

# HANDBALL

## KEY INFORMATION

AGE GROUP: YEAR 9&10

GENDER SPECIFICATIONS: GIRLS TEAM AND BOYS TEAM

NUMBER IN A TEAM: SQUAD OF 9



## DESCRIPTION

There will be 4 tasks / skills to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top 9 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



# TASK #1: ROUND THE WORLD

## HOW TO PLAY

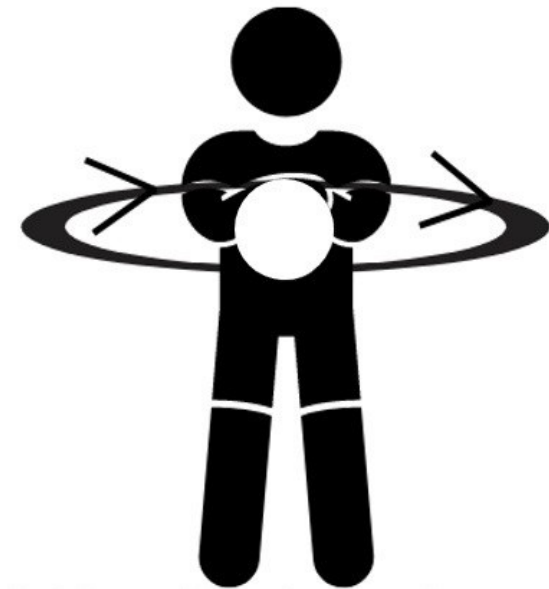
Pass the ball around the body using both hands. Start with the ball at the front of the body waist height and pass it around your back to the front. That counts as 1 rotation, see how many you can do in one minute. See youtube video [here](#)

## SCORING:

Count how many full rotations around the body you can do in one minute without dropping the ball.

## EQUIPMENT:

All you need is a handball (netball, basketball or football is fine) and something to time yourself with.



## TASK #2: DRIBBLING

### HOW TO PLAY

Bounce pass the ball from one hand to the other, staying in control of the ball. Stand with feet shoulder width apart in ready position, keep the knees slightly flexed. Push the ball downwards using fingertips, extend the elbow keeping the wrist flexed. Keep the ball at waist level with your hand on top of the ball. See youtube video [here](#)

### SCORING:

How many times can you bounce pass the ball from your right hand to your left hand in one minute.

### EQUIPMENT:

All you need is a handball (netball, basketball or football is fine) and something to time yourself with.



# TASK #8: UPPER PASS

**HOW TO PLAY** See youtube video [here](#)

Stand with your feet shoulder width apart, turn sideways to the target, with the weight transferred to the back foot. The throwing arm is held high behind the head, point the non-throwing arm at the target.

Transfer the weight from your back foot to your front foot by rotating your hips and torso toward the target.

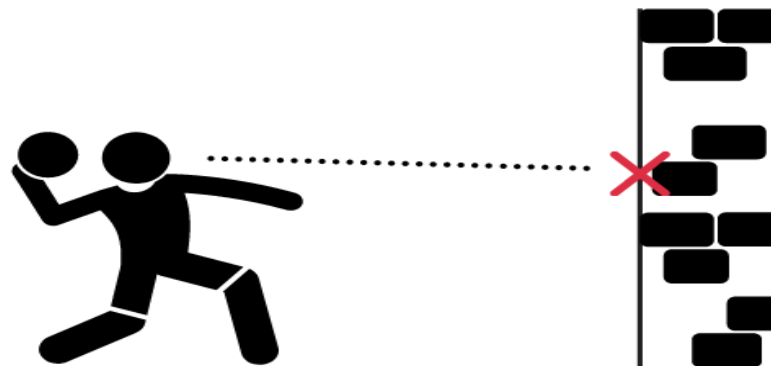
Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last. Release the ball just in front of your head with both feet on the ground and the chest facing the target.

## SCORING:

Draw a target on the wall and see how many times you can hit the target in one minute.

## EQUIPMENT:

Chalk to draw a target on the wall, ball and stopwatch.



# TASK #4: JUMP SHOT

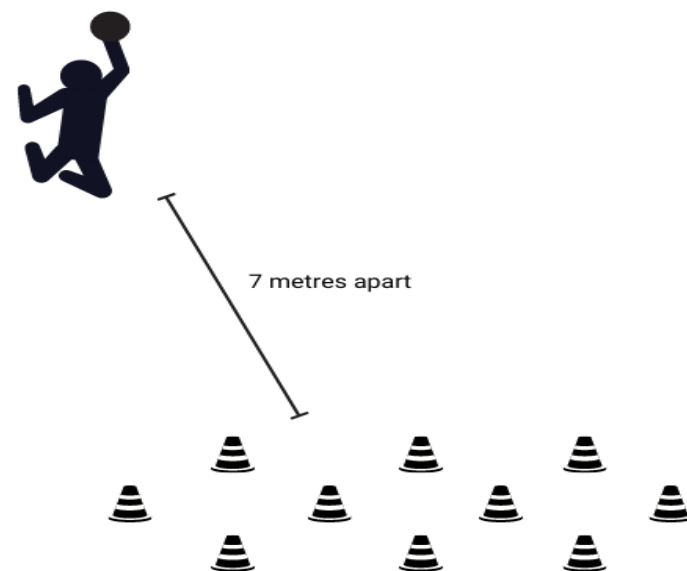
## HOW TO PLAY

See youtube video [here](#)

Stand with feet shoulder width apart facing the target, with knees flexed. Extend the knees and transfer your body weight from low to high jumping upwards. The throwing arm is held high behind the head, point the non-throwing arm at the target. Pull the throwing arm through toward the target leading with your elbow and your forearm and wrist following last. Release the ball at the highest point of the jump and just in front of your head. Release the ball sharply downwards at the required target.

## SCORING:

Lay 8-10 cones out on the floor and see how many you can hit in one minute, stand at least 7 metres away from the cones.



## EQUIPMENT:

Cones, ball, stopwatch



CHESHIRE & WARRINGTON  
VIRTUAL SCHOOL GAMES



## INCLUSIVE:

Use a different ball to suit the pupils needs e.g. size of ball or colour of ball.

Stand closer to the wall or cones to make it easier to hit wall or cones.

## RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

## SPIRIT OF THE GAMES VALUES

### DETERMINATION

Be determined to do your best and try hard on every challenge. Be determined to be the best you can be!



### HONESTY

The importance of honesty when scoring your own challenges.



# SCORE SHEET

PUPIL NAME	TASK #1	TASK #2	TASK #3	TASK #4	TOTAL SCORE

## DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their first competition	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers helping out	Number of Teachers involved

