

Year 8 Handball Assessment

Knowledge

When to apply each type of pass
Attacking positions
Defensive positions
Defensive contact
Jump shot variations

Skills

Shoulder Pass on the move
Wrist Pass on the move
Bounce Pass on the move
Defensive position in transition
Attacking position in transition
Dribbling under pressure
Jump Shot
In isolation, small sided games and competition

Tier 3 Vocabulary

Shoulder Pass on the move
Wrist Pass on the move
Bounce Pass on the move
Defensive position in transition
Attacking position in transition
Dribbling under pressure
Jump Shot
In isolation, small sided games and competition

Head:
Leadership, Knowledge &
Understanding, Analysis,
Decision Making, Tactical
Awareness

Hands:
Skill Development, Skill
Application, Fitness Levels,
Technique, Competitive

Heart:
Effort, Resilience, Respect,
Motivation, Commitment

Ideas for Assessment Lesson

Warm up

Students to work in a given space. Half the group be given a handball each. The other half of the students to be moving around the given area. Students to dribble around the space. On the whistle students to pass the ball to another student without a ball. Repeat.
Stretches to follow

Task 1: Passing

One Handed Shoulder Pass

Students to pass the ball using the one handed overarm pass whilst on the move around the playing area.

Bounce Pass

Students should now pass the ball using the bounce pass whilst on the move around the playing area.

Wrist pass

Students should now close the distance and perform a wrist pass whilst on the move around the playing area.

Task 2: Dribbling

Students remain in their pairs and practise dribbling with their dominant and weaker hand. Cones can be introduced to dribble in and out of as well as dropping a shoulder and practising with both hands.

Task 4: Jump shot

Students **NOW IN FOURS**: 1 goalkeeper, 1 defender, 1 feeder, 1 attacker. Attacker passes to feeder. Feeder sets up an attacker who has a 1v1 against a defender before taking a jump shot on goal. If there is not room for a shot, the feeder can make it a 2v1 situation.
Rotate roles every 4 goes.
This can progress to a 3v2 if students are finding it too easy or remove the keeper and defender if students are struggling

Task 3: Defending

Students are to get into teams of 7 and are to stand halfway on the handball court. The teacher is to call 3 numbers who act as defenders whilst the 4 other players then attack, only having 10 seconds to score a goal

Competitive situation

Full sided handball matches inclusion of rules