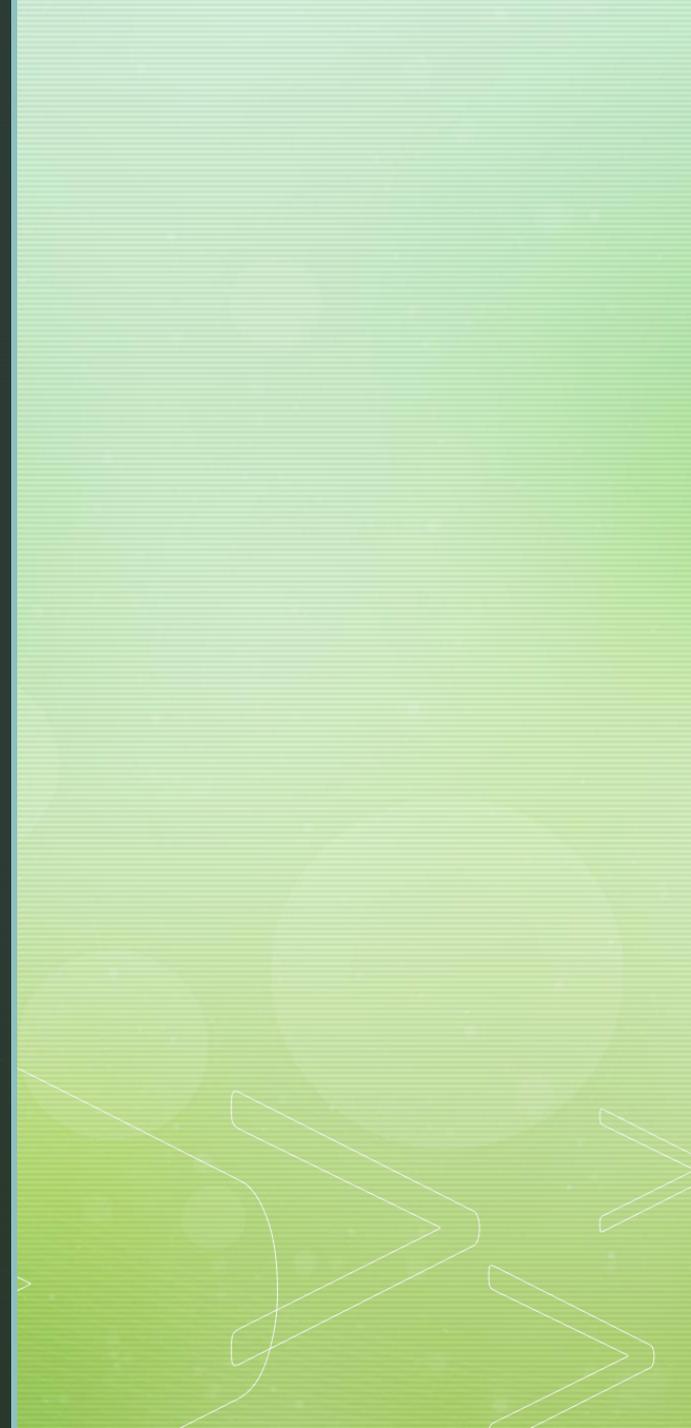


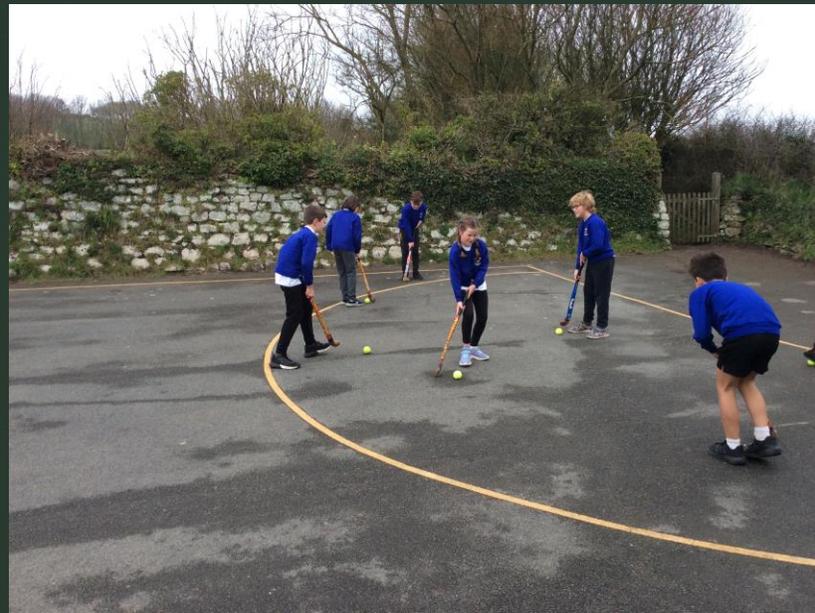
Lynher
Spring 2 2023
PE
Hockey



For our first session we learnt how to hold and manipulate the stick and worked on our body position. We completed 3 drills to begin to gain control over the ball and increase our movement speed.



This week we continued practicing control of the ball and body position by completing 3 drills with solo and partner work. They had to keep control of their own ball whilst taking everyone else's ball out of play and remembering to keep 2 hands on their stick.



This week we moved on to group drills attacking and defending. We looked at our use of space and the importance of communication whilst remembering our previous learning of how to hold the stick and using our knees to lower our body position.



For our final session we played games. The class used all of their skills and knowledge gained this term to compete in a series of mini games against each other.



PE

FLE Y5/6

Hockey

How do we play hockey?



Our Endpoint

Forever Facts

The aim of the game is to score goals past the opposition's goalkeeper.

A competitive game is usually 70 minutes, in two halves.

The team with the most goals wins.

The foot of the hockey stick has a flat side and a curved side.

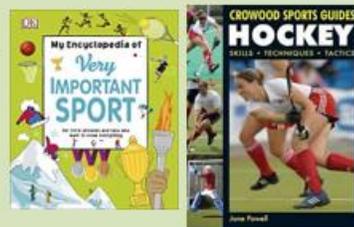
The ball must be hit with the flat side of the hockey stick.

In competitive hockey matches, players wear shin pads and a gum shield for protection.

Goalkeepers are heavily padded to allow them to block the ball with their body if they need to.

Common fouls include raising the hockey stick above waist height and striking an opponent or their stick with your stick.

Exciting Books



SMSC

Social – Cooperating well with others

Spiritual – Sense of enjoyment and fascination in our learning

Cultural – Willingness to participate in sporting opportunities

Subject Specific Vocabulary

| | |
|--------------|---|
| hockey | A sport played with a ball by two teams of eleven players |
| control | to be in charge of your body movements |
| coordination | the ability to use different body parts together smoothly |
| balance | The distribution of weight to ensure that we are able to stand upright and steady |
| defend | Preventing someone from passing or dribbling the ball or scoring. |
| attack | Dribbling or passing the ball in order to create an opportunity to score. |

Skills

- Explore different ways of moving a ball.
- Understand the importance of stopping a ball.
- Talk about how to exercise safely.
- Begin to understand some concepts of game.
- Begin to show some understanding of simple tactics.