

# Year 5 Term 3 P.E: Hockey



**Curriculum Key Question:** How can I look after myself and others?  
**Topic:** Who were the ancient Egyptians?

## What should I already know?

- I can delay an opponent and help to prevent the other team from scoring.
- I can dribble, pass, receive and shoot the ball with increasing control.
- I can move to space to help my team to keep possession and score goals.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can use simple tactics to help my team score or gain possession.
- I share ideas and work with others to manage our game.
- I understand the rules of the game and I can use them often and honestly.

## Skills I will develop:

- I can communicate with my team and move into space to keep possession and score.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can identify when I was successful and what I need to do to improve.
- I can use tracking, tackling and intercepting when playing in defence.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can use them most of the time to play fairly and honestly.
- I understand there are different skills for different situations and I am beginning to apply this.

## Hockey Year 5

### Key Skills: Physical

- Dribbling
- Passing
- Receiving
- Tackling
- Creating and using space
- Shooting

### Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Emotional: Perseverance
- Emotional: Honesty and fair play
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback
- Thinking: Selecting and applying skills



### Key Rules

- **Foot:** Players must try not to let the ball hit their feet. If the ball touches a player's foot and it breaks down play or creates a disadvantage, the opposition is awarded a Free Pass.
- **Back sticks:** A player can only use one side of their stick (the face of the stick) to hit the ball.
- **High stick:** When a player attempts to play at any high ball (over knee height) with the stick.
- **Obstruction:** When a player uses either their stick or their body to block or keep another player from hitting the ball.

## Key Vocabulary

**Obstruction-** A player who runs in front of or blocks an opponent.

**Conceding** - if you concede goals, you are unable to prevent your opponent from scoring goals.

**Block tackle** - The block tackle involves knocking the ball out of the opponent's possession by placing the hockey stick on the ground, parallel to the ball.

**Trapping the ball** – getting down low to stop and receive on the stick with control.

**Possession** – when the team has the ball they are in possession.

**Attack** - to move forward and try to score goals.

**Support** - having teammates who are properly positioned near the ball.

**Interception** – when a player takes possession of the ball away from the opposition when the ball is passed.

**Jab tackle** – a defensive skill to take the ball from the opposition when the ball is unprotected.

**Consistently** - playing being on top of your game every game

**Bully Off** – used to restart the game after a stoppage.

**Defence** - a player position whose primary responsibility is to prevent the opposing team from scoring