

National Statutory Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Series of Lessons

- Develop and understand how to control a ball with a hockey stick
- Develop dribbling techniques (Indian / English dribble)
- Develop tackling techniques (Jab / block tackle)
- Develop passing techniques (Push / drive pass)
- Develop shooting techniques (Slap / wrist shot)
- Develop game knowledge and understanding
- Apply knowledge and techniques into a hockey match
- Develop efficient use of communication skills as a team

PE



Invasion - Hockey

Year 4

Curriculum Progression

The children will be taught to:

- Use the hockey stick with control and the correct grip.
- To understand when to use the correct dribbling technique.
- Use the correct tackling technique safely.
- Use the correct passing and shooting technique.
- To be able to communicate effectively with their teammates.

All children will be given the opportunity to self and peer evaluate performances, developing their key vocabulary whilst doing so.

Unit Outcome

To improve the general skill set of mastering the hockey ball, including ball manipulation, turning, travelling with the ball, receiving / control and passing techniques individually and others.

Applying the above into a hockey match using clear and effective communication.

Vocabulary

Hockey stick
Hockey ball
Slap shot
Wrist shot
Push Pass
Drive pass
Jab tackle
Block tackle

Resources

Hockey sticks
Hockey balls
Cones