} \text{ players}$$

Each game is made up of two 30 minute halves. How long is a handball game altogether?

$$30 + 30 = \underline{\quad} \text{ minutes}$$

A game of handball has 2 referees, a timekeeper and a scorekeeper. How many officials are there for each game?

$$2 + 1 + 1 = \underline{\quad} \text{ officials}$$

Crocodile United play a game of handball against Giraffe City. The crocodiles score 10 goals, the giraffes score 7 goals, how many goals are there altogether?

$$10 + 7 = \underline{\quad} \text{ goals}$$



Parent's Tip!

When catching a handball two hands is definitely best at this stage.

Encourage your child to make a “w shape” with their hands when catching.

Try to encourage them to make their hands “soft” and absorb the ball when catching, they should keep their eyes on the ball at all times!

KS1