

# Hockey

## Lesson sequence

- 1 Dribbling and keeping control
- 2 Introduce passing and receiving
- 3 Combine dribbling and passing to create space
- 4 Develop passing, receiving and dribbling
- 5 *Introduce shooting*
6. Level 1 tournament

## Concept Links/Prior Knowledge

Reception: Negotiate space and obstacles safely, with consideration for themselves and others.

Year 1/2: Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Year 3: Participate in team games, developing simple tactics for attacking and defending

## Vocabulary revision (vocabulary I have been taught before)

Aim: Preparing to pass or hit the ball towards a given target.

Balance: To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.

Pass: Pushing the ball to another play using the hockey stick.

Shoot: To try to score points for your team by hitting the ball towards the goal or net.

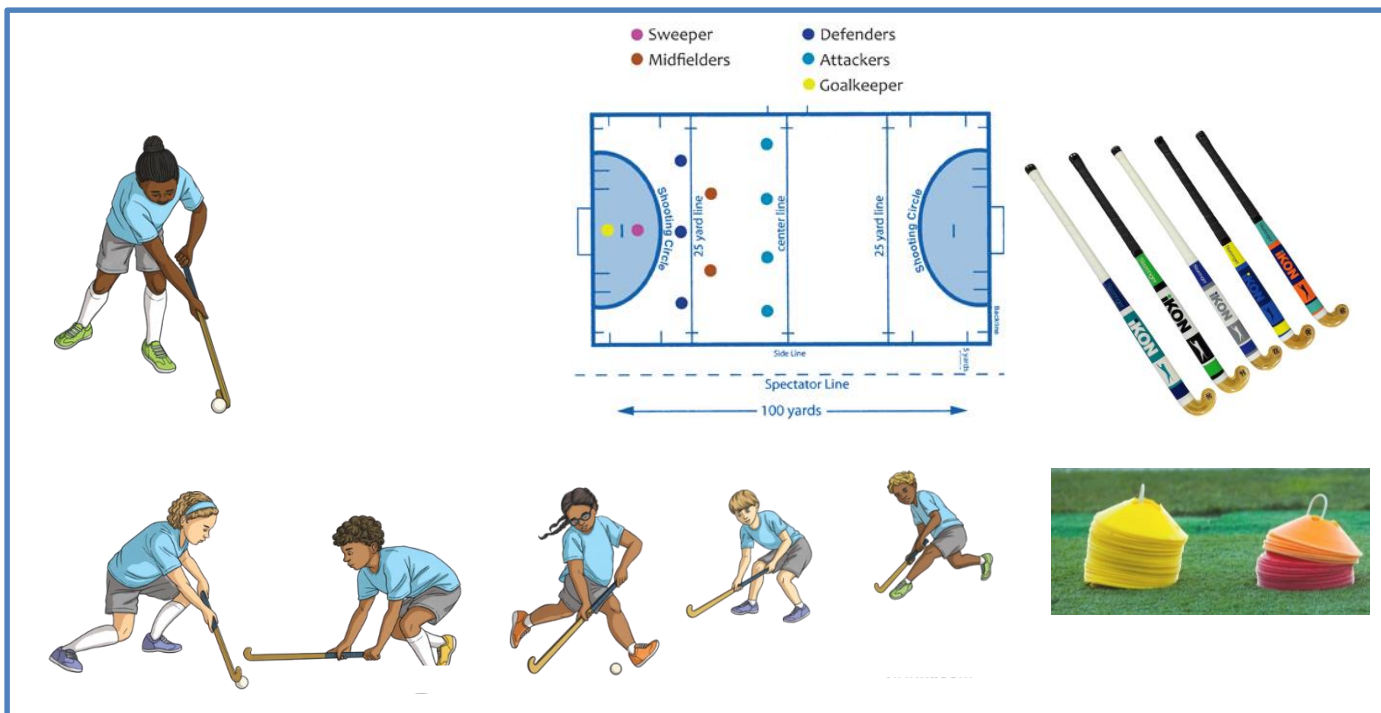
## Sticky learning

### New Knowledge

- *Know basic fielding stance and techniques for controlling a pass.*
- *Know how to apply striking the ball to meet a purpose and how to adjust the way we strike the ball according to where the target is.*
- *Know how to keep possession of the ball strike towards a target for a given purpose.*
- *To know how to protect a given space place the ball in to a given space.*

### New Skills

- *Hold a hockey stick correctly and be able to strike a hockey puck.*
- *Follow some of the basic rules of hockey.*
- *Ensure ready position is adopted for striking and fielding/defending.*
- *To know how to play a striking and fielding game and apply the basic rules.*



### **Safety:**

All children will wear correct PE kit, have hair tied back and earrings removed or covered. Children will have safety explained at the start of every lesson. Hockey stick not to be raised above the waist.

### **Rules:**

- Players can only hit the ball with the flat side of their stick.
- Hockey players (other than the goalkeeper) are not allowed to use their feet, or any other parts of the body, to control the ball at any time.
- You can only score a goal from inside the 'striking circle' in front of the opponent's goal. If the hockey ball is hit from outside the circle and goes into the goal, it doesn't count.
- Hockey is a non-contact sport. This means that players are not allowed to push, trip, or physically touch an opponent. If this happens, the opposing team may be given a free hit or a 'penalty corner'.

### **New vocabulary I will learn**

**Accuracy:** Being able to make passes and shots making sure they get to the location the player is aiming for.

**Attack:** Moving towards the opposition goal with the intention of scoring.

**Control:** To perform movements and skills without losing your balance, change the speed and direction you move.

**Defending:** Preventing the opposition from scoring.

**Dribble:** Pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.

**Intercept:** Blocking the ball from passing between two other players.

**Possession:** Having control of the ball as an individual/team

**Receive:** When the ball is passed to you by another player and you are able to stop it and move on with it.

**Stance:** The position you stand in when you are holding the hockey stick.

**Tackle:** To obstruct a player with the ball to cause them to lose of possession of the ball