

# Activity Cards

At Home

To maintain a basic level of health, children and young people aged 5 to 18 need to do...

HANDBALL

Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.



AT LEAST

60

MINUTES OF PHYSICAL ACTIVITY  
EVERY DAY!

Be creative using household items if you don't have handball equipment

# Passing

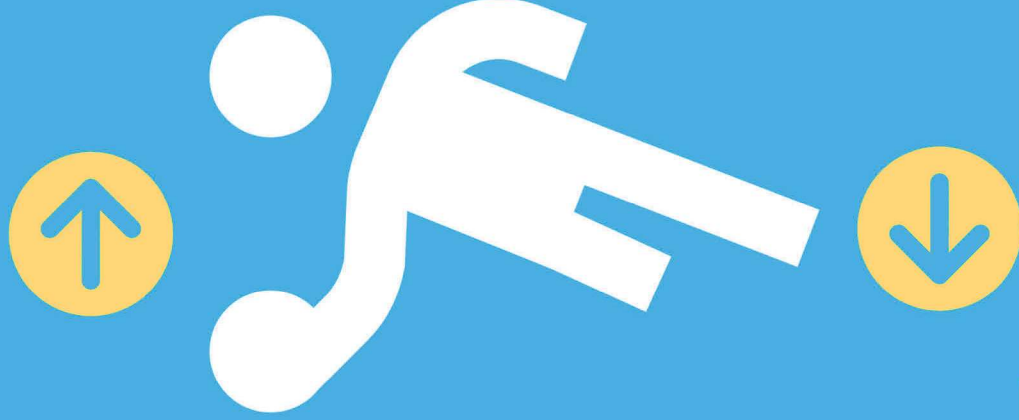
## Step 1

Put one foot in front of the other, make sure it is the opposite foot from your throwing hand

## Step 4

Make sure your arm follows in a straight line and aims for your partners chest

How many passes can you make with a family member without dropping the ball?



## Step 2

Bring your arm up for that your elbow is in line with your eye and bring your arm back behind your head

## Step 3

While you throw the ball forwards make sure your leg at the back comes forwards and takes a step forward for more power

Try different types of passes e.g pass with right hand, catch with left hand or throw throw your legs

# Shooting

## Step 1

*Start by standing with one foot forwards and throwing the ball into the net (or within the tape on the fence)*

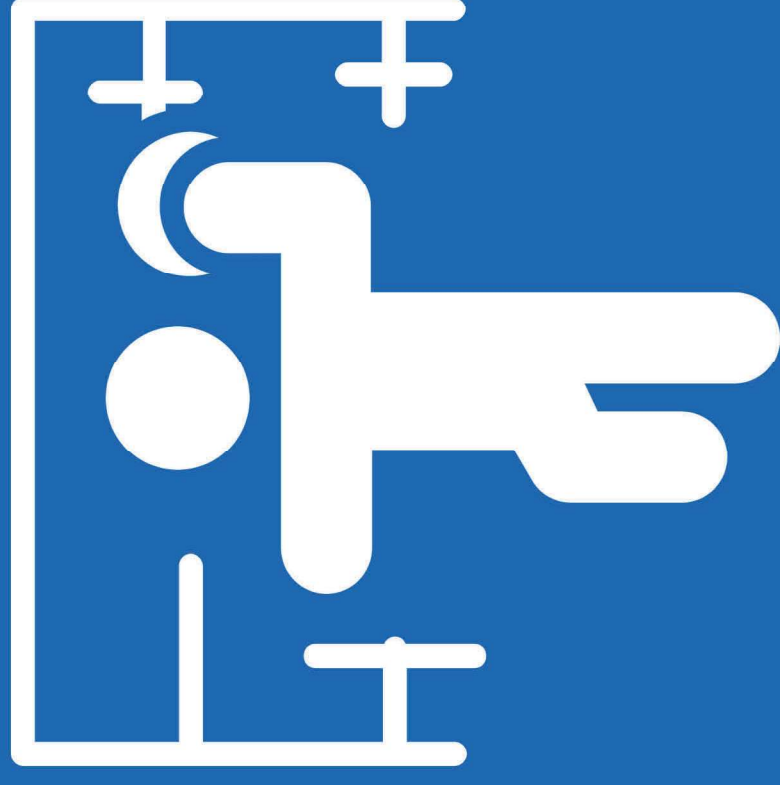
## Step 2

*Remember to keep your arm high and take a step forwards to follow through, you can then add three steps*

## Step 3

*Then add speed to the movement and jump inside of the semi circle on your last step*

**Challenge - All Around the World**  
Mark 6 different positions around the goal and try to shoot from every position as fast as you can. Once you can score from every position, add a goalie in



# Dribbling

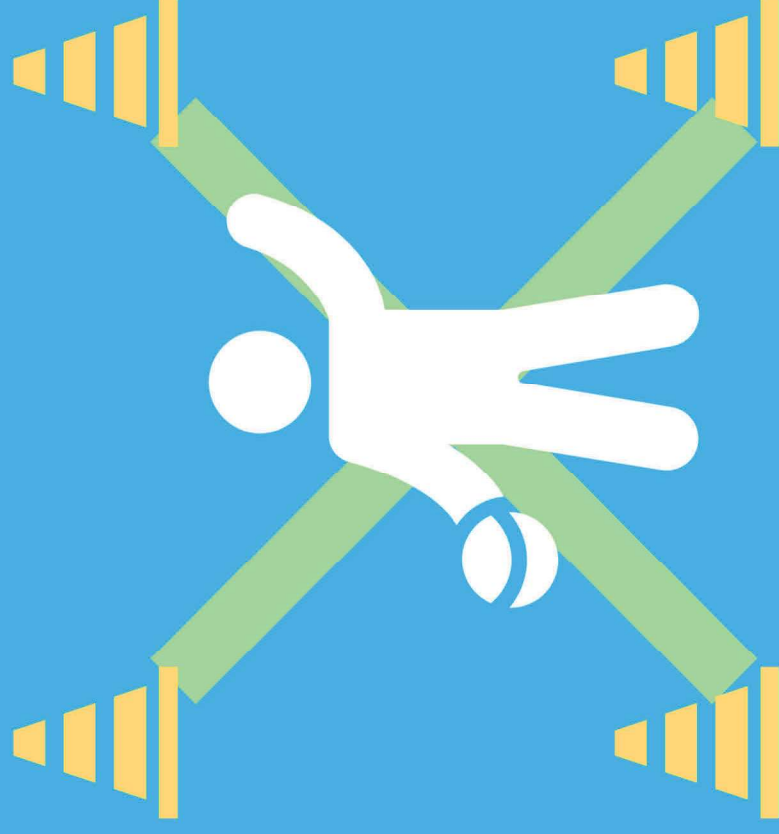
## Step 1

*Using your fingertips dribble the ball around in different ways*

**Dribble the ball to each of the markers  
Practice moving forwards, sideways  
and backwards while using both hands**

## Step 2

*Start simple by dribbling the ball while looking at the ball then try to challenge yourself by keeping your head up*



## Step 3

*Once you can keep your head up, try moving in different directions (forwards, back, in a circle etc)*

# Accuracy

Place objects from around your house (for example empty cartoons, water bottles etc) in a line

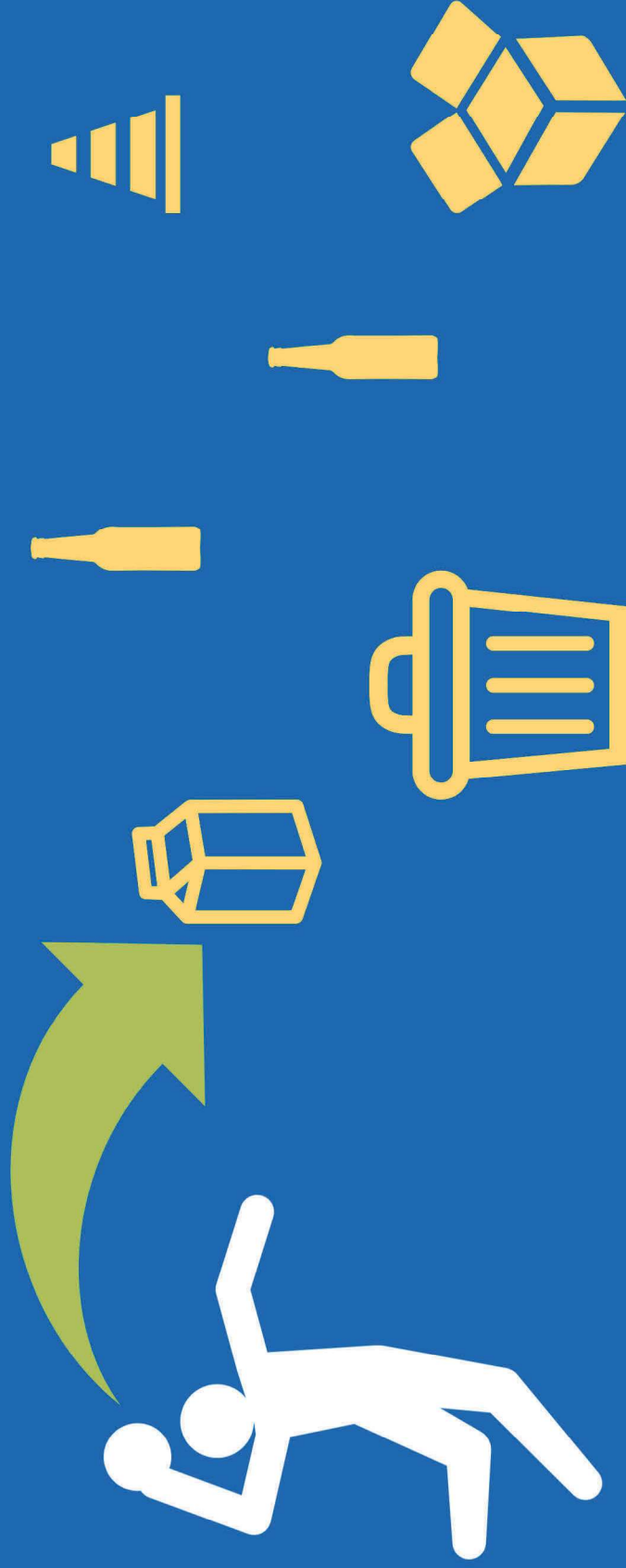
Can you beat a family member?

Stand a 3 steps away from the objects and try to knock them over using the handball passing or shooting technique

How many targets can you hit in a row?

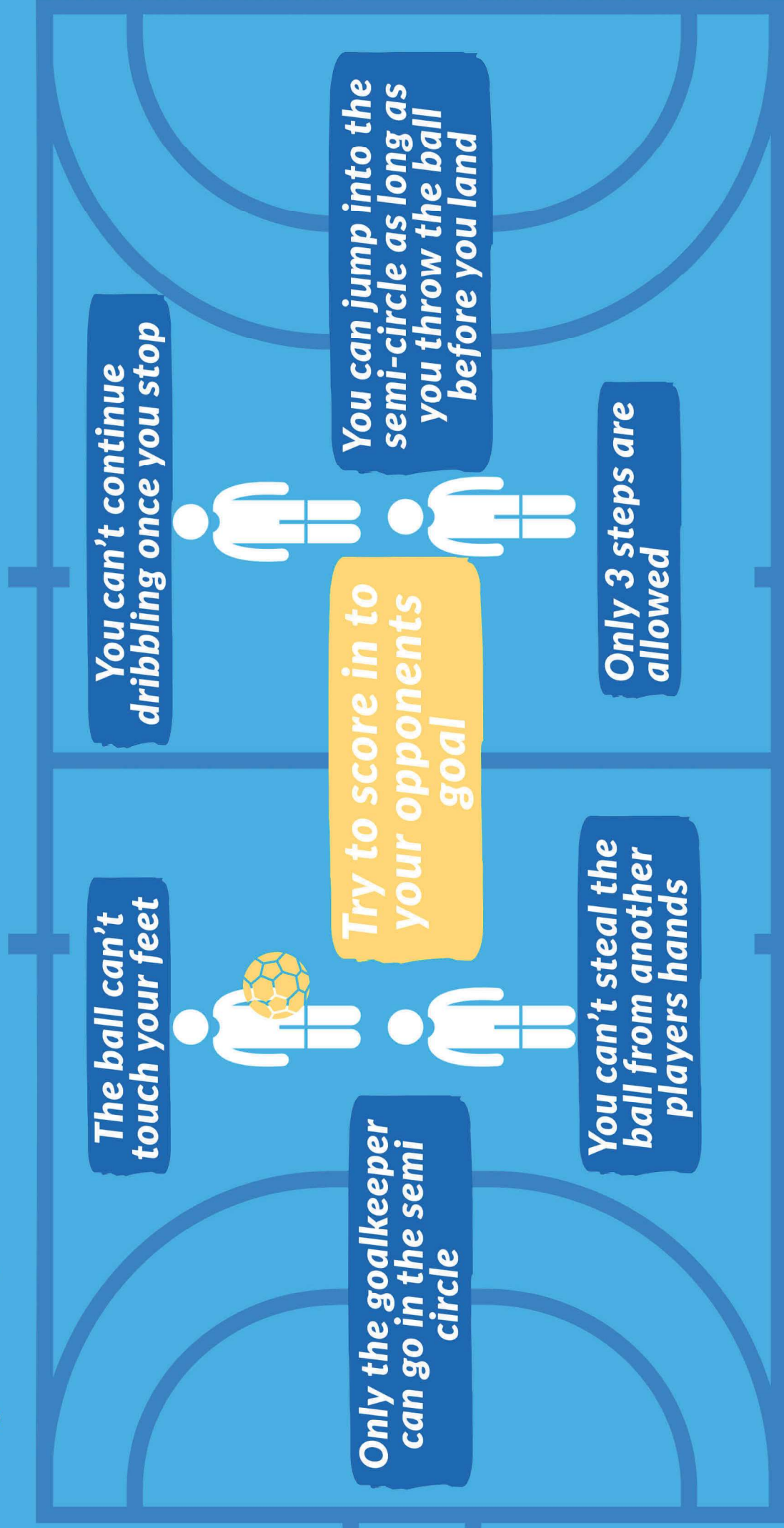
The bigger objects are 5 points if you hit them and the smaller ones are 10 points if you hit them

How fast can you hit all of the targets?



# Game Rules

Handball can be played with your family members in a garden, outdoors or on a court



# Ten Pin Bowling

Set 10 objects  
out in a ten pin  
bowling layout

Remember your shooting  
technique

You have two  
shots to hit as  
many pins as  
possible

Can you get a  
strike?

Challenge your  
family and see  
who will hit the  
most down

Try using both hands

