‘Curriculum is the Progression Model’

FUNdamental movement skills > Handball

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.

I know the strengths and weaknesses of attacking tactics in Handball and when to select which approach and why. (Prog. Pointers - Depth/Width, Overload)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/ predictability of object)

I know the strengths and weaknesses of defensive tactics in Handball and when to select which approach and why. (Prog. Pointers - Compact in defence, Wall, Double marking)

I know how to throw over-arm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets)

I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce targets)

I know how to and when to throw and catch in pairs/groups with increased variables (Under—arm/Over-arm throws with opponent/variables. Reduce/Increase Space/Ball)

I know how and when to adapt throwing technique to be effective when shooting (Unopposed to opposed)