Handicap - Handball

**Intention of the unit:** Pupils experience themselves as athletes with different physical inabilities and reflect on the experience and shift of perspective that they made through this.

**Suggested classes**: Class 6/7

**Game used for this:** Handball in its most reduced form

**Rules:**

The Player in possession of the ball is not allowed to move with it **– except moving around a pivot foot for orientation.**

He has to pass or throw the ball.

There is no out of bounds- The game moves on whereever the ball is. It’s not allowed to touch opponents or to steal the ball out of opponents’ hands.

**Lesson-plan**:

1. General Warm-up
2. The teacher explains the goal of the lesson to his pupils. Then he explains the rules of the game. Teams are made: six players on the field and one goalkeeper. The teams play the game a couple of times. (A suggestion would be that the teams change whenever a goal has been scored – this reduces waiting time for the teams not playing.
3. The teacher rallies the students. He asks them which physical handicaps an athlete might suffer from. The ideas of the students are collected on the blackboard.

🡪 Now the teacher presents the list of handicaps he prepaired for the game of handball. Each student of every team has to incorporate one of the handicaps within the game.

1. The stronger arm of one player is tied behind his body.

2. The knees of one player are tied together so that only jumping is possible for him/her to move.

3. The goalkeeper is blind (The goals should be quite small). His eyes are blindfolded.

4. One player has to play seated .

5. One player has to wear a big swim mask that narrows his/her perception.

6. Two players are tied closely together beneath their shoulders

**The players interchange their handicaps within the team during their breaks.**

**Reflection:**

The reflection should not only aim at feelings of the students. They should also describe the process, how they adapted to their handicap throughout the game, to make the best of their special situation.

The following questions might help:

Which problems did you face playing handicapped in comparison with the „normal“ games before?

How did you react to adapt to the limitations?

In which situations on the game did you feel extremely diadvantaged?

In which situation did you somehow have the feeling that you actually might have an advantage because of your handicap?