

PE

Summer 1 2022

Lynher

Hockey

To pass and receive the ball.



To stop the ball you lay the stick nearly to the ground making a larger surface area to stop it.

We held the hockey stick in the position for a push pass – left hand at the top with your finger and thumb making a v shape and the right hand part way down with the index finger pointing down to support



We played warm up knee tag so we could get used to the hockey stance – bent knees and balls of your feet.



To dribble with the ball.



We learnt the balls needs to be in front of you, in line with your right foot when starting to dribble and your left elbow must be up.

Moving with the ball for the straight dribble was hard as you need to try and keep the ball with you all the time.

To get past a player.

I liked the Indian dribble, you need to switch the stick 180 degrees whilst moving giving the ball gentle taps.



The Indian dribble meant you could either dribble around the player as it is hard for them to get the ball, or pass it to a team member either side of us.

Dribbling Around a Player

The Indian Dribble



The Indian dribble is a style of dribbling that was first seen in the 1956 Olympics.

It involves moving the ball quickly from right to left and then from left to right repeatedly by turning the hockey stick.

You can use the Indian dribble to change the direction of the ball to beat an opponent.

It is a very good way to beat a player because it is hard to defend against.

It was named after the brilliant dribbling skills of the Indian and Pakistani teams.



To tackle an opponent and get the ball back.

How to Block Tackle

- Your stick must be at a right angle to the direction of the ball and low to the ground.
- Go in with your left foot forward, knee bent and back leg stretched out behind you.
- Keep your hands out in front so you can use your body weight to push through and win the ball.



Be careful how you time your tackle because if you hit your opponent's stick before you hit the ball, it will be a foul.

Practise getting into the correct position for block tackling.

You need to be precise when using the block tackle as if you hit your opponent's stick instead of the ball, it's a foul.

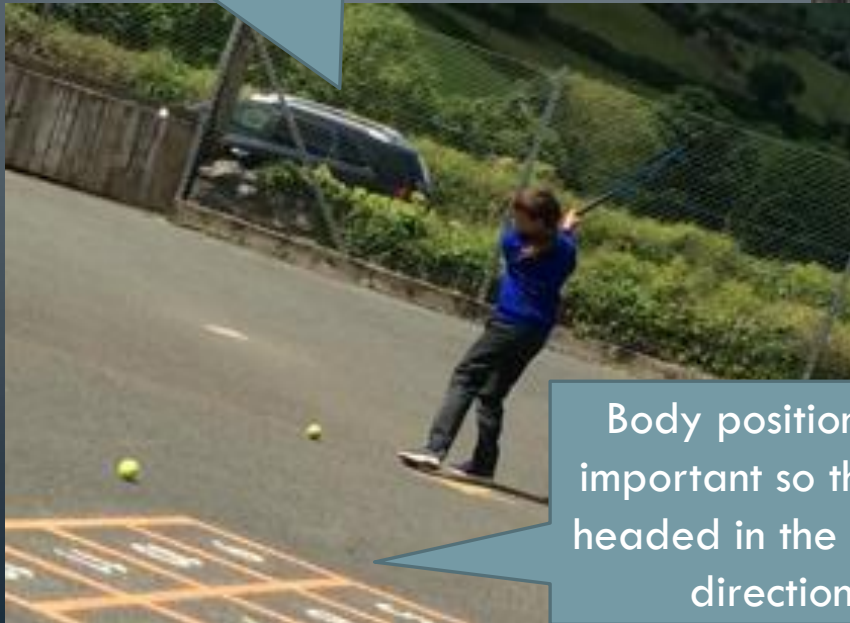


You need to get your body low to use the block tackle.



To hit a ball.

You need to ensure your area is clear around you before hitting the ball, we used different distances for our targets to improve our accuracy.



