



#stayhomestayactive

@PEatHome1

## EXPLORE

You will need a ball that bounces for all activities this week.



### Bright ideas:

Practise being confident handling the ball.

- Stand up and put the ball in front of your feet. Can you roll the ball on the floor around your feet? Try not to move!

Now stand with your feet slightly wider than shoulder width apart.

- Can you roll the ball along the floor in between and around your feet in a figure of eight?
- Now pick up the ball. Can you pass it between and around your legs in a figure of eight without it touching the floor?

Sit on the floor with your knees bent and feet together. Place the ball on your feet.

Can you flick the ball up with both feet and then catch it?

You can let it land on your lap or on the floor if that is easier.



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Where can I find out more about Handball?

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

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

<https://britishhandball.com/>

## PRACTICE

Bounce and Catch



Stand with your feet shoulder width apart.

Bounce the ball onto the floor just in front of your feet and then catch it with two hands. Practise this until you can do it confidently

Try it 10 times and count out loud each time you bounce the ball.

Try it 10 more times and this time count each time you catch the ball.



### Expressive Arts and Design

Talk with someone in your family about all of the interesting things that you can see in the area that you live.

Using empty boxes and cartons from your recycling, can you make a model of one of these? You could make a model of a school, a postbox, a shop or something else you have seen.

Think about what you will need to join your materials together.

Can you add features to your model such as windows or doors?

Can you decorate your model to make it look lifelike or interesting.



### Understanding The World

Handball is played in countries all over the world.

You are going to explore where you live in the world.

Ask someone from your family to go for a walk around your local area.

What sorts of buildings, or interesting objects can you find?

Can you see a shop, a school, houses or flats, a bus stop, a post box for example?

If you have a camera or camera phone, take it with you and take photographs of what you can see.



## DEVELOP



Bounce, Catch and Move

Find a space to move about in. Hold the ball in two hands, and walk about in your space. Can you now jog or run safely in the space holding the ball without dropping it.

Now walk about in the space and bounce the ball and catch it. You may need to stop to bounce and catch the ball.

Practise this until you are confident walking, bouncing and catching the ball.

Put 5 small pieces of paper onto the floor. Spread them out in your space.

Walk or jog around the space holding the ball. Each time you come to a piece of paper, bounce the ball onto it and catch it again, then carry on.



### Parent's Tip!

Encourage your child to spend lots of time becoming confident handling the ball and moving with the ball. Help your child to catch the ball with two hands by encouraging them to look at the ball and make a 'bowl' shape with their fingers to catch with.



Make sure you have enough room to safely complete the tasks.

EYFS



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## EXPLORE

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



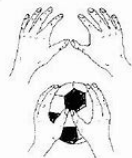
### Bright ideas:

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.



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## 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!

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**EXPLORE**

You will need a ball that bounces that you can hold in one hand.



Bright Ideas  
Ball Handling

Stand with your feet shoulder width apart.

- Use your hand to bounce the ball around your body without moving your feet. You may need to switch hands as you do this.
- Bounce the ball one way around your body, then the other way. Which is easier?

Sit on the floor on your bottom.

- Can you bounce the ball either side of your body?
- Can you bounce the ball all the way round your body?

Find 5 objects that you can use as small obstacles – you could use household objects such as a kitchen bin, cushions, empty cartons or boxes. Set up a small obstacle course.

Practise bouncing the ball around your obstacle course until you can do it confidently. Try using both hands.



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**PRACTICE**

You will need your ball again and a large target. You could use a piece of paper or a cushion, for example.

With the ball in one hand, practise shooting at your target. Move further away to challenge yourself. Use the 'parent's tip' section to help with the correct technique for this.

How many times can you successfully hit the target?

Think about what you could do to improve your accuracy?

**Science Challenge!**

Michael Collins was an astronaut who was part of the Apollo 11 mission to the moon in 1969. It is reported that his hobby was playing handball.



A moon is a celestial body that orbits a planet. The Earth has one moon, and Jupiter has 4 large moons and several small moons.



What can you find out about moons?

How can you present your findings in an interesting and imaginative way?



Make sure you have enough room to complete the tasks.

**DEVELOP**

Shooting Challenge



You will need something to act as a cone - you could use an empty yoghurt pot, plastic cup or plastic tub.

You will also need something to act as a target – you could use a soft toy, rolled up socks or another ball.

Put your target on top of your 'cone' and stand a few paces away.

Using the shooting technique that you have practised, aim and shoot at your target. Can you knock it off the cone?

What could you do to make this game more challenging?

Challenge someone in your family to a game.

**Parent's Tip!**

- Hold the ball in one hand.
- Hold the ball high.
- Have your throwing arm at shoulder height, with your elbow at a 90 degree angle.
- Draw your throwing arm backwards.
- Move your throwing arm forwards and finish with a stretched arm.

**Design and Technology Challenge!**

At the 2012 London Olympic Games, Handball was featured on a special commemorative coin.

Tokyo, Japan will host the 2021 Summer Olympic Games. The currency used in Japan is the Yen.



Look at the different coins for the Yen and then design a 2021 Handball Commemorative Coin. Sketch out your design ideas and annotate your drawings before producing a final design.

**KS2**



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## EXPLORE

Defending is an essential skill in handball. Players use blocking to stop shots and interceptions to try and get the ball back off the opposition.



You will need 8 markers and a ball for these practices.

Place 4 markers down on the floor and then 4 markers opposite.



Stand behind one of the green markers.

Ask your family member to shout "LEFT" or "RIGHT" and move to the correct cone on these commands.

Bright ideas:

- Can you sidestep to the cones?
- Can you move forwards and backwards down the line of cones?
- Can you touch the cones with your hand when you reach them?

