**High School Course II Pacing Guide**

***T******EAM HANDBALL:***

***Focus Points:***

1. Students will know why and how to deny opponents an easy goal.
2. Students will know how violations and fouls that can occur with a defense in place.
3. Students will know why it is important to set up a screen and how to do it.
4. Students will know why it is important to steal the ball from the other team and how to do it.
5. Students will know why it is important to move to open space and how to do it.
6. Students will know how to work as a team unit.
7. Students will know what it means to be evasive and why this is important.
8. Students will know that jobs differ on the field and know the duties for each position.

***Skills:***

1. Throwing
2. Catching
3. Hand dribbling
4. Volleying with the arms, wrist, torso, head, and knees
5. Passing- jump, bounce, overhand, wrist
6. Rolling the ball

***History:***

Team handball began in Europe around the late 1920s. The Olympic debut of team handball was in the Berlin Olympics of 1936. The next appearance of team handball was not until the Munich games of 1972, where only men played the game. Finally, in 1976, women’s team handball was added to the Olympic Games. In 1984, the United States took its first women’s handball team to the Olympics. Today, there are 15 million handball players. It is the second most popular sport in the world. Team handball is also popular in the Special Olympics.

***Strategies:***

1. Passing accuracy against a defense using a set play.
2. Man-on-man defense- player takes responsibility for covering one opponent.
3. Zone defense- player takes responsibility for covering an area.
4. Blocking defensive players for advancement of the ball.
5. Optimal placement of players based on skill set.

***Assessment:***

1. Performance rubric
2. Peer Checklist
3. Written quiz

***Vocabulary:***

Review the components of skill-related fitness:

1. **Agility** – ability to change your body position quickly and to control your body’s movements.
2. **Balance** – An even distribution of weight enabling someone or something to remain upright and steady.
3. **Coordination** – ability to use your senses together with your body parts.
4. **Explosive power** – A quick muscular effort resulting in speed and/or power for a short period of time. Examples include tee shot, batting, tennis serve, basketball rebound, football tackle, etc.
5. **Power** – ability to use strength quickly. Areas most likely to improve with repeated effort.
6. **Reaction time** – amount of time it takes you to move once you realize the need to act.
7. **Speed** – ability to perform a movement or cover a distance in a short period of time.

Review the principles of biomechanics:

1. **Force –** A push or a pull applied to an object or person, measured in pounds or newtons.
2. **Inertia –** The tendency of a body at rest to remain at rest or of a body in straight line motion to stay in motion in a straight line unless acted on by an outside force.
3. **Leverage –** 1. a. The action of a lever. b. The mechanical advantage of a lever. 2. Positional advantage; power to act effectively
4. **Opposition -** The use of body parts on opposite sides of body to increase force and power.
5. **Rotary Motion –** The act of rotating as if on an axis; "the rotation of the dancer kept time with the music".