



A-Z School Games Challenge

H – Handball

Challenge – Play Your Cards Right

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @SGOCoventryWest



6: Play Your Cards Right

Teaching Handball

ENGLAND HANDBALL

WHAT?
This fast paced dribbling game is all about speed. Who can get up and down the court the fastest, and uncover a full suit of cards first. The pressure is on!

HOW?

- 1) It's time to dig out those playing cards, and challenge three friends (two teams of two) in a dribbling race – with a twist!
- 2) Dribble up the court, being careful not to double dribble or lose control of the ball
- 3) When you reach the pack of cards, turn over one card. Which ever suit of card is turned over first – that's your suit!
- 4) Return (dribbling) and pass the ball to your partner who goes in search of a card from the same suit. Yes? Then keep it face up! No? Unlucky, turn it back over and try again next time!

> Adaptations for completing the challenge:

Alone – time yourself completing the challenge, how quickly can you turn over the cards in order?

In pairs - compete against one another with a suit or set of number cards each.

In a group – can you work together to complete the challenge in a relay?





If you don't have a set of cards, why not create your own - numbered from 1-10?



Did you know:

Handball is a HYBRID sport, combining:

- Football
- Basketball
- Netball
- Water Polo



It is the second largest sport in Europe.

A player cannot hold the ball longer than three seconds.

The sport was featured on a 50p coin in celebration of the London 2012 Olympic Games.

Countless boxing stars have tried out handball as part of their training, including Mike Tyson!



For more fantastic Handball resources here - <https://www.Englandhandball.com/resources>

If you have enjoyed today's challenge why not take a look at the England Handball website to find a local club - <https://www.Englandhandball.com/find-a-club>

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