

		<ol style="list-style-type: none"> 1. Verbally encourage. 2. Tell athlete their score each time they come back to their line. 3. Tell athlete when they are late to the line. 4. Tell athlete when to stop test and begin active recovery. 5. Report score to teacher. <p>Use the Class record sheet to record student scores.</p> <p>Debrief</p>	<ol style="list-style-type: none"> 1. Run to the line before each beep. 2. Listen to the coach. 3. Try to stay in as long as possible 4. When you have not been at the line in time for the beep twice, walk up and down 10 times to the beep (active Recovery). 5. Stretch hamstrings and quadriceps & Fill in your score on the fitness chart. 	
Part 3 Team Handball	10	<p>Team Handball</p> <p>Introduce team handball to your students and tell them it has a big following outside of this country. Explain that in Physical Education this year they will be using various games to practice and improve their skills. Let them know they already have learned the skills necessary to play this game, so instead of focusing on skills development, you will just point the way, tell them how things differ a little, and let them adapt on their own with the help of their teammates.</p> <p>Team handball uses a lot of soccer skills, as long as a player can move the ball without using her feet or shins. For the soccer players in the class, that little difference may drive them crazy. Talk about the allowed skills, inform them that they know the soccer skills they can use, and then it's time to get into a game.</p> <p>Play 3 on 3 handball. Discuss person to person defense and demonstrate it. Tell students you are looking for sportsmanship and person to person defense.</p> <p><u>Today's Rules</u></p> <ul style="list-style-type: none"> • Rock/ Paper/ Scissor to see who starts with the ball • Start from center of court • Three passes • Catch over end line to score 		
Closure	2	<p>Have students fill in their pacer score on the fitness chart and see how their score compares to the HFZ.</p> <p>Have students set a long term goal for the pacer test in the far right column on the sheet. Then explain that for homework they need to calculate how much they must improve by each re-test (short term goal) in order to reach their long term goal.</p> <p>Explain that goals should be challenging but achievable. Explain to the students that after this first unit of fitness and team handball there are 9 units. Explain that at the beginning of each unit we will complete each of the 5 fitness test to assess improvement.</p>		Worksheet: W1