



BERKSHIRE VIRTUAL SCHOOL GAMES



Week Three – Handball – KS1, 2 & 3 Challenges

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

KS1- Years 1 & 2- Level 1

KS2- Years 3,4,5 & 6-Level 2

KS3- Years 7,8 & 9- Level 3

CHALLENGE ONE: BALL HANDLING – CRAZY CATCH

What you will need?

Stopwatch – If not a Phone or iPad/tablet or Clock/watch.

Handball x 1 – if not a Sock ball or Tin foil ball or Balls from different sports or Newspaper ball.

Level 1 (KS1 Scoring)

- Start with the ball in hand, feet shoulder width apart and knees slightly bent.
- On "Go" attempt to throw the ball in to the air, touching your head or head and shoulders before catching the ball in both hands.
- 1 point scored if you touch 1 body part before catching and 2 points if you touch 2 body parts before catching.
- You will have 60 seconds to score as many points as possible.
- KS1 do not forget to **record your best score!**

Level 2 (KS2 Scoring)

- Start lying on the floor with your ball in hands.
- On "Go" attempt to throw the ball in to the air, touching your head, head and shoulders or head, shoulders, and knees before catching the ball in both hands.
- 1 point is scored for each body part touched in the attempt. if touch your head, shoulders, and knees before catching you score 3 points.
- You have 60 seconds to score as many points as possible.
- KS2 do not forget to **record your best score!**

Level 3 (KS3 Scoring)

- Starting with the ball in both hands.
- On "Go" throw the ball above your head to catch behind your back in both hands, before throwing it back over your head to catch in front.
- 1 point is scored for every Throw & Catch.
- If the ball is dropped no points scored.
- You have 60 seconds to score as many points as possible.
- KS3 do not forget to **record your best score!**

IF I NEED SUPPORT...

- Use a larger ball when attempting all 3 challenges (football or netball).
- Reduce the number of body parts you touch before catching in level 1 & 2.
- Attempt level 3 with a slower moving ball (Sock ball).

IF I NEED A CHALLENGE...

- Use a smaller ball when attempting all levels.
- Add a clap in your attempt before catching.
- Can you attempt to catch the ball in 1 hand.



CHALLENGE TWO: SHOOTING – GOALS GALORE

Stopwatch – If not a Phone or iPad/tablet or Clock/watch.

Marker x 6 – If not Cans or Plastic Cups or Socks.

Sock Balls x 5 – if not paper balls or foil balls

Small Target – Can or tin or plastic cup or water bottle or shoe box

Medium Target – bucket or laundry basket or school bag or cardboard box

Large Target – bin or chair or mini goal or suitcase

Handball x 1 – if not a Sock ball or Tin foil ball or Balls from different sports (tennis ball or football etc.).

Level 1 (KS1 Scoring)

- Set your 3 Targets (Small/Medium/ Large) 3 paces away from your throwing point.
- On “Go” attempt to throw the ball to hit 1 of the 3 targets.
- Points scored depending on the target hit (Small Target = 3 Medium Target = 2 Large Target = 1).
- You have 60 seconds to score as many points as you can.
- KS1 do not forget to **record your best score!**

Level 2 (KS2 Scoring)

- Using the same targets as Level 1 move your throwing point 2 paces back.
- Start standing on 1 Leg, on “Go” attempt to throw the ball to hit 1 of the 3 targets.
- Points scored depending on the target hit (Small Target = 3 Medium Target = 2 Large Target = 1).
- You have 60 seconds to score as many points as possible.
- KS2 do not forget to **record your best score!**

Level 3 (KS3 Scoring)

- Set up 5 cans/ cups with an object on each (Socks or Paper balls) 5 paces away from your throwing point.
- Start standing on 1 leg before each throw, attempt to knock each item off your cans/ cups.
- 1 point is scored for every item knocked off their tin, a bonus 10 point if all items are knocked off.
- You have 60 seconds to score as many points as possible.
- KS3 do not forget to **record your best score!**

IF I NEED SUPPORT...

- Use larger targets on each level.
- On level 2 & 3 start with both feet on the ground to support balance when shooting.
- Use different varieties of throws (Underarm or Roll)

IF I NEED A CHALLENGE...

- Move your throwing marker further away from the targets.
- Attempt the shot using a run up, jumping and releasing towards the targets before landing.
- Use a smaller ball when attempting each level.

CHALLENGE THREE: - GOALKEEPING - KEEP IT OUT!

Stopwatch – If not a Phone or iPad/tablet or Clock/watch.

Basic Stance



Marker x 2 – If not Cans or Plastic Cups or Socks.

Handball x 1 - If not a Sock ball or Tin foil ball or Balls from different sports (Tennis ball or football) etc.).

Level 1 (KS1 Scoring)

Level 2 (KS2 Scoring)

Level 3 (KS3 Scoring)

- Using a clear wall space, pace 4 steps away from the wall creating a goal with 2 markers 3 paces wide.
- Starting in the basic stance position with the ball in your hand facing the wall.
- On "Go" throw the ball against the wall and attempt to stop the ball from going into your goal, repeat as many times as possible in the time.
- You score 1 point if you save the ball from going in your goal and 2 points if you catch it.
- You have 60 seconds to score as many points as possible.
- KS1 do not forget to **record your best score.**

- Move your goal 1 pace closer to the wall.
- Starting in the basic stance position with the ball in your hand facing side on to the wall.
- On "Go" throw the ball from your side on position at the wall, turn and attempt to save the ball from going into your goal, repeat as many times as possible in the time.
- You score 1 point if you save the ball from going in your goal and 2 points if you catch it.
- You have 60 seconds to score as many as possible.
- KS2 do not forget to **record your best score.**

- Using the same set-up to Level 2.
- Start in the basic stance position with the ball in your hand with your back facing the wall.
- On "Go" throw the ball over your head or shoulder at the wall behind, attempt to turn 180 to save the ball from going into your goal. Repeat as many times as possible in the time.
- You score 1 point if you save the ball from going in your goal and 2 points if you catch it.
- KS3 do not forget to **record your best score.**

IF I NEED SUPPORT...

- Move your goal further away from the wall to give you more time to react to the ball to save.
- Use a slower moving ball or larger ball (Sock ball or football).
- Make your goal smaller.

IF I NEED A CHALLENGE...

- Make your goal bigger, giving you bigger area to protect.
- Experiment with different types of balls to see how it impacts reaction.
- Ask someone in your household to throw the ball against the wall, reacting to their command!

**ENJOY YOUR CHALLENGES AND DO YOUR BEST
DON'T FORGET TO SEND YOUR BEST SCORES TO
YOUR TEACHER**

With thanks to
MNR Coaching
for the
production of
this format and
video.



@BerkshireSGO

#stayinworkout

#stayhomestayactive