

## Invasion games

### Y5 Hockey

#### National Curriculum subject content:

- ✓ Play competitive games and apply basic principles of attacking and defending.
- ✓ Use running in isolation and in combination.

#### National Curriculum theme:

- ✓ Invasion games
- ✓ Attacking and defending



#### Key Vocabulary:

|             |  |
|-------------|--|
| Centre pass | Pass from midfield used to start each half   |
| Clearing    | Hitting the ball away from the goal on defence, usually as a pass up the field                             |
| control     | Keeping the ball as close to the stick as possible when dribbling or receiving the ball.                   |
| Direction   | The course something moves   |
| Foot foul   | When a person's foot hits the ball.  |
| Free hit    | Awarded after most penalties. Opponent must stand 5 yards from ball.                                       |
| Jab tackle  | Standing on the left of an opponent/ stick in left hand on reverse/jabbing notion to block ball away.      |
| Lock tackle | Knees bent / back straight/ stick flat to the floor/ left fist on the ground/stick slightly tilted forward |
| Obstruction | Offence of shielding the ball from an opponent with one's body or stick                                    |
| Penalties   | When a player does not follow the rules.   |
| Receive     | When a teammate passes to you.   |
| Side in     | Free hit awarded after opponent hits the ball out (can be called hit in or push in)                        |
| Shield      | To protect or cover  |
| Possession  | Ownership or controlling something.  |

#### Sequence of Learning:

##### Objectives (key knowledge):

|   |   |  |   |  |   |
|---|---|--|---|--|---|
| To learn to control a ball when dribbling and receiving.<br><br>control | To learn to use a hockey stick to shield the ball.<br><br>obstruction | To learn to keep possession of the ball while changing direction and speed.<br><br>Dribble/ pass/ receive. | To learn to clear the ball by hitting away.<br><br>clearing | To know some key rules of the game.<br>To learn to play a simple game using basic rules. | To understand basic game rules and team skills to play competitive games. |
|---|---|--|---|--|---|

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| Fundamental links   |  |  |  |   |   |
|---|--|--|--|---|---|
| <p>Fundamentals<br/>Running movements<br/>Agility/ Balance /<br/>Coordination skills<br/>Agility the ability to rapidly<br/>change direction, accelerate<br/>or decelerate.<br/>Spatial awareness</p> | <p>Fundamentals<br/>Running<br/>Agility/ Balance /<br/>Coordination skills<br/>To balance body<br/>Use body to form a base.<br/>Core control</p> | <p>Fundamentals<br/>Coordination<br/>The ability to control the<br/>movement of the body in<br/>cooperation with the body's<br/>functions.<br/>Hand eye coordination<br/>Spaticall awareness</p> | <p>Fundamentals<br/>Coordination<br/>The ability to control the<br/>movement of the body<br/>in cooperation with the<br/>body's functions.<br/>Hand eye coordination</p> | <p>Agility the ability to rapidly<br/>change direction, accelerate<br/>or decelerate.<br/>Balance to hold a firm stance.<br/>Coordination<br/>The ability to control the<br/>movement of the body in<br/>cooperation with the body's<br/>functions.<br/>Hand eye coordination</p> | <p>Agility the ability to rapidly<br/>change direction, accelerate or<br/>decelerate.<br/>Balance to hold a firm stance.<br/>Coordination<br/>The ability to control the<br/>movement of the body in<br/>cooperation with the body's<br/>functions.<br/>Hand eye coordination</p> |