

**LESSON PLAN**  
**SPORTS / HANDBALL**

<b>High School</b>	Colegiul Tehnic 'Henri Coanda', TIMISOARA
<b>Level</b>	Intermediate
<b>Area</b>	SPORTS / HANDBALL
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<b>Time</b>	3 hours (6 classes, 50 minutes each)

Unit I: Handball

### **Discussion point I**

I. What do you know about team handball? Tick the correct information.

Reading 1

II. Read the following excerpts to see which of your answers are right:

Handball is a ball game of two teams against each other. Each team consists of six field players and one goalkeeper. The winner is who makes more goals in 60 minutes, divided into two half-times of 30 minutes. Each team has up to five players to change the playing team in the field.

The playing field is 20 meters in width and 40 meters in length and it is divided into two halves. Each team owns one of two goals and an area there is in front of the goal up to 6 meters away called the “circle”, wherein only the goalkeeper is allowed to stay in. Only the goalkeeper while in his circle is allowed to touch the ball with his whole body, all the players are only allowed to throw the ball with their hands.

A match is led by two referees, each of whom can punish players with a warning (yellow card, not more than three per team or one per player), a two-minute time-penalty (not more than two per player), a disqualification (red card, another player can go on the field after two minutes) or an exclusion (the team is one player less until the end of the match).

The goal is three meters in width and two meters in height and is located in the middle of the circle at the end of the playing field. No field player is allowed to reach the goal, but they are allowed to jump into the circle, if they are leaving it at once after the jump.

**Note:** Reading I - the texts are adapted from Iulian Cănanău, Universitatea Spiru Haret, Editura Fundației “România de Măine”, București 2001

### **Vocabulary I**

III. Complete the gaps with corresponding adjectives or nouns:

Long

IV. Fill in the blanks with the words in the box. Use either the adjective or the noun.

long; height; length; high; wide; width

1. The handball field is 40 meters in .....
2. The goal is 3 meters .....
3. The goal is 2 meters in.....

### Language focus: modal verbs

V. Tick the correct boxes in the chart:

	Obligation	Prohibition	Permission
must			
mustn't			
can			
can't			
be allowed to			
not be allowed			

VI. Complete the following game rules with the appropriate modal verbs:

1. The goalkeeper ..... touch the ball with his whole body.
2. Players ..... kick the ball.
3. Field players ..... stay in the circle.
4. A disqualified player ..... leave the field.
5. If the referee excludes one player, no other player ..... to go on the field.

### Language focus: indirect questions

Indirect questions: a more polite way of asking questions.

- yes/no questions.  
 “Do you have a training session every day?”  
 I'd like to know  
 Can/Could you tell me  
 Would you mind telling me
 } if you have a training session every day.
- Open (wh-) questions.  
 “Why have you chosen this handball club?”  
 I'd like to know  
 Can/could you tell me  
 Would you mind telling me
 } why you have chosen this handball club.

**VII.** You are the coach of a handball team and are interviewing a young student who wants to join your club. Ask him questions and fill in the form. Be polite! (work in pairs)

1. Name and surname.	1. _____
2. Age.	2. _____
3. Address	3. _____
4. Clubs he/she has played for:	4. _____
5. How long he/she been playing handball.	5. _____
6. The position he/she plays:	6. _____
7. Teachers/coaches he/she has references from:	7. _____
8. Reasons for choosing this club.	8. _____
9. His/her expectations.	9. _____

### Vocabulary II.

**VIII.** Look over the following game instructions the coach has handed you. Which parts of the body are mentioned? Underline them.

1. hands up, form a triangle with thumbs and forefingers almost touching;
2. hold ball in palm of hand;
3. elbow should be close to body;
4. push off one leg, extend arms toward ball;
5. you should not rotate your shoulders;
6. soft hands – catch while flexing elbows to give with ball;
7. stop to catch the ball;
8. pass with one hand, catch with two;
9. fingertip grip;
10. the ball must be pushed from shoulder;
11. lift ball up and back with elbow flexed at 90 degrees;
12. weight on back foot;
13. shoulders perpendicular to target;
14. step toward target;
15. catch with one hand;
16. rotate and square shoulders to target;
17. lead with elbow; whip forearm and snap wrist;
18. face the target.

**IX.** Complete the diagram below with words from the text. Can you add more parts of the body which are not mentioned in the instructions above? Work in pairs.



1. head
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

Photo: Liceul cu program sportiv, Braila

**X.** Complete the following sentences using a verb which denotes a part of the body. Use one of the verbs in the box in the appropriate tense form.

to face; to elbow; to hand; to finger; to head.

1. Could you ..... me that book on the table next to you?
2. I began ..... my way through the crowd.
3. She ..... the material gently. It felt as smooth as silk.
4. The ship was ..... for Cuba.
5. He had no choice but to ..... the awful truth.

### Discussion point II

**XI.** In the list in exercise VIII, the coach has purposefully included some wrong instructions. Look over the text again and list the instructions under the right headings below (**OK** – right / **?** – wrong).



**OK**

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**?**

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Photos: Liceul cu program sportiv, Braila

**XII.** Discuss your choices in your groups and report to the class.

**KEY TO EXERCISES**

**Discussion point I**

**I** 1, 3, 5, 9

**Vocabulary I**

**III**

<p>----- length  high -----  ----- strength  wide -----</p>
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**IV** 1. length, 2. wide, 3. Height

## V Language focus: modal verbs

	Obligation	Prohibition	Permission
must	√		
mustn't		√	
can			√
can't		√	
be allowed to			√
not be allowed to		√	

- VI**
1. is allowed to
  2. mustn't; are not allowed to
  3. can't; are not allowed to; mustn't
  4. must
  5. is allowed

## Language focus: indirect questions

**VII** Example answer

“Could you tell me how long you have been playing handball?”

“For quite a while. I think I've been playing for more than five years.”

## Vocabulary II.

**VIII** hands; thumbs; forefingers; palm; hand; elbow; leg; arms; shoulders; fingertip; foot; forearm; wrist; face.

**IX** 2. face; 3. eye; 4. shoulder; 5. wrist; 6. finger/forefinger/fingertip; 7. arm/forearm; 8. hand; 9. elbow; 10. leg/thigh; 11. knee; 12. foot; 13. ankle

**X** 1. hand; 2. to elbow; 3. fingered; 4. heading; 5. face.

## Discussion point II

**XI** **OK:** 1, 4, 8, 9, 10, 11, 12, 13, 14, 16

**?:** 2, 3, 5, 6, 7, 15

**XII** Example answer

3. “A player must not keep his elbows close to body. If he does, he won't be able to catch the ball.”

16. “If the player doesn't rotate and square shoulders to target, he is likely to miss it.”