



LA IMMACULADA CONCEPCION SCHOOL
SENIOR HIGH SCHOOL
GRADE 12 – CORE: HOPE4 – RECREATIONAL AND OUTDOOR GAMES

APRIL 20 - 24, 2020

TOPIC: HANDBALL – PRACTICAL ACTIVITY

LESSON

Today our activity is you will make a short video of you while executing the passing of the ball, again the only pass that you will do is one hand pass. You can use a small ball that you can hold it.

The procedure is:

Start from a short distance 4 step far of your partner will do, after 1 pass will make 2 steps backward in the whole activity you make 3 pass of the ball

Again you can ask help to your brother and sister or any family relative as long he/she is free.

Proper execute of the passing is observe.

TO DO LIST:

1. It is choice what angle on the camera you will do as long I can see you passing the toward to your partner and receive it.
2. After you finish your video please send you output on the designated email or site of our school.
3. Please practice your next activity which is receiving or catching the ball.

NOTE:

Again you can ask help on your brother and sister to enable to practice better.