



Key skills / vocabulary:

Dribbling: this is where you move along using your stick to guide the ball.

Push pass: this is the type of pass we will be looking at. You have to step and push the ball with the stick.

Attacker: this is when you are the person trying to get the ball from the opposition.

Defender: this is when you are the person trying to stop the ball being taken away or trying to stop the opposition scoring a goal.

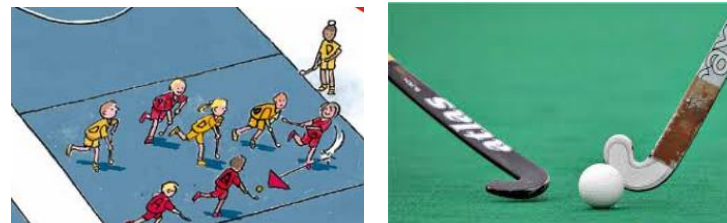
Agility: Being able to move around quickly, with control.

Co-ordination: Being able to coordinate hitting the ball whilst also being able to look and move around.

Reaction time: responding quickly to something (such as moving direction or hitting the ball back).



This term in hockey we will be exploring the skills and rules, through mini games progressing onto game situations, ready for our interhouse competition.



Key questions:

- How should you stand with your stick?
- How have you demonstrated the school games values?
- How do you feel before, during and after you exercise?
- How does participating in exercise help your mind stay healthy?

School Games Values

The main values we will be focusing on (even though they are all important!) will be:

- Teamwork
- Respect
- Passion

The games we will be playing:

- Counting cones (focusing on co-ordination and dribbling).
- Find another gate (focusing on passing and dribbling)
- Treasure chest (focusing on teamwork and defending).
- Five passes (focusing on agility, co-ordination and teamwork)

The School Games Values

