

PRIOR LEARNING

- Dribble the ball to keep possession and beat an opponent.
- Pass and receive in order to keep possession.
- Apply passing and moving skills to keep possession.
- Shoot with accuracy applying the correct, safe technique.
- To intercept, block and tackle when defending.



Year 5/6 - PE

Hockey



Key vocabulary

Cardiovascular fitness - is a health-related component of physical fitness that is brought about by sustained physical activity.

Resting heart rate - Your resting heart rate is measured by counting the number of beats per minute of your heart while you're resting

Intensity- the measurable amount of a property, such as force,

Analyse - examine in order to explain and interpret it.

Tactics – a way of gaining advantage or success

Umpire – a person selected to rule on the plays in a game

Endurance - the ability to exercise over a prolonged period

Strategy - plan of action designed to achieve a long-term or overall aim.

Stamina - the ability to sustain prolonged physical or mental effort

Tier 2 vocab

Distribute	Allocate
Assign	Adapt
Analyse	Maintain
Transfer	Alternative

Key Skills

- Apply intercepting, blocking and tackling in small-sided games.
- Create an attack to create a shooting opportunity when pressured by opponents.
- Shoot from appropriate positions on the pitch.
- Mark players who aren't in possession of the ball.
- Make the transition between attacking and defending in small-sided games.
- Understand individual roles and positions in small-sided games.
- Apply defensive and attacking tactics to work collaboratively as a team.

Key Knowledge

- Quicksticks is a mini game for four players plus two officials per side. To be played on netball court. No goalkeepers. Mixed or single gender. Coaching delivered at a school or club site, indoor or outdoor on six week block rotation.
- Mini Hockey is a 7-a-side game played on half pitch including goalkeepers. Coaching delivered at a school or club site, indoor or outdoor on six week block rotation based on core skills of hockey.
- At the 2012 London Olympic Games, **field hockey** was the third most spectated sport.
- Men's **field hockey** has the fastest swing speed out of any sport, even golf or baseball, at 103 mph.
- There are no left handed sticks in **field hockey** and players may use only one side of the stick
- **Hockey** was originally called shinty
- Hockey is one of the oldest team sports in the world, dating back nearly 3000 years to the Greek classical era. Modern day hockey was first played in Scotland in 1700's