



# John Port Spencer Academy PE Department Knowledge Organiser



**Activity:** Handball

**Year:** 7

**Key Skills:**

Catching: (two handed)

- At a variety of heights
- Stationary
- On the move
- From the bounce

Jumping Catching/shot  
stopping: (two handed,  
goalkeeper only)

- At a variety of heights
- Stationary
- On the move

Body in correct position in relation to shooter Positions for catching the ball:

- Frontal
  - Sideways Dribbling with dominant hand
- Passing:
- Standing
- Running Shooting:
- Shot in place
  - Shot in movement



**Rules**

- A match consists of two periods of 30 minutes each.
- Each team consists of 7 players; a goalkeeper and 6 outfield players.
- Outfield players can touch the ball with any part of their body that is above the knee.
- Once a player receives possession, they can pass, hold possession or shoot.
- If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.
- Only the goalkeeper is allowed to come into contact with the floor of the goal area.
- Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area.

**Stretch and Challenge Task:**

Can you find out where the different handball leagues and teams are around the world?

<https://www.englishhandball.com/league/premier-handball-league>  
[www.ihf.info/](http://www.ihf.info/)

**Key Content and Terms to learn:**

- When to pass/shoot/dribble
- Where to pass/shoot/dribble
- Which pass to make
- Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays

