

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

## 

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.

# Activity Cards







### ATLEAST

### UTES OF PHYSICAL ACTIVITY

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

## 

### 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 ine 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

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## Shooting

### Step 1

Start by standing with one foot fence Step 2

### Step 3

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

## forwards and throwing the ball into the net (or within the tape on the

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

### **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







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## Dribbing

### Step 1

Using your fingertips dribble the ball around in different ways

### Step 2

### Step 3

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



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

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

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



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

## The ball can't touch your feet Only the goalkeeper can go in the semi circle

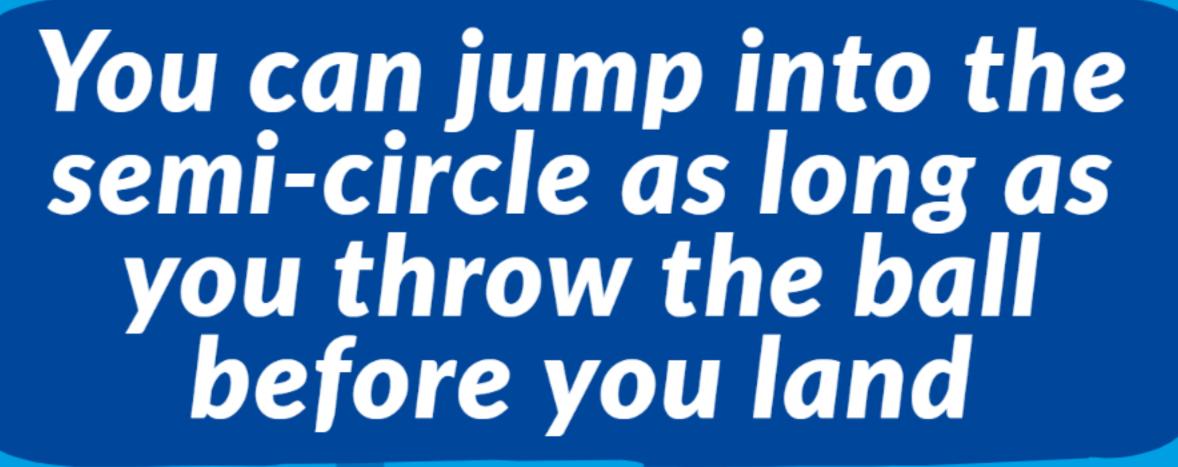
You can't steal the ball from another players hands



### You can't continue dribbling once you stop

### Try to score in to vour opponents

### Only 3 steps are allowed



### Set 10 objects out in a ten pin bowling layout



### Ten Pin Bowing



### You have two shots to hit as many pins as possible











### Challenge your family and see who will hit the most down

### Try using both hands