ST LAWRENCE C.E. PRIMARY SCHOOL SUBJECT MANAGER OVERVIEW

SUBJECT: PE UNIT: Hockey CONCEPT: Invasion (Team Games) YEAR:2

BIG QUESTION	How can we defend and attack in hockey?	
END OF UNIT OUTCOME	Participate in a team tournament game, using simple tactics for attacking and defending.	
NC OBJECTIVES	Participate in team games, developing simple tactics for attacking and defending.	
WEEK	**KEY KNOWLEDGE**	**RESOURCES**
1	**Know when dribbling a ball, you must keep your ball in contact with the stick, and away from your feet.** - you hold a hockey stick with two hands, one in the middle, and one at the top with thumbs pointing down. - the stick must not be used above shoulder height. - you can only use the flat side of the stick to hit or control the ball in Hockey.	Hockey sticks Hockey Balls Cones (including a red, orange and green cone) Hoops
RICH TASKS	Why is it important to warm up? - It is important to warm up your body before exercise. - A warm up is a short activity / exercise to get the body ready for more intense activity. - Warm ups improve performance and reduce injury. - Warm ups allow the body to gradually increase heart rate, breathing and body temperature, which increases blood flow to the muscles **Warm up game:** Children to move around **imagining** they are holding a hockey stick. If teacher shows a cone: Red = freeze Amber = put the imaginary hockey stick down and jump from side to side Green = jogging round in given area imagining they are holding a hockey stick Teaching Points: 1. Left hand at the top of the stick 2. Right hand at the bottom anywhere below the grip 3. Knees bent (back straight) 4. Look up 5. Always use the flat side of the stick SAFETY: Children are not to bring their sticks above waist height. **Activity 1: Hoover up (no balls)** Children to each have a hockey stick. Teacher to explain the correct grip of the hockey stick	

	1. Children are to imagine their sticks are hoovers. 2. Children are to move around in a given area keeping their sticks close to the ground. 3. If teacher calls 'FREEZE' children are to freeze in the correct position – you can reward children for the best stance. **Activity 2: Hoover up (introduce using balls):** 1. Children to hold the stick in the correct position and are all to have a ball each. 2. Teacher to show example of how to move with the ball. 3. Children now move around slowly imagining the flat side of the stick is the hoover and always need to be in contact when moving with the ball. 4. Children to now increase their speed. Progression: If the teacher calls "FREEZE" children are to stop the ball. Make it harder: Look up when dribbling. Make it easier: Use a larger ball. **Activity 3: Roundabouts** 1. Children to have a stick and ball each. 2. Place 8 to 10 large hoops/spots on the ground within the area- these are now roundabouts. 3. Children must dribble their ball and when they approach a roundabout dribble around it once - then move off and dribble towards a new roundabout. 4. When the teacher calls "roundabouts" children must dribble their ball and stop it inside the nearest roundabout - maximum of 3 balls in each roundabout; teacher can award points for quickest reactions. Q & A – Why do you need to keep your head up? To look out for the nearest roundabout that is free. **ACTIVITY 4: Wolf Creek** 1. Children start by standing in a horizontal line with a stick and ball each. 2. The teacher is the "wolf" and stands 10 –15 metres away. 3. When the wolf isn't facing the children they can dribble forwards, but if the wolf turns around they have to stop and be still, so the wolf doesn't spot them or their ball moving. 4. If seen, the children have to take 3 steps back or all the way back to the line they started at. 5. The child that gets past the wolf first becomes the wolf for the next game. Q & A – Why do you need to keep your head up? Children to look out for the wolf and to look where they are going **Cool down**	

