

PE Knowledge Organiser

Hockey

Key Skills
Team work – Work with players in team, positive team player
Defending –eyes on ball, body in between ball and goal
Shooting – push shot / slap shot
Passing – Inside of foot, non-kicking foot at the side of the ball – pointer foot;
Dribbling – close control, close to the stick – inside, outside of Unihoc sticks
Attacking – quick progressive teamwork



Physical Skills
Coordination
Agility
Balance
Strength
Teamwork
Motor Skills
Fitness Elements
Warming up
Cooling down
Changes in our body- feeling hot, out of breath, muscles feel tired, thirsty
Working our muscles- Strength, endurance
Working our hearts- cardio, stamina
Cognitive- Remembering prior learning

Vocabulary
Attack
Defend
Score
Goal
Shoot
Pass
Dribble
Ball
Goalkeeper
Defender
Midfielder
Attacker
Control
Turn
Protect
Penalty
Corner

Safety
Safe in a space
Look where you are going when travelling
Equipment appropriate for activity
Area safe for activity
Bring water

During the unit if children are finding the task too difficult / too simple use the **STEP** framework by changing the:

SPACE – Making the pitch bigger to make it easier or smaller to make it harder.

TASK – e.g. if struggling to pass over a long distance – make gaps shorter

EQUIPMENT – Choosing a larger or smaller ball to make it easier or harder.

PEOPLE – alter groups / teams to make it more competitive or have fewer players / more players to add more competition.

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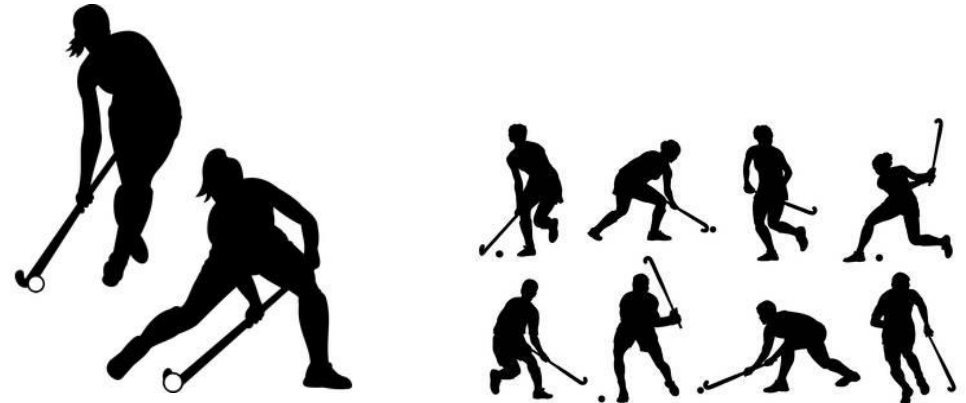
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Passing

1. Place the stick next to the ball so it is touching.
2. Stand with a wide stance to the side of the ball.
3. PUSH the ball in the direction intended.

Control

1. Face the direction of the ball approaching.
2. Watch the ball all the way onto your stick and bend your knees.
3. Cushion the ball with your stick.



Dribbling

1. Make sure you have good control of the ball by using the inside of the stick.
2. Keep the ball close to your stick at all times.
3. Keep eyes focused on the ball and look up when you can.



Shooting

1. Stand close to the ball.
2. Draw stick backwards to waist height
3. HIT ball forward towards target

Teamwork – Discuss what makes a good team player, make sure that we are positive and encourage all our team mates in every situation. Think about how it links in to our school values
Talk about school games Values - Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

Attacking – Think about when is the right time to pass, dribble or shoot. If we are passing, is our team mate in a space and ready. If we are shooting, are we in a good shooting position, using the correct technique. If we decide to dribble, is there space to move into, can we protect the ball away from the defenders.

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Reception	Year 1	Year 2	End of KS expectations
<p>Send & receive a ball by rolling from hand & striking with foot</p> <p>Aim & throw object underarm</p> <p>Catch balloon/bean bag/scarf & sometimes a bouncing ball</p> <p>Move and stop safely in a specific area</p> <p>Play a passing & target game alone and with a partner</p>	<p>Throw underarm, bounce & catch ball by self & with partner</p> <p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p> <p>Begin to follow some simple rules</p> <p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a player to tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p>	<p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands & feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect & send a ball accurately to other players</p> <p>Make simple decisions about when /where to move in game to receive a ball</p> <p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a player to tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p>	<p>Pupils should participate in team games, developing simple tactics for attacking and defending.</p>

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Famous Players

