



PE – Handball – Year 5/6

Key Learning

1. To know how to link skills, actions and ideas confidently to suit the games activity.
2. To know how to take part in a competitive game of handball confidently with a strong understanding of tactics.
3. To know how to link ball skills in a variety of ways.
4. To know how to keep possession in game situations.
5. To know and understand rules in game situations.

Vocabulary

Goal Area	The D-shaped area around each goal. Only the goalkeeper is allowed to stand inside this area. Field players can jump into it to shoot but must release the ball before landing.
Throw Off	The way the game starts at the beginning of each half and after a goal. A player from the centre of the court throws the ball to a teammate to begin play.
Three Second Rule	A player can only hold the ball for a maximum of three seconds before they must dribble, pass, or shoot.
Three Step Rule	A player can take a maximum of three steps with the ball without dribbling.
Dribble	Bouncing the ball on the floor with one hand. Unlike basketball, you can only dribble once after receiving the ball, and then you can take three more steps.
Pass	Throwing the ball to a teammate. Effective passing is crucial for moving the ball quickly and creating scoring opportunities.
Goalkeeper	The player who defends the goal. They can use any part of their body to stop the ball within the goal area.
Pivot	A player who plays mainly on the 6-meter line near the opponent's goal. They try to create scoring chances by receiving passes, turning, and shooting, often in close contact with defenders.
Free Throw	Awarded to the attacking team after a minor foul by the defending team. The throw is taken from the spot of the foul.
Penalty	A direct shot at the goal from 7 meters away, awarded when a clear scoring chance is prevented by a major foul by the defence.
Passive Play	When a team keeps possession of the ball without making a recognizable attempt to attack or score. The referees can call passive play, and the ball is given to the other team.

Key Athletes

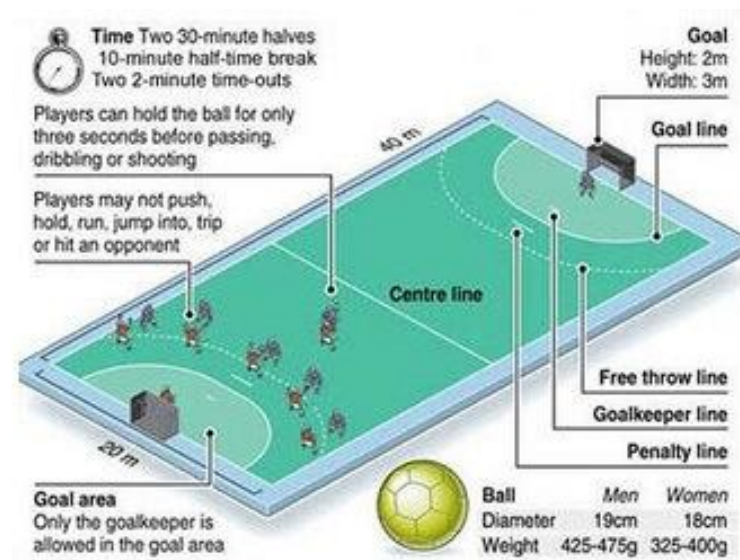
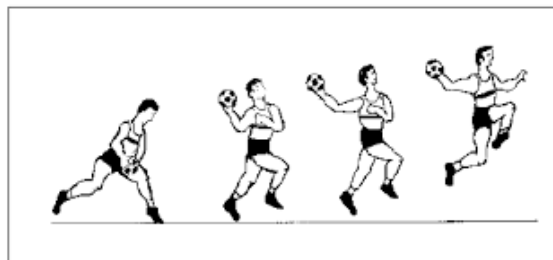


Kylian Ferrier

Started handball in France at 7, now playing professionally for Livry-Gargan. Proudly represent Great Britain, with a memorable first European league game with Toulouse.

Ollie Tyler

Playing Handball since 13 with Deva, I've represented England and Great Britain (U16-Senior) across Europe. Inspired by London 2012. Current GB Captain.



	Men	Women
Ball Diameter	19cm	18cm
Weight	425-475g	325-400g