

## PE – Hockey

### Year Two



**Hockey** - a game played by two teams.

**Scoring** - a record of points made or lost within a game.

**Teamwork** - is working together (cooperating) with others to get to an end goal.

**Shooting** - a stroke or throw in an attempt to score points in a game.

**Passing** - the ability to pass the ball.

**Dribbling** - the act of moving a ball forward by bouncing, kicking, or tapping it.

**Push Pass** - to push the ball forward.

**Roll** - when something rolls or when you roll it.

**Hockey Stick** – the stick is a long, wooden pole used to push, pass, or shoot within the sport.

**Goal** - an area in which a player must get a ball in order to score.

By the end of this unit you will be able to use hockey equipment correctly, you will be able to dribble with a ball and pass a ball with increasing accuracy.

### Important information



Throughout these lessons you will begin to negotiate the space around you, showing good awareness of the area and others around you.

You will be shown how to hold a hockey stick correctly, using two hands, this equipment will be used safely. Dribbling is a skill you will develop and become increasingly confident and competent at. The push pass is a pass you will practise and the accuracy of your passing will improve over time. You will compete in games with your peers, using the skills you have been practising - dribbling and passing.



On your hockey lesson day please make sure that you have taken out any earrings and left these at home. You should also remove watches and long hair should be tied back.

The PE kit you need is a white t-shirt and black shorts only.

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Lesson	Lesson Question	What you will learn	Learning Review
1	Can you move round this space showing awareness of the others around you?	How to negotiate space, showing good awareness of others when playing games. To understand and follow the rules of games.	
2	Can you hold and use the hockey stick safely and correctly?	How to use equipment safely and correctly. Develop fundamental movement skills, becoming increasingly confident and competent.	
3	Can you hold and use the hockey stick safely and correctly?	How to use a hockey stick with two hands. To perform a range of actions with control of the ball.	
4	Can you dribble with the ball showing control?	How to move a ball using a hockey stick. Dribble a ball with control, changing speed and direction.	
5	Can you pass a ball, developing your accuracy?	How to pass a ball with control. Send/Pass a ball with increasing accuracy and consistency. How to stop a ball using a hockey stick.	
6	Can you use the skills you have learnt in a game situation?	To compete in games with others. Show good awareness of others when playing games. Watch and describe a performance accurately.	