

Year 3 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

- Hold the stick and dribble under pressure
- Pass and receive the ball with improving accuracy
- Tackle correctly
- Shoot with accuracy
- Play hockey in a game situation

Equipment

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

Key Vocabulary

Accurate: Being able to make passes and shots making sure they get to the location 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.

Balanced: To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.

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.

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

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

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

Score: A team gets 1 point each time they deliver the puck into the opponent's goal net.

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

Stance: The position you stand in when you are holding the hockey stick.

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

Key Questions

Where should you be looking when you are dribbling?

What are the key things to remember when passing and receiving a pass?

What are the key things to remember when shooting at the goal to score?

Which skill do you need to work on most to become a better hockey player?

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