



St John Fisher RC Primary School

PE Knowledge Organiser KS1 Autumn Term One: Hockey

This Hockey unit will teach the children the skills and techniques needed in order to take part in competitive hockey games.

Why do we do PE?

We take part in PE sessions to keep our bodies and minds healthy. PE at St John Fisher ensures that all pupils develop competence to excel in a broad range of physical activities and lead healthy, active lives. We aim to inspire all pupils to succeed and excel in competitive sport and other physically-demanding activities. We provide opportunities for all pupils to become physically confident in a way which supports their health and fitness. We provide opportunities to compete in sport which builds character and helps to embed values such as fairness and respect.

Hockey Overview

In this hockey unit the children will learn how to pass, receive and travel with the ball as well as tackle and shoot. They will develop their understanding of the principles of attacking and defending in invasion games. Children will have the opportunity to take part in individual, paired and small group activities as well as to play a range of team games to enable them to practise and improve their skills. The children will take part in competitive hockey matches to put the fundamental principles into practice.

Week 1 – Spatial Awareness

During this lesson we are going to play fun invasion games which teach us about spatial awareness. We will travel into spaces, avoiding bumping into anyone or any obstacles.



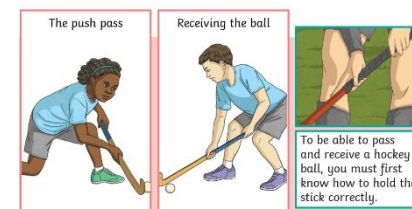
Week 2 – Moving with the Ball

In this lesson we will learn how to dribble with the ball and a hockey stick. We will learn how to hold a hockey stick safely and remember to keep the bottom of the stick below our knees. We will practise dribbling using a small ball and the bottom of the stick. We will use our knowledge of spatial awareness to dribble the ball around cones.



Week 3 – Passing and Receiving

During this lesson we will learn how to pass using a small ball and a hockey stick and learn how to be ready to receive the ball. We will work with a partner and push pass the ball using the blade of the stick and hold our hockey sticks ready to receive the ball. We will then move on to moving when passing and receiving the ball.



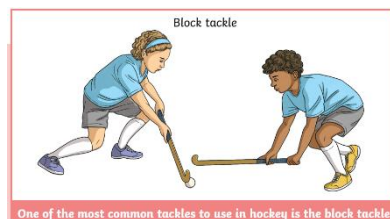
Week 4 – Shooting

In this lesson we will use our skills of dribbling and learn how to shoot in hockey. We will dribble towards a target using soft touches before push passing the ball into the target. We will then move on to dribbling around obstacles and add a defender who tries to steal the ball.



Week 5 – Attacking and Defending

During this lesson we will learn how to try and stop opposing players from scoring into the target. We will play forward and combine our dribbling skills with passing and receiving techniques before shooting to a target.



Week 6 – Mini Matches

In this lesson we are going to apply the hockey skills we have learned in this unit to mini matches. We will work as a team of 3-4 to attack and defend to try and score more goals than the opposing team.





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Hockey – Key Vocabulary	Key Skills:	Famous Hockey Players:
Attacking -To make an attempt to score a goal or point or otherwise gain an advantage against an opposing team or player. Defending- The action of preventing an opponent from scoring. Coordination - The ability to move two or more body parts under control, smoothly and efficiently. Dribbling - The skill of moving a ball along the ground with repeated small hits. Foul - An inappropriate or unfair act by a player as deemed by a referee, usually violating the rules of the sport or game. Indian Dribble - The base of the technique is the continuous pushing of the ball from left to right and back in a rapid fashion. Invasion Game - Invasion games are games in which the aim is to invade an opponent's territory and score a goal or point. Opponent - A person who someone is competing against. Passing - A pass consists of an intentional transfer of the ball from one player to another of the same team. Penalty Shuffle- This consists of one-on-ones between an attacking player and a goalkeeper. Playing Safely - An environment where athletes can train and compete in healthy and supportive surroundings. Push Pass – This is used to move the ball fast over short distances. Receiving - The moment a player gets possession of the ball. Shooting – Scoring a goal or a point.	Ball Control - A variety of skills to control the ball including dribbling, stopping and striking. 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. 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. 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. Game: The aim of the game is to score goals past the opposition's goalkeeper. The game begins with a pass from the very centre, on the halfway line. This also happens after half time and when a goal is scored. A competitive game is usually 70 minutes, in two halves. The team with the most goals wins the game. Pitch: The pitch is approximately 100 yards in length and 60 yards in width. It has three lines running horizontally: two 25-yard lines and a centre, or halfway, line. At each end of the pitch is a goal and a shooting circle – which players must be inside of in order to shoot at goal. Equipment: Each player has a wooden stick which is used to move a hard ball. Only the flat side of the stick can be used. For protection, players wear shin pads and a gum shield. Goalkeepers are heavily padded to allow them to block the ball with their body if they need to.	Phil Roper Phil Roper is an English field hockey player who plays as a midfielder or forward for Dutch club Oranje-Rood in the Dutch Hoofdklasse and the England and Great Britain national teams.  Ellie Rayer Ellie Rayer is an English international field hockey player who plays as a midfielder or forward for England and Great Britain. Rayer plays club hockey in the Women's England Hockey League Premier Division for East Grinstead.  Tom Sorsby Tom Sorsby is an English field hockey player who plays as a midfielder or defender for Surbiton and the England and Great Britain national teams. 