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	Children to move around slowly showing their best hoovering with the ball.	
2	**Know how to pass and receive a ball using a hockey stick.** - when passing a ball, you pull the hockey stick back then swing forward to connect. - you can **receive** a ball from a teammate (face ball, bring stick as close to the ground as possible, tilt forwards slightly). - you can **send** a ball to a partner (ball starts towards back foot, push ball, release by front foot and step for more power).	Cones Nets/ goals if available Bibs Hockey sticks Hockey balls
RICH TASKS	Recap: How do we hold the hockey stick? How do we stand with the hockey stick? Why do we need to bend our knees when holding it? (to have more control and so we don't hurt our backs) **Warm up – Trucks and Trailers:** Every child to have a stick 1. Follow your partner (both children without a ball) – showing correct dribbling position (recap of prior learning). 2. Follow your partner – both children to have a ball (recap of prior learning). **Activity 1:** Put children into pairs and allow time for them to experiment with pushing and passing the ball to each other. Remind children of the key knowledge above. **Activity 2 – Push Through the gates:** Each pair to have two cones. Children to practising passing and stopping the ball through the cones by passing to each other. Make it harder: Make the gates smaller/move further away. Make it easier: Use throw-down feet to show where to plant the feet. **Activity 3- How far?:** Children to experiment with different ways of passing a ball to each other. Can they try and move further away from each other when passing a ball? Remind them that they will still need to control the pass ensuring it is aimed at their partner. **Cool down** Slow 'hoover' as in Lesson 1.	

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3	**Know that to score a goal the ball must pass between the goalposts and beneath the crossbar.** - the aim of the game is to hit the ball into the **opponent**s net. - the team scoring the most goals wins. - if both teams score the same amount or no goals are scored, the match is a draw. - each goal is worth one point. - you can only score from inside the shooting circle - a semi-circular area in front of the **opponents**' goal. - goals scored from outside this area are **disallowed**.	Hockey sticks Hockey balls Goals/ cones if not available
RICH TASKS	**Warm up – Gears:** 1=Walk 2=Jog 3=Run 4= Sprint Roundabout = full circle around a cone Change engines = swap balls with someone **Activity 1- Skittles:** Children in groups of four. Teacher to place lots of cones of various sizes in a given area. (see diagram) 1. Children to take it in turns to aim towards a cone. 2. Every time they hit a yellow cone, they get 1 point. 3. Every time they hit a green cone, they get 5 points. 4. Every time they hit a red cone, they get 10 points. 5. Teacher can also award points for good technique shown. The children will need to make a decision as to how they pass/hit the ball. As a competition -You can then make it a race for the children - How many can they hit in 4 minutes? **Activity 2 – 3v3 small sided game:** Children in teams of 3. Describe how the game works as outlined in the knowledge area. 2. Teacher to go through some basic rules: a) We start the game in the middle of the pitch (like football). You must be in your own half to start. b) Only one child can tackle another child at a time and must be in front of the person when tackling. c) If the ball goes out of the pitch: The opposing team has the ball- you can pass the ball or dribble it back into play d) If the ball goes off the back line and the last touch was by the attacking team - it is a hit out to the defending team	

	e) If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner of the pitch, nearest to where the ball crossed the line (like a corner ball in football) e) If you kick the ball, it is a free hit to the other team where the foul play took place. **Cool down:** Put children into partners and ask them to give each other stretches to copy e.g. lunges, touching toes, balancing on one leg.	
4	**Know that you can have attackers and defenders in a hockey match** **Know that to score a goal the ball must pass between the goalposts and beneath the crossbar.**	Cones Nets/ goals if available Bibs Hockey sticks Hockey balls
RICH TASKS	**Warm up:** Different ways of moving – change direction every time you hear the whistle. Q&A - Attack and defend – what is the difference? **ACTIVITY 1: Save the Planet (standing)** 1. Children in pairs. 2. They are to stand with the ball positioned in the middle of the flat side of their sticks. 3. When the teacher says "Go," they are to both push and attempt to wrestle for the ball (the planet). 4. If the ball goes in the same direction as their opponent, then that player wins a point. Q & A - What is important when trying to get the ball? E.g., How should you stand? How should you hold your stick and where should it be? **Activity 2: Tackling fun** 1. Children in pairs. 2. Player A starts with the ball (laser). Player B wants the ball but is also defending their cone (planet). 3. Player A dribbles the ball towards player B. Player B is going to attempt to tackle player A. 4. If player B tackles player A they get 2 points, if player A dribbles past player B they win 2 points. Q & A - How have you made sure that you have been tackling safely? **Activity 3 – 2v2:** Children to get into teams of four players – two teams play against each other.	

