

Invasion games

Y4








National Curriculum subject content:
<ul style="list-style-type: none"> ✓ Play competitive games and apply basic principles of attacking and defending. ✓ Use running in isolation and in combination.
National Curriculum theme:
<ul style="list-style-type: none"> ✓ Invasion games ✓ Attacking and defending

Key Vocabulary:	
stick	The equipment used to hit or move the ball
Side in	Free hit awarded after appointment hits the ball out(can be called hit in or push in)
Free hit	Awarded after most penalties. Opponent must stand 5 yards from ball.
control	Keeping the ball as close to the stick as possible when dribbling or receiving the ball.
Receive	When a teammate passes to you.
Lock tackle	Knees bent / back straight/ stick flat to the floor/ left fist on the ground/stick slightly tilted forward
Jab tackle	Standing on the left of an opponent/ stick in left hand on reverse/jabbing notion to block ball away.
Foot foul	When a person's foot hits the ball.
Penalties	When a player does not follow the rules.

Sequence of Learning:					
Objectives (key knowledge):					
To learn to change direction and speed.	To learn how to hold and use a hockey stick correctly , using body to balance and change direction.	To learn the skills of passing and dribbling and shooting.	To learn basic skills of passing dribbling shooting and blocking.	To learn to work in pairs and small groups to take part in a competitive game.	To understand basic game rule and team skills to play competitive games.
Fundamental links					
Fundamentals Running movements Agility/ Balance / Coordination skills Agility the ability to rapidly change direction, accelerate or decelerate. Spatial awareness	Fundamentals Running Agility/ Balance / Coordination skills To balance body Use body to form a base. Core control	Fundamentals Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye coordination Spaticall awareness	Fundamentals Coordination The ability to control the movement of the body in cooperation with the body's functions. Hand eye 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 cooperation with the body's functions. Hand eye 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 cooperation with the body's functions. Hand eye coordination

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<p>One Stick</p> <p>In hockey all sticks are primarily the same, with a flat and curved side, which is always the same way around. Players may only touch the ball with the flat side of the stick, meaning that a player has to move their stick, or themselves when the ball is on their left-hand side.</p> <p>Top stick shows the flat side and bottom stick the curves side.</p> 	<p>Passes/Shots</p> <p>Push Pass: Left hand at top, right hand at bottom of grip/ left foot forwards/ push ball from behind body/ follow through with stick in direction you want ball to go. Used for a shorter pass</p>  <p>Slap Pass: Left hand at top, right hand at bottom of grip, hands can come together/ left foot forwards/ knees bent/ aim for chest on knee/head over ball/ stick draws semi-circle across ground contacting ball slightly in front of</p> 
<p>Grip</p> <p>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.</p> 	<p>body. Used for a longer pass</p> <p>Hit: Both hands at top of grip/ ball in line with left foot/ head over ball/ contact ball with flat stick face and follow through where you want ball to go. Used for more power.</p>
<p>Dribbling</p> <p>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</p> <p>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</p> 	<p>Uni-hoc</p> <p>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</p>