

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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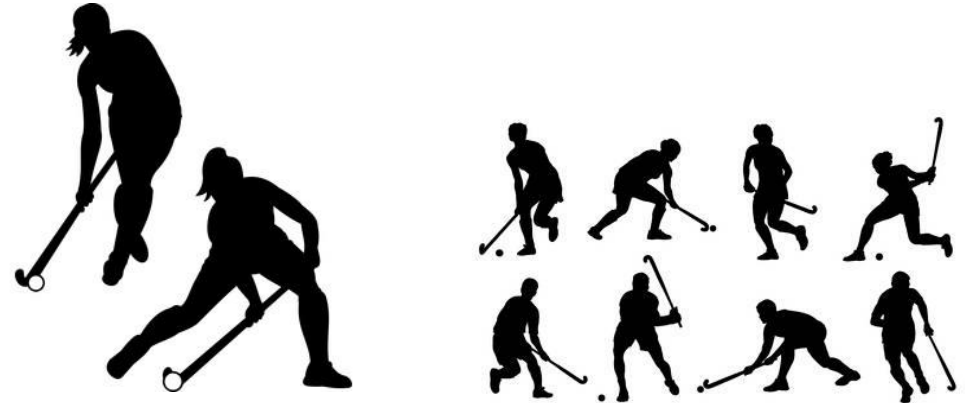
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Passing

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 (STARFISH) – sportsmanship. 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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Year 3	Year 4	Year 5	Year 6	End of KS expectations
<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>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing stick back and causing more power).</p> <p>Use speed to dribble the ball into space.</p> <p>Maintain defence and keep the pressure until possession is gained.</p> <p>Attempt to score inside a designated scoring area.</p>	<p>Change direction and use the correct side of stick, sometimes using indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Choose between the two passes (push/slap) and explain simply why.</p> <p>Make a direct pass while dribbling.</p> <p>Begin to use stick to mark a player from the side line causing them difficulty.</p> <p>Successfully score while in the scoring area.</p>	<p>Use speed, changing of direction and indian dribbling to advance towards team's goal.</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Know when to defend and what defence skills could be used.</p> <p>Seize an opportunity to score, sometimes quite quickly.</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>

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Famous Players

