

Year 5 Hockey

National Curriculum objectives

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.

Key Learning

- Use correct technique dribbling
- Pass & receive – using space; appropriate skills to keep possession
- Shoot with power and developed accuracy
- Tackle and mark

Equipment

- Class set of hockey sticks
- Class set of balls
- Class set of cones
- Hoops
- Hockey posts and nets if available

Key Questions

When should you dribble instead of passing or shooting?

How do you get more power into your shot?

What is the best body position to be in to receive a pass?

What do you need to think about when marking another player?

Key Vocabulary

Accuracy: Being able to make passes and shots making sure they get to where the player is aiming for.

Aim: Preparing to pass or hit the ball towards a given target.

Awareness: Being able to see what is going on around you and being aware of other players. Not only focusing on the ball when playing.

Control: To perform movements and skills without losing your balance, change the speed and direction you move.

Dribble: Pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.

Head: Keep your head up to be aware of what is going on around you not just looking at the ball.

Intercept: Blocking the ball from passing between two other players.

Mark: To cover, track and follow a member of the opposite team and try to stop them receiving the ball by intercepting any passes.

Move: To go in a specified direction or manner across the playing field and to change direction.

Pass: Pushing the ball to another play using the hockey stick.

Possession: Having physical control of the ball or puck by one team.

Power: Shooting the ball with strength and speed. Power is needed when a shot is made towards a goal or to get the ball past the goalkeeper.

Receive: When the ball is passed to you by another player and can stop it and move on with it.

Shoot: To try to score points for your team by hitting the ball towards the goal or net.

Space: To be able to get away from the person marking you and to find a space to receive the ball from your team.

Tackle: To obstruct a player with the ball to cause them to lose possession of the ball.

Target: A mark that is aimed at when hitting, shooting, or passing accurately.

Safety

- Remove all jewellery including earrings
- Long hair must be tied back
- Wear suitable footwear
- Use correct techniques
- Complete a warm-up and cool-down