



# FIVE + SIX

## INVASION: HANDBALL

# GOAL

- > To perform skills involved in the game of handball including throwing, catching, dribbling and shooting**

# FOCUS

- > Click on the video icons below to watch demonstration and instruction by Emma**



## EQUIPMENT

- > Computer to watch video
- > Ball or ball of socks
- > Partner or wall
- > 2 objects to make goals



## TOP 10 GOALS

**Click and watch the video below**



## 2 THROW, CATCH + DRIBBLE



- > Partner/wall throw + catch X20 (left and right)
- > Partner/wall catch, dribble X5, throw X20



## 3 SHOOTING



- > Set up some goals + goal crease
- > Run and dribble, shoot ball into goals X 10
- > Free throws with a sibling/parent as goalie X 10
- > You be the goalie and ask parent/sibling to shoot goals X10



## 4 TRICK SHOT

- > Film yourself completing a trick shot. Be creative. Upload your video to the one note or email it to Emma!**



## 5 DIG DEEPER



- > Complete the questions related to handball on the one note under the PE section.**

# GOAL REVIEW



- > I can demonstrate the key skills on handball including throwing, catching, dribbling and shooting
- > I created and filmed a trick shot and uploaded it to one note
- > I completed the questions via the one note

## MPPS RACE AROUND AUSTRALIA

**Don't forget to fill out your exercise journal and email to Emma each Friday!**



## RACE AROUND AUSTRALIA

### Exercise Journal



DATE: \_\_\_\_\_
BY: \_\_\_\_\_

	MILES RUND IN	MILES RUND OUT	TOTAL MILES	TIME STARTED	TIME FINISHED
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					

\*Please use a stopwatch to keep a record of your progress. And  
 please return this journal to the office on the 1st of May.

NAME: \_\_\_\_\_
DATE: \_\_\_\_\_