



Invasion Games: Hockey

Year 4 : Autumn 2

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| <p>Coverage:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending • Compare their performances with previous ones and demonstrate improvement to achieve their personal best | <p>Knowledge and Key vocabulary:</p> <ul style="list-style-type: none"> • Warm up • Movement, direction, change of direction and speed • Passing • Golden rule- always stop the ball before you pass, dribble or shoot • Team work • Control • Send and receive the ball with control (children to only call for the ball when they are in space) • Dribble the ball with control (head up) • Accurate, accuracy when passing the ball • Attack and defence | |
| <p>Thrive Link</p> <ul style="list-style-type: none"> • I can follow a leader within a team • I can lead a team • I face new activities with positivity • I can lead a class warm up | <p>Physical Skills</p> <ul style="list-style-type: none"> • I can pass accurately while moving • I can use tactics to influence a game • I can follow the rules of a game • I can move with a ball against an opposition • I can warm up safely before a game • I can give suggestions as part of a team | <p>Hockey Rules</p> <ul style="list-style-type: none"> • Non-contact sport • No goalkeepers • Game starts with a centre pass and after a goal is scored. • Hit ins are given if the ball goes off the pitch • A player must not hit another players stick • A player must not kick the ball • Players must keep their sticks below hip height • Only one player is allowed to tackle another player with the ball |
| <p><i>Basic Grip</i></p>  | <p><i>The "V"</i></p>  | <p>Correct technique for holding a hockey stick</p> |