



# Physical Education Hockey Year 3

## Unit Purpose

The unit of work will explore how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving and dribbling.

Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

## Inspire Me

**Did you know...** that only right-handed sticks are used in hockey, left-handed sticks are banned. In hockey players are only allowed to use one side of the stick, the flat side, when dribbling or hitting the ball.



## Key Success Criteria

- P** Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball.
- C** Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and self motivation.

## Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score a goal.

**Defender:** We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a goal

**Possession:** is when we have physical control of the ball. This could be as an individual or when working as part of a team. It is when we have 'possession' that we can create the opportunity to score.

**Space:** is an open area on the pitch that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to shoot.



## Sport Specific Vocabulary

**Intercepting:** is when a defender cuts off and prevents a pass from reaching the receiver.

**Shooting:** is when we hit the ball with our stick in an attempt to score a goal.

**Barrier:** When we receive a pass from a team member, we can lower our stick horizontal towards the ground making a barrier to control the ball.





# Physical Education

## Hockey Year 4

### Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**, with a particular focus on creating simple **attacking tactics** in order to move the ball up the court, creating an attack that results in a shooting opportunity.

### Inspire Me

The **Great Britain's Women's Hockey Team** won gold at the 2016 Olympics beating Netherlands on penalties. Goalkeeper, Maddie Hinch was one of the heroines saving four consecutive penalties.



### Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score a goal.

**Defender:** We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a goal

**Dribbling:** is a method of moving with the ball using our stick. When we dribble we can only use the flat side of our stick.

**Marking:** Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.



### Sport Specific Vocabulary

**Tackling:** Is method of defending in hockey. It involves a defender using their stick to knock the ball out of the possession of an attacker.

**Blocking:** A block occurs when an attackers takes a shot and a defender uses their stick to prevent the ball from going towards the goal.

**Free Hit:** A free hit is awarded when a foul occurs or the ball hits a players foot. The free hit is taken from where the violation took place.





# Physical Education Hockey Year 5

## Unit Purpose

The unit of work will challenge pupils to develop an understanding of the rules of hockey and will start to take responsibility for **officiating** their own games. Pupils will be able to develop **tactics** for both attacking and defending and apply these successfully within their team.

## Inspire Me

**Kate Richardson-Walsh** is a retired hockey player and former captain of Team GB and England. Kate captain Team GB to a gold at the 2016 Olympics and been capped a record 375 times for her country.



## Key Success Criteria

- P** Pupils will be able to pass, move, dribble, shoot, tackle and block accurately and consistently, switching fluidly between attack and defence as possession changes.
- C** Pupils will begin to create and apply tactics that they can then adapt depending on the games situation.
- S** Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.
- W** By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing.

## Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

**Marking:** Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.

**Attack:** The aim of the game for the attackers is to score a goal. When a team are in possession of the ball they need to work together and apply their understanding of passing, moving and dribbling to create a shooting opportunity.

**Counter Attack:** A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.



## Sport Specific Vocabulary

**Man-to-Man Marking:** is a defensive tactic used where each player is assigned to defend and follow the movements of particular player on the opposite team.

**Goal Side:** is a defensive tactic used when a defender marks an opponent. This is where the defender positions themselves between the attacker and the goal, increasing the defenders chances of preventing an attack.





# Physical Education

## Hockey Year 6

### Unit Purpose

Pupils will learn to **consistently** apply effective **attacking skills**, applying **decision making** in order to keep possession and score.

Pupils will in turn apply pressure when **defending** to regain **possession** effectively.

### Inspire Me

**Natascha Keller** is a former German hockey player. Natascha is the most capped player in the history for the game having represented her country over 400 times. Natascha won a gold medal at the 2004 Olympics.



### Key Success Criteria

- P** Pupils will apply a refined understanding of attacking skills when in possession and utilise effective defensive skills to regain possession.
- C** Pupils will demonstrate create a range of attacking and defending tactics, applying these to their games and adapting when applicable.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

**Attack:** The aim of the game for the attackers is to score a goal. When a team are in possession of the ball they need to work together and apply their understanding of passing, moving and dribbling to create a shooting opportunity.

**Defending:** The aim of the game for the defenders is to prevent the attackers from scoring. When a team does not have possession they need to work together and apply their understanding of tackling, blocking and marking to gain back possession.

**Counter Attack:** A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.



### Sport Specific Vocabulary

**Free Hit:** A free hit is awarded when a foul occurs or the ball hits a players foot. The free hit is taken from where the violation took place.

