

Year 4 PE- Handball



This week, we will be continuing to look at handball. We are going to focus on shooting.

What advice would you give to this person about to shoot by throwing the ball?



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- Aim for the corners.
- Throw with lots of power.
- Throw quickly to give the keeper less time to get ready.



Year 4 PE- Handball- Rules



Activity

You need: A ball, a goal (this could be just a wall)

Have a goal (an area on a wall or whatever is possible!) and imagine there are point targets as seen in the image. Practice throwing the ball towards goal, practicing your aim and power.

Try shooting from different angles and distances to increase the challenge. If you have a partner as a goalkeeper, even better!



Year 4 PE- Handball- Rules



Challenge

You need: A ball, a goal (this could be just a wall)

Have the ball positioned somewhere in front of the goal and stand next to your goal/goalkeeper. You have to run to the ball quickly, pick it up, turn and shoot towards goal.

In a game, you may not have a lot of time to plan where you're going to throw it, so being able to react and act quickly is important!