

# P.E.

## Year 4 – Hockey



### About this Unit

Hockey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

### Knowledge & Skills

#### Knowledge:

Cushioning the ball will help you to control it when receiving it. Using changes of direction and speed when you dribble will help you to maintain possession. Moving into space will help your team keep possession. and score goals.

#### Skills:

I can use simple tactics to help my team score or gain possession.

I can dribble, pass, receive and shoot the ball with increasing control.

I can move to space to help my team to keep possession and score goals.

I can delay an opponent and help to prevent the other team from scoring.

## Golden Threads

### Motor competence – Manipulate objects

- dribble
- pass
- receive
- intercept
- run
- shoot

### Healthy participation

How will this unit help your body?

Agility, balance, co-ordination, speed, stamina

## Rules, strategies and & tactics

#### Feet:

- You cannot kick the ball. Try not to let the ball touch your feet. If feet are intentionally used, a free pass is awarded.

#### Sticks:

- The stick cannot be lifted higher than waist height, and you can only use the flat side.
- You cannot intentionally interfere with another person's stick.
- If these rules are broken, a free pass is awarded.

#### Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three big steps away from the person taking the free pass.

#### YEAR 3

I am beginning to use simple tactics

I can pass, receive and shoot the ball with some control.

I can find space away from others and near to my goal.

I can track an opponent to slow them down.

#### YEAR 4

I can use simple tactics to help my team score or gain possession.

I can dribble, pass, receive and shoot the ball with increasing control.

I can move to space to help my team to keep possession and score goals.

I can delay an opponent and help to prevent the other team from scoring.

#### YEAR 5

I know what position I am playing in and how to contribute when attacking and defending.

I can pass, receive and shoot the ball with some control under pressure.

I can use tracking, tackling and intercepting when playing in defence.

I can communicate with my team and move into space to keep possession and score.

#### YEAR 6

I can create and use space to help my team.

I can pass, receive and shoot the ball with increasing control under pressure.

I can select the appropriate action for the situation and make this decision quickly.

I can use marking, and/or interception to improve my defence.

## Key vocabulary

Cushion: take the power out of an object.

Decision: select an outcome.

Delay: to slow an object or player.

Opposition: the other team.

Option: possible choices.

tackle: to stop an opposing player with the ball.