

PE

Y 2 Defending

National Curriculum subject content:
Participate in team games, developing simple tactics for attacking and defending.
Develop balance, agility, and coordination.
Master basic movements including running, jumping, throwing and catching as well as developing balance agility and coordination and begin to apply these in a range of activities.
National Curriculum theme:
Defending and attacking



Key Vocabulary:	
Hockey stick	Long curved stick used to hit a ball in hockey
defend	Stop an attack
Receive	To get the object
Roll	Move along the surface
Tactic	Actions/ plans to achieve a result
Team	A group of people
Speed	Moving fast or slow
Direction	Way you are travelling? Going (left/ right/ forward/ backwards/ sideways
Passing	To give to another player
Control	A movement to move the object
Shooting	Aim at a target
Scoring	Number of points you earn for achieving something
Grip	To keep hold in a given position

Sequence of Learning:					
Objectives (key knowledge):					
To roll and receive a ball while moving.	To use a hockey stick to move a ball with control. To develop accuracy for a two- game.	To use a hockey stick to shoot a ball at a target.	To use defending methods to stop a ball.	To Learn that movement and space can be used as a tactic in a game situation.	To participate in games and begin to make decisions about defending tactics.
Spatial awareness (change of direction) Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in	Agility the ability to rapidly change direction, accelerate or decelerate. Coordination The ability to control the movement of the body in cooperation with the body's functions.	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in	Agility the ability to rapidly change direction, accelerate or decelerate. Balance to hold a firm stance. Coordination The ability to control the movement of the body in

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<p>The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination</p>	<p>cooperation with the body's functions. Hand eye coordination Working in pairs and small groups.</p>	<p>cooperation with the body's functions. Hand eye coordination</p>	<p>Hand eye coordination Spatial awareness Understand basic skill of passing.</p>	<p>cooperation with the body's functions. Hand eye coordination Working in pairs and small groups.</p>	<p>cooperation with the body's functions. Hand eye coordination Working in small groups and larger teams.</p>
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Grip

Left (top) hand above the right (bottom) is a great start and holding the top (grip) of the stick. Make sure there is a gap between the top and bottom hand as this provides control, this gap can decrease as control improves and also for certain passes. Holding the grip correctly allows an easy transfer to the reverse side.



Dribbling

Open stick: Left hand at top, right at bottom of grip/ knees bent/ back straight/ elbow up/ ball at 1/2o'clock on right hand side

Indian: Left hand at top, right hand at bottom of grip/ knees bent/ back straight/ stick rolls over ball pulling it right on reverse/ open stick dribble again slightly to the left before pulling right again



Uni-hoc

Adopts many of the same rules as regular hockey with the main difference being the stick used and a softer ball. The uni-hoc stick is plastic and resembles for of an ice-hockey stick. This means that **both sides of the stick can be used to hit the ball**. This provides more control for young children and can be used to build to regular hockey