



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

APRIL 27 - 30, 2020

Topic: HANDBALL – Practical Activity (Receiving)

Activity:

Our activity last time is you will make a short video of you while executing the passing, now you will do the receiving or catching.

The procedure is:

Again you will start from a short distance 4 step far of your partner, after 1 pass of you partner and you will receive that ball and after that you will make 2 steps backward in the whole activity you make 3 receive 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 receiving is observe and fail to catch the ball or dropped will have some deduction.

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 receive the ball came from your partner.
2. After you finish your video please send you output on the designated email or site of our school.

Note:

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