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	2. The aim of the game is for the children to get a ball over their opponent's cones (past the towers). They can do this by using their passes learned in the lesson Rules: • Start the game in the middle of the pitch • If the ball goes off the pitch: The opposing team has the ball- you can pass the ball or dribble it into play. • If a team hits the ball over the back line (or past the cones) they win a point. Q & A – What is important when passing the ball? How do you pass the ball in the direction you want it to go? (E.g. changing body position to direction of pass.) How can you get it across the opposite line? (E.g. power and accuracy.) **Cool down** Slow jog, walk, stretch	
5	**Know that you can have attackers and defenders in a hockey match.** • **attackers** are wanting to score a goal and **defenders** want to stop the ball getting into the goal. • you need to work as a team, staying in your **position**. • there are different positions (attack, midfield, defence). • there are 11 players in a hockey team and up to five substitutes. • each team will usually have a goalkeeper and the other 10 are field players. • the game is started with a push pass from the centre spot.	Cones Nets/ goals if available Bibs Hockey sticks Hockey balls
RICH TASKS	**Warm up – Trucks and trailers:** Every child to have a stick 1. Follow your partner (both children without a ball) – showing correct dribbling position (recap of prior learning). 2. Follow your partner – both children to have a ball (recap of prior learning). **Activity 1 – Rules:** Children to go through the rules and record these on a whiteboard. **Activity 2 - Number order pass:** Split class into 5 groups. In their groups the children must number themselves 1-6 and must pass the ball in that order. The children are encouraged to be moving around the area whilst playing. Progression- every time a pass has been made a child must touch a coloured cone in their corner to encourage movement. Have a race against the other teams to see which team can be the quickest. Number 1 can become a defender to progression the practise more to try and intercept the passes	

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	Activity 3 – team tournament organisation: 1. Using bibs, split the children into equal teams of no more than 4 players (6 players in each team if you want two children from each team to referee the game to demonstrate their understanding of the rules). 2. Set up two pitches (one to be refereed by teacher and one by the teaching assistant – if teaching assistant not available then one team to practice their passing skills in a skills square, to the side of the pitch). Extension: A team must make a number of consecutive passes before they can score a goal – e.g. 3 passes – teacher to pick a number appropriate to level of ability **Cool down:** Walk around the playground and listen for the teacher to call for different stretches e.g. lunges, touching toes, balancing on one leg.	
6	• Recap previous learning: • **Know when dribbling a ball, you must keep your ball in contact with the stick, and away from your feet.** • **Know how to pass and receive a ball using a hockey stick.** • **Know that to score a goal the ball must pass between the goalposts and beneath the crossbar.** • **Know that you can have attackers and defenders in a hockey match.**	
END OF UNIT OUTCOME	**Warm up – Gears:** 1=Walk 2=Jog 3=Run 4= Sprint Roundabout = full circle around a cone Change engines = swap balls with someone **Activity 1 - Shooting Fun:** 1. Children in pairs - to number themselves 1 and 2. Both to have a ball. 2. Player 1 is to dribble their ball and try to get away from their partner. 3. When the teacher blows the whistle/calls 'stop,' they are to 'FREEZE' where they are. 4. Player 1 should freeze in a wide stance (legs wide apart). 5. Player 2 then shoots the ball (between their partner's legs). If they get the ball through, they win a point. 6. They then swap over and repeat **Activity 2 team tournament:** Give out positions to each child and ask the children to recap the rules for the team tournament. 11 each side with the rest of the class as substitutes - A goalkeeper on each team. Keep a track of the score and give children a time. When it gets to the time, switch children's positions around.	

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	Ask children to reflect on learning – what went well? How did they get on working as a team? What skills have they learnt? Revisit key question! **Cool down:** Children to walk around the playground with a partner and tell them what they have enjoyed/ learnt.