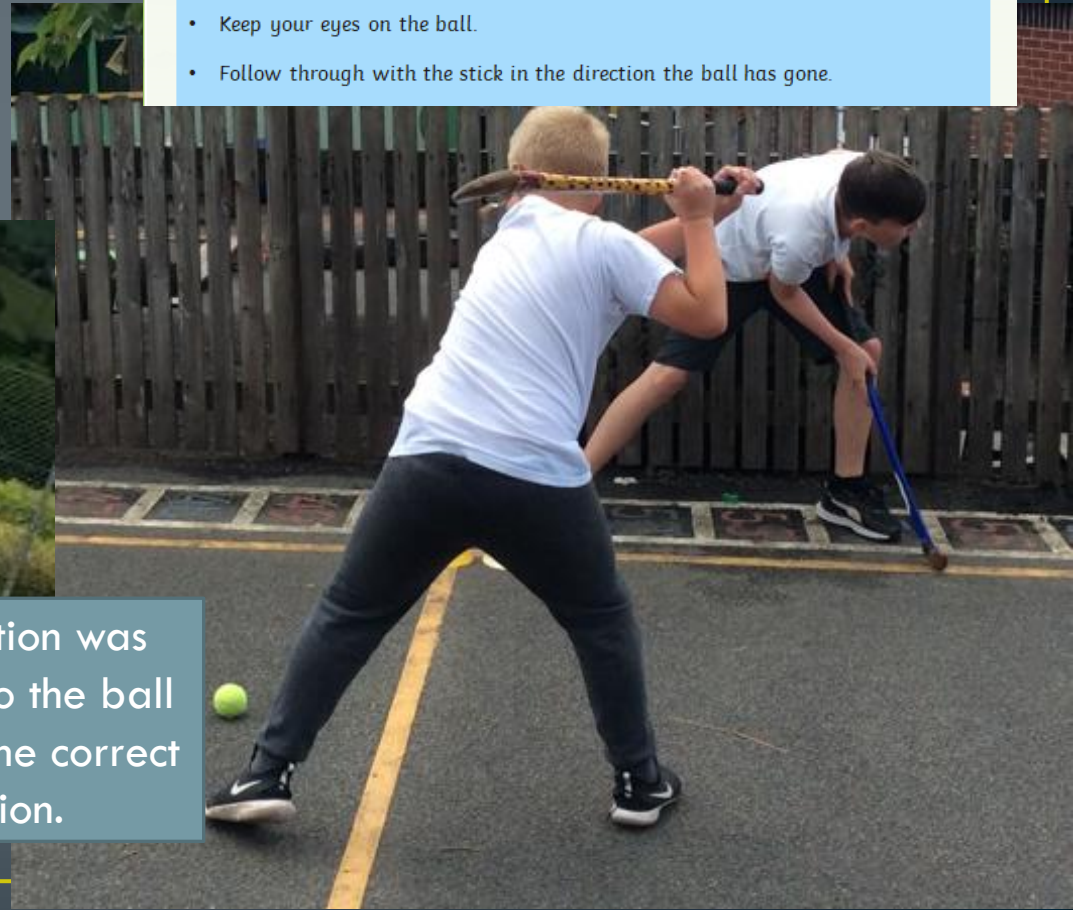
Body position was important so the ball headed in the correct direction.

How to Hit the Ball



First practise the hockey hit with an imaginary ball. Find a space where you can safely swing your stick without hitting anyone.

- Both hands should be at the top of your stick - keep your left hand at the top of the stick and bring your right hand up to meet it.
- Point your left shoulder and left foot towards the target.
- The ball should be in line with your left foot when you hit it, so put the ball a little way out in front of you.
- Swing the stick backwards and step into the hit with your left foot.
- Keep your eyes on the ball.
- Follow through with the stick in the direction the ball has gone.



What I have learnt before: Participate in team games, developing simple tactics for attacking and defending in cricket and tag rugby

Cultural capital

The real-life knowledge that links is: to work effectively as part of a team, body control and movement, hand-eye co-ordination, teamwork, tactical thinking. The jobs it can be used in are: professional athlete, fitness instructor, sports coach or manager, sports official

Skills

Show growing awareness of space in team games

Know how to keep possession

Work within a team, with less focus on self.



Forever Facts

I know I must only hit the ball with the flat side of the stick.

I know you must use two hands when hitting the ball

I know your knees should be bent and feet shoulder width apart.

I know the ball is not allowed to hit a player's foot or this will be a foul.

Exciting Books



Subject Specific Vocabulary

Attacking

This includes the physical act of dribbling or passing the ball in order to create the opportunity to score. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.

Defending

This includes the physical act of dispossessing the opponent or otherwise preventing them from passing, dribbling or scoring. Equally, a player must be aware of what position to take up in order to be effective in the passage of play.

Ball control

A variety of skills to control the ball including dribbling, stopping and striking.

Shooting

A skill used by players within the game to score a goal.

Match play

Used to describe the overall game. A combination of tactics and physical actions.

Our Endpoint

I can take part in a game using the skills and tactics I've been taught.