

Activity Cards

At Home

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

HANDBALL



AT LEAST

60

**MINUTES OF PHYSICAL ACTIVITY
EVERY DAY!**

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

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.

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 cartons, 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

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

Can you beat a family member?

How many targets can you hit in a row?

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

The ball can't touch your feet



You can't continue dribbling once you stop



Only the goalkeeper can go in the semi circle



Try to score in to your opponents goal

You can jump into the semi-circle as long as you throw the ball before you land



You can't steal the ball from another players hands

Only 3 steps are allowed

Ten Pin Bowling

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

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

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

**Remember your shooting
technique**

**Can you get a
strike?**

Try using both hands

