

**K Simpson**  
**Key Stage 2 Physical Education – Hockey**

**Lesson:** Hockey  
**Year Group:** 3/4  
**Number of Students:**  
**Ability/Gender:** Mixed  
**Resources:** Cones, floor pads, sticks, balls, bibs

**Student Needs:**

**Connect:**

PE develops pupil's competence and confidence to take part in a range of physical activities that become a central part of their lives in and out of school.

**NC Links:**

Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Develop agility, coordination and balance.

Develop technique.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

**Learning Objectives:**

To promote the importance of a healthy active lifestyle.

To develop, adapt and perform the skills of dribbling, tackling and passing within hockey.

To use these skills, tactics and strategies to overcome an opponent and apply basic principles suitable for attacking and defending.

To develop an understanding of game play, from 1 V 1 to 5 V 5.

**Spiritual, Moral, Social and Cultural Links:**

To work cooperatively/successfully with others.

To ensure codes of conduct are followed to ensure a safe working environment – responsibility towards each other/equipment.

To develop skills/attitudes such as decision-making, self-control and consideration of others.

To reflect on self-knowledge/skills/creativity.

The ability to recognise and nurture talent.

**Success Criteria:**

I can hold the hockey stick correctly.

I can demonstrate an understanding of correct technique for dribbling in hockey.

I can make a successful tackle in hockey.

I can pass the ball correctly thinking about where I will then move to on the pitch.

I can combine attacking and defensive skills in order to play in a competitive situation.

**AFL Strategies/ targeted Questions:**

How do we hold the stick?

What part of the stick can we use?

What do we mean by possession in games activities?

Why do we need close control whilst dribbling?

What safety points do we need to consider whilst tackling?

Which techniques will enable us to challenge for and win the ball in a tackle?

What will enable me to make a successful pass?

Why is important to move my position on the pitch after passing?

What is the role of a defender, midfielder and attacker in hockey?

<p>Which fouls would give the opposition a free pass?  How far away must a player stand from a free pass?  Which area on the pitch can I score a goal from?  How/where does the game restart after a goal is scored?</p>	
<p><b><u>New Skills or Knowledge to be Introduced:</u></b>  Managing the stick.  Dribbling in hockey.  Tackling in hockey.  Passing in hockey  Positional play.  Playing 1 V 1 to 5 V 5.</p>	
<p><b><u>Lesson 1 (Managing the stick, dribbling and tackling):</u></b></p> <p>How to hold the stick</p> <ul style="list-style-type: none"> <li>• Discuss and demonstrate the correct technique for holding the hockey stick.</li> </ul> <p>Warm-up activities to prepare the body and mind for the lesson tasks, these will focus on Agility, Balance and Co-ordination.</p> <ul style="list-style-type: none"> <li>• Agility- athletic ability running towards and fast feet around a marker.</li> <li>• Balance – speed bounce using hockey stick.</li> <li>• Co-ordination – to carry stick whilst showing agility.</li> </ul> <p>What do we understand by the term possession in a competitive game of hockey?</p> <p>Introduce the correct technique for dribbling – keeping possession in hockey.</p> <ul style="list-style-type: none"> <li>• Hands apart, right hand in middle of stick.</li> <li>• Knees bent.</li> <li>• Ball right side of body, away from feet.</li> <li>• Stick in contact with bottom of ball, push not pull.</li> <li>• Eyes looking ahead, this should happen if bent at knees and not back.</li> </ul> <p>Develop the skills required to change direction whilst dribbling.</p> <p>Play – ‘Gate Way’, compete against your partner to see how many gates you can dribble through.</p> <p>Introduce the correct technique for tackling – this would enable you to gain possession.</p> <ul style="list-style-type: none"> <li>• Hands wide apart on stick.</li> <li>• Bend knees, keep stick in front and low.</li> <li>• Keep eyes on ball to ensure timing.</li> <li>• Make contact with the ball only.</li> <li>• Keep body weight behind the ball.</li> <li>• Push through with body weight or use shape of stick to pull out.</li> <li>• Safety points of 1v1 and ensuring being face to face.</li> </ul>	<p><b><u>Differentiation:</u></b></p> <p>Colour of stick.</p> <p>Teacher prompts to be used when needed for hand position.</p> <p>Teacher to work with individual students who need extra support.</p> <p>Re-arrange pairings if needed.</p>



- Only 1 v 1 in tackle.
- Foot – if influences play.
- Lifted ball.
- Ball off side line.
- Ball off back line by attacker.
- Ball off back line by defender.
- Where to shoot from and how/where to restart after a goal.

Develop game play:

- Decide upon size of teams.
- Pair up with opposition for tackling. This ensures good rule keeping and safety.

**Lesson 4 (Tournament):**

- Teams of 7.
- 5 on the pitch at any time, however each player must play a part in each match.
- Build in points for skills as well as game play.

Teacher to decide pairings in the tackle.

**Demonstration each lesson:**

Teacher/pupil demonstration throughout lessons.

**Plenary each lesson:**

Discussion based upon the demonstration of 1 or more students that showed progression and a final high quality performance.

**Review/Assessment:**

Have the learning objectives been achieved? How?

Next steps – What/where now?

Encourage those keen to join a local club.

Check out:

[www.playquicksticks.co.uk](http://www.playquicksticks.co.uk)