

Year 4 PE- Handball



This half term, we'll be sending home links to websites that have activities if weather is poor or to help with ideas. We've also seen fantastic examples of videos sent in of children being active at home which is great to see! There will also be activities added on social media so keep an eye out there also.

Alongside PE on a Friday, the government recommendation is 30 minutes of activity a day. We're aware that there is a lot of learning taking place involving screen time, so we can't recommend enough breaks for activity throughout the day.

This half term, alongside all this we will also be focussing on different sports, starting with handball.

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This half term, alongside all this we will also be focussing on different sports, starting with handball. Although it's not possible to teach lesson exactly as we would in school, we'll be adapting activities to help you learn.

If these activities aren't quite possible due to space or resources, please don't worry and instead keep active however possible!

Year 4 PE- Handball- History



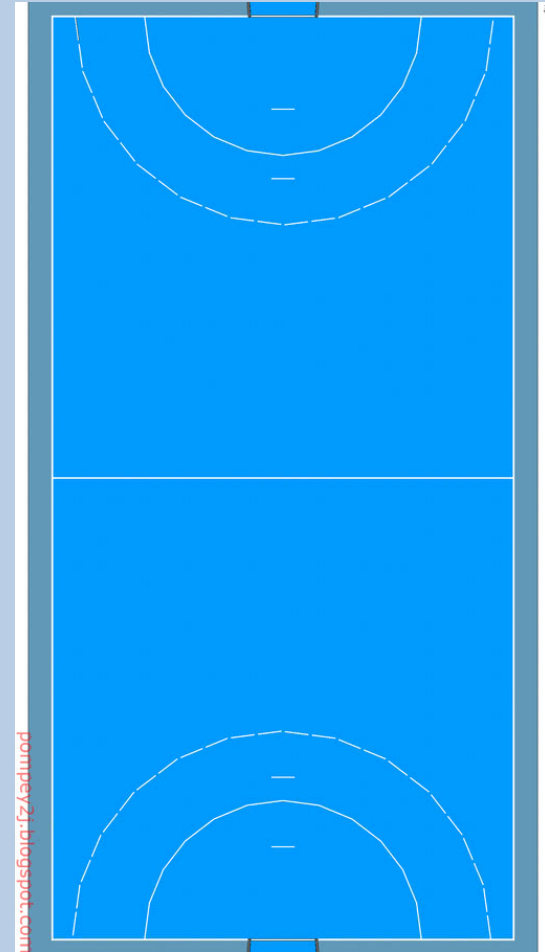
The modern game of handball was first played towards the end of the 19th century in Scandinavia and Germany. Field handball was first recognised at the turn of the century and G. Wallström introduced the sport of "handball" to Sweden in 1910. Handball is now a famous sport across Europe, and is played in the Olympics!



Year 4 PE- Handball- Rules



Handball is a team sport in which two teams of seven players each pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.



Year 4 PE- Handball- Rules



Activity

You need: A ball, partner (this can be a grown up)

Run around a safe space with a ball listening out for your partner to call out numbers. Each number represents a different type of movement.

- 1- Run more quickly with the ball in one hand.
- 2- Keep moving, whilst switching the ball from one hand to another.
- 3- Freeze with the ball in one hand.

Year 4 PE- Handball- Rules



Challenge

Move around your space, passing the ball back and forth to your partner. Follow these key points:

- 1- Extend arms to meet the ball.
- 2- Catch the ball with two hands.
- 3- Control the ball with fingers and thumbs.
- 4- Holding the ball in one hand, keep the ball close to the body and away from any defenders (Pretend or add a sibling here!)