



# 100% Sheet PE – Handball

Exercise requirements	
<b>Aerobic</b>	<i>Using oxygen to produce energy during low-intensity, long duration exercise</i>
<b>Anaerobic</b>	<i>Exercise that is completed without the presence of oxygen</i>
<b>Max. Heart Rate</b>	<i>220 - age = Max HR bpm</i>

Preparation for activity	
<b>Warm Up</b>	<i>A simple exercise routine performed before a training session</i>
<b>Cool Down</b>	<i>Easy exercise done after more intense exercise to allow the body to recover to resting levels</i>
<b>Static Stretching</b>	<i>Holding stretches, either actively or passively, to increase the range of movement at a joint</i>
<b>Dynamic Stretching</b>	<i>A stretch that takes the body through the range of motion but is not held for any length of time</i>

<b>Receiving the ball</b>	This is basically how you catch the ball. We will talk about receiving the ball in terms of how to catch properly but also where to receive the ball or how to land.
<b>Footwork</b>	We will talk about “footwork” when you have broken the footwork rule (explained above) we will also look at different types of footwork.
<b>Defending</b>	This is marking your player to stop the other team. There are two main types of defending, defending the ball or defending the player,
<b>Attacking</b>	This is getting free from your player and creating opportunities for your team. Attacking is all about creating space, it is not just about getting the ball.
<b>Penalty Pass</b>	A Penalty pass will be awarded for a more serious offence (Contact and Obstruction). For a penalty pass you will have to stand beside your player and you cannot move until your player throw the ball.
<b>Free Pass</b>	A free pass is less serious (footwork, replaying, offside ect.). For a free pass you can still be part of the game. The player will take the free pass where the mistake was made.
<b>Umpire</b>	This is the referee for the game. In netball we call this an umpire. You have two umpires in a netball game.
<b>Pivot</b>	Pivoting is how you can change direction when you have the ball.

## Rules of the Game:

- Each team has six outfield players and a goalkeeper.
- Each goal is worth one point and the team with the most points at the end of the game wins.
- When in possession, a player can pass, shoot or dribble the ball.
- A player can take up to three steps for up to three seconds at a time without dribbling the ball.
- The dribble must be one handed and done continuously (like Basketball)
- No other players are allowed in the goalkeeper’s area.
- A goal is scored when the ball is thrown into the opponent’s goal.

## Handball Language for Learning:

Pass	Dribble
Turn	Shoot
Control	Intercept
Outwit	Awareness
Attack	Defend
Marking	Decision
The Wall	Block