

Week	Handball	Outdoor Adventurous Activities
1	<p><b>Passing &amp; receiving.</b> Know to pass the ball with one hand using a variety of passes. Know to receive the ball with two hands to ensure it is not dropped. Know how to use disguise and dummy passes in competitive situations to gain an advantage.</p>	<p><b>Orienteering.</b> Know how to look for markers or stations to develop observational skills. Know how to follow instructions or read maps to improve concentration abilities. Know how to improve cardiovascular fitness will benefit an athlete during an orienteering exercise.</p>
2	<p><b>Movement to create space and angles.</b> Know that movement off the ball is vital to attacking play. Know how to create space using court length and width, creating an attacking advantage. Know how to support the ball player, by positioning yourself into good angles to receive a pass.</p>	<p><b>Orienteering.</b> Know that communication skills will be developed while working with partners devising various plans and routes. Know that team skills will be improved while working together to achieve a common goal during orienteering tasks.</p>
3	<p><b>Running in possession.</b> Know that you have to bounce the ball every 3 steps when running with the ball.</p> <p><b>Defending and incepting the ball.</b> Know how to defend the goal-side of an attacker and how to deny space for the attacking team. Know how to intercept and block passes fairly without initiating contact with attacking players.</p>	<p><b>Problem Solving games.</b> Know that verbal communication skills will be developed while working on bench rearrangement activities around age or names. Know that non-verbal communication skills will be improved through bench rearrangement activities around height. Know that teamwork skills will be improved when working on team-based activities such as “hoop grouping” or “mat-racing.”</p>
4	<p><b>Speed of passing.</b> Know how important moving the ball quickly is for successful attacking play. Know that quick short passing, combined with fast movement increases the chances of creating goal scoring opportunities.</p> <p><b>Shooting.</b> Know that shooting must take place outside the goal area. Know that power and accuracy are important when trying to score goals. Know how disguise can be used to deceive the goalkeeper when shooting.</p>	<p><b>Climbing.</b> Know that safety is vital when carrying out climbing activities. Know how to use belts and harnesses correctly and how to check partner’s equipment to ensure safety at all times. Know to tie ropes and belaying correctly to ensure you and partners are always safe. Know how to traverse across low bouldering courses and how to communicate with partners to assist movement.</p>
	<b>Short Tennis</b>	<b>Football</b>
5	<p><b>Serving.</b> Know that the server has to be behind the baseline and that he has to serve diagonally over the net into his opponent’s service box. Know that you drop the ball with your free hand and hit it with an underarm swing before it bounces without the ball touching the net. Know that if the ball clips the net, goes over and in that this is a “let” and the point is replayed. Know that the server has 2 attempts to serve correctly into the service box.</p>	<p><b>Running with the ball.</b> Know to run with the ball at speed when you have space in front of you. Know to run as fast as possible, only touching the ball every 3 or 4 strides, using you instep (laces) to knock the ball forwards. Know to use this in game situations, in wide areas, when in behind a high defence and during a break away.</p>
6	<p><b>Slice.</b> Know to angle racket back and slide it under the ball, to create low-flying, low-bouncing shot. Know that the arm, hand and racket move from a high to low position when playing this controlled, positional shot.</p>	<p><b>Recovery runs during transition.</b> When losing possession, know to run back towards your own goal, getting goal-side of the ball as quickly as possible. Know when back goal-side of the opponents, you must get close and pressure the ball carrier, trying to make a tackle and win the ball.</p>
7	<p><b>Topspin.</b> Know that this is an aggressive, attacking shot, which creates a looping, fast high bouncing ball. Know that the racket moves from a low to high position, rolling over the top of the ball, generating the topspin.</p>	<p><b>Dribbling in tight areas.</b> Know that dribbling should be used in tight areas when there is little space available. Know it is important to keep the ball close to your feet, under control and shielded from defenders. Know how to use dummies, disguise and skill to beat individual defenders. Know to release the ball when the opportunity comes to play a positive pass, cross or shot.</p>
8	<p><b>Volleying.</b> Know to play this shot when close to the net, before the ball is allowed to bounce. Know not to use a long swing, but a short punch movement of the racket, while angling it downward. Know to watch the ball on to the strings of the racket, which is held upright, with the head above the handle. Know to an angle the racket backward to play soft drop-shot volleys that just cross over the net and bounce very low.</p>	<p><b>Use of wall pass and one-touch play.</b> Know how to use a wall pass (1 touch), to beat a defender in a 2 v 1 situation. Know how to adjust, find space, adjust your feet and be balanced to play a wall pass. Know how a wall pass can be used to “cut though” defences at speed to create goal-scoring opportunities.</p>

## Year 7 Kemnal Keys – Term 4