Ask your family member to stand next to the blue markers. Get them to move left and right. Can you mirror their movements using side steps? Switch over and see if they can keep up with you.

Repeat this activity, using the blocking stance:



- Put your arms up
- Put your weight on your toes
- Keep your head up
- Use small sidesteps



## PRACTICE

Set up two markers as a goal. Stand within one metre of your family member.

Get them to start with the ball and see if they can score past you.



For this practice, both players are only allowed to use sidesteps. The attacker has 30 seconds to see how many goals they can score. If the blocker gets a block on the ball or deflects the shot, they score a point.

Switch over roles – who can produce the most blocks? Try to keep your blocking stance at all times!



## Geography Challenge!



South Korea won the Women's World Cup in Handball in 1995. They are one of two nations outside of Europe to win this title.

South Korea has several national parks that thousands of people visit each year; Seoraksan National Park, Hallasan National Park and Jirisan National Park.

- What is a national park?
- What does the term 'honeypot site' mean?
- What are the main aims of national parks?
- Can you name five national parks in England?

As more and more people visit national parks, what are the issues that increased tourism brings? What measures can national parks put in place to reduce the effect of tourism in these areas?

## History Challenge



Romanian handball player Cristina Neagu is the only female player to win the IHF Player of the Year award 4 times.

Ioan Cantacuzino was a Romanian scientist who made discoveries essential in the treatment of Cholera, Typhus and Tuberculosis.



What contributions did the following scientists make to treating diseases?

- Louis Pasteur
- Edward Jenner
- Charles Chamberland
- Joseph Lister

What improvements to health did the Public Health Act of 1875 and the Housing and Working Classes Act of 1890 have?



## Parent's Tip!

Use more markers to make the practices more challenging for your child. Narrow the width of the goal to give more of an advantage to the blocker. Make sure you retain the blocking stance – this makes it easier to change direction quickly!



How does the referee re-start the game once these calls have been made?

## DEVELOP



For this task you will need two markers set up as a goal.

Stand in front of your family member who will act as the attacker. Get them to start with the ball a safe distance away from you. They can dribble the ball or take three steps after the dribble, before shooting towards the goal.

Can you manage to tip the ball away from the attacker? Can you tap the attackers shoulder or hip to stop them scoring? Be careful not to contact their arm as this is a foul!

Referees use hand signals to explain decisions to players in handball. Can you identify these hand signals and explain what rules they apply to?



Make sure you have enough room to complete the tasks.

KS3

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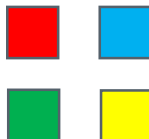
## EXPLORE

The goalkeeper in handball is an essential player as they stop goals being scored.

Goalkeepers need good reactions to prevent the ball going into the goal.

For this practice, you will need four colored pieces of paper. Stick them to a wall about 1 metre apart from each other.

Ask a family member to shout out different colours – how quickly can you touch that colour?



### Bright ideas:

Try different starting positions:

- Can you start facing the colours?
- Can you start with your back to the colours?
- Can you start lying on your front?
- Can you start by kneeling down?
- Can you start with your eyes closed?

Now face your family member. Place two cones down as a goal and stand in between the cones in the 'ready position'. Get your family member to roll the ball low towards the cones and then throw the ball high – how many shots can you save?



### Ready Position:

- Bend your knees
- Make sure you have your arms wide
- Put your weight on your toes
- Stand upright



## PRACTICE

For this challenge, you will need a family member to help you.

They should stand a safe distance away in front of you. Place two cones on the floor.

Get your partner to throw the ball towards the cones. Every time you stop the ball going through the cones, you score one point. How many shots can you save in 30 seconds?

Ask your partner to vary the shots they take – can they produce some shots that are low, some that are high and some that are at different angles?

Which are the easiest shots to save?  
Which are the most difficult?



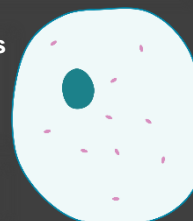
## Biology Challenge



Romanian handball player Cornel Otelea has won the gold medal at the World Championships 3 times.

George Palade was a Romanian cell biologist who was awarded the Nobel prize for his work in 1974.

Can you label the following parts of the animal cell opposite; CYTOPLASM, NUCLEUS, CELL MEMBRANE, MITOCHONDRIA



What are the functions of these structures?

What additional structures do plant cells have?  
What is the function of these additional structures?

## Business Challenge

Women's Handball was added to the Summer Olympics Games in 1976, in Montreal, Canada.



Guy Laliberté is a Canadian entrepreneur who co-founded Cirque Du Soleil in 1984. He is now worth an estimated \$1.1 billion.

- What is an entrepreneur?
- What does the term 'dynamic market' mean?
- What effect has technology had on the opportunities to start new businesses?
- What is the difference between e-commerce and m-commerce?
- What is the difference between 'invention' and 'innovation'?
- Can you name some companies that you think are innovative and explain why?



## Parent's Tip!

When defending shots as a goalkeeper, place the cones close together for success or further apart for a challenge. More powerful shots are harder to save, so adjust the power of your shots for your child depending on their ability.

## DEVELOP

Get your family member to help you once again.

Place another cone down one metre from the goal at the side. Every time you make a save, you must run around this cone and back to the goal. Can you anticipate where the ball may go?

Ask your partner to take three steps before shooting – this generates more power behind the ball. They could even jump into their shot to make it more challenging for you. How many shots can you save?



Handball will be featured at the next Olympic Games in Tokyo in 2021.

Can you find out which stadium the handball will take place in?

What is the capacity of this stadium?

The design of this stadium is unique – can you find a picture of the stadium?



Make sure you have enough room to complete the tasks.

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