

Lesson	Objective	Suggested Learning Activities	Assessment
<p>1.</p>	<p>To understand the correct technique for handling the hockey stick.</p> <p>To use dribbling skills to create space.</p>	<p>Warm up - Superheroes & Villains Game of tag with the villains being the taggers, if you are tagged crouch down. Only the superheroes can free people. If the Villains tag all superheroes everyone is doomed.</p> <p>Activity 1 Dribbling within a grid area. Children will have a hockey stick and ball. They must dribble around the cones trying to keep close control of their ball.</p> <p>Activity 2 Within the grid area, a series of gates will be placed out. Children should aim to dribble their ball through the gates. Firstly as an unpressured activity, then counting how many they can achieve within their given time frame.</p> <p>Activity 3 Islands - Set out 4 islands with cones. Dribble around until a number is called, then dribble to an island and get into groups of the number stopping and controlling the ball in the island. Encourage keeping head up and decision making for which island and change of speed to get into groups quickly.</p> <p>Cool Down Children will dribble around the grid, when they hear the number 1 they will stop the ball, 2 they will turn on the spot, 3 they will continue dribbling (use cones as traffic lights instead of numbers).</p>	<p>Can students hold the hockey stick correctly?</p> <p>Can students keep the balls in close range to the stick when controlling the ball?</p> <p>Can students keep their head up when dribbling the ball in front of them?</p> <p>Can students dribble with the ball at speed?</p>

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<p>2.</p>	<p>Demonstrate a good passing technique.</p> <p>To receive the ball from a partner with control.</p>	<p>Warm up - Follow the leader In pairs, children will follow each other around inside a grid area. On the command of the whistle, pairs will swap roles so the other person is now the leader. Ext: Add in a ball, leader dribbles, on whistle switches the ball to partner.</p> <p>Activity 1 - King of the Court Recap correct grip and TP's for dribbling. Each student has a ball, they have to dribble their ball keeping control whilst trying to steal other people's ball. If they lose control or ball goes out of the area they are out.</p> <p>Activity 2 In pairs, children have the task of passing the ball to their partner. Demonstration of push pass: Split stance, transfer weight from back to front, push the ball not like a golf swing. Then progress onto dribbling first then passing to partner, pairs will count how many successful passes they can make without losing possession.</p> <p>Activity 3 4 v 1 passing condition game. 5 passes = 1 goal (sup=3 passes, ext=7 passes) Rotate defender.</p> <p>Cool Down Stretches, select 3 people from each group to lead a different stretch.</p>	<p>Can students perform a range of passes (drag pass, hit, slap)?</p> <p>Can students accurately pass the ball to a partner over varying distances?</p> <p>Can students control a ball when receiving a pass?</p>

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<p>3.</p>	<p>To explore different defending methods.</p> <p>To use the defensive methods to win back the ball.</p>	<p>Warm up - Recap passing Passing circles, 1 ball in a group pass ball around in order from 1-8. Change direction, add in extra balls.</p> <p>Activity 1 - Head on tackle to win back possession. Focus on low body position, making contact with ball not stick. Running fast to ensure attackers can't get by. Two partners running towards each other. Progress onto snake bite jab tackle. Quick striking action, hit ball away from attacker to deposes them. Teaching points for tackle: only hit the ball not the stick, keep stick on the floor (line up flat side of stick), wide grip, low stance.</p> <p>Activity 2 Active tackle challenge: In 4's with 2 cones. Player 1 tries to dribble the ball to opposite cone. Player 2 tries to tackle P1 and take the ball to their opposite cone. When the ball reaches the cones, pass to P3 who becomes attacker and P4 becomes defender. 1 point if the attacker can get it to their cones, 1 point if a tackle is made, 2 points if tackle and gain possession.</p> <p>Activity 3 Last man standing (1-1 tackling only). 2 children selected to defend the grid. They must try to tackle the remaining attackers and make them lose possession. They will continue until all attackers have lost their ball. Attackers will dribble their ball around the outside of the playing area when they have been knocked out.</p> <p>Cool Down Select 3 different people in teams to lead stretches for their group.</p>	<p>Can students safely tackle a partner to retrieve the ball?</p> <p>Can students regain possession of the ball after using a tackle?</p> <p>Can students shield the ball away from potential defenders?</p>

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<p>4.</p>	<p>To transfer knowledge of passing technique to shooting technique.</p> <p>To use each of these techniques within a small sided game</p>	<p>Warm up - Stuck in the Mud 3 taggers, 3 freers. Taggers to make people stuck.</p> <p>Activity 1 - Different scoring situations carousel. 1= shooting into a goal with no goalkeeper. 2= shooting into a goal with a goalkeeper. 3= stopping a ball in a zone area. 4= Dribbling ball and stopping it in a target area</p> <p>Activity 2 Points - each goal will have point zones marked on them. Inside section=1 point, outside sections= 2 points. Small sided games 5v5, rotate teams for quick short fixtures.</p> <p>Cool Down Select children to lead stretches for their group</p>	<p>Can students safely tackle a partner to retrieve the ball?</p> <p>Can students regain possession of the ball after using a tackle?</p> <p>Can students shield the ball away from potential defenders?</p>

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<p>5.</p>	<p>To apply skills to small sided games.</p> <p>To use skills to outwit opponents in games.</p> <p>To start looking at implementing rules in games.</p>	<p>Warm up - Team Relays With and without ball.</p> <p>Activity 1 - Kabadi 2 teams working opposite each other. 1 team has the ball and has to try and keep possession through passing. The opposite team send in one defender to try and gain possession. If they gain possession, take the ball over to their team who keep possession by passing and the opposite team send a player in. Encourage working within their set area, if the ball goes out it goes to the opposite team to touch it last. Send in a different defender each time.</p> <p>Activity 2 Small sided games –demonstrate knowledge of using skills developed; dribbling, passing, shooting, defending. Ext: Children to make additional rules or change rules of the game. Small sided games –demonstrate knowledge of using skills developed; dribbling, passing, shooting, defending. Ext: Children to make additional rules or change rules of the game.</p> <p>Cool Down Whole class cool down and review of topic.</p>	<p>Can students effectively combine skills to play a game of hockey?</p> <p>Can students keep score of their games?</p> <p>Can students start o think about positioning when playing a game?</p>