



# John Port Spencer Academy PE Department Knowledge Organiser



<p><b>Activity:</b> Handball</p>	<p><b>Year:</b> 9</p>
<p><b>Key Skills:</b>          Body in correct position in relation to shooter Dribbling with either/both hand(s)          Passing:          • Jump pass Shooting: (as appropriate to your position):          • Vertical jump shot          • Striding/jump shot          • Shot whilst falling          Offensive and defensive movement:          • Stealing the ball          • Screening an opponent without the ball          • Screening an opponent with the ball</p>	<p><b>Rules</b></p> <ul style="list-style-type: none"> <li>• A match consists of two periods of 30 minutes each.</li> <li>• Each team consists of 7 players; a goalkeeper and 6 outfield players.</li> <li>• Outfield players can touch the ball with any part of their body that is above the knee.</li> <li>• Once a player receives possession, they can pass, hold possession or shoot.</li> <li>• If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling.</li> <li>• Only the goalkeeper is allowed to come into contact with the floor of the goal area.</li> <li>• Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the goal area.</li> </ul>
<p><b>Stretch and Challenge Task:</b>          Can you research what handball opportunities there are in the local area?          Is there a Derbyshire team? Are there any youth teams?  <a href="https://www.activederbyshire.org.uk/a-z/handball">https://www.activederbyshire.org.uk/a-z/handball</a>  <a href="https://www.activederbyshire.org.uk/programmes/try-handball">https://www.activederbyshire.org.uk/programmes/try-handball</a></p>	<p><b>Key Content and Terms to learn:</b></p> <p>Awareness of the rules and regulations of the game and their application (including refereeing signals) • Positioning and organisation at defensive set pieces, communication</p>

