

# LESSON PLAN: **HOCKEY:** YEAR 3: WEEK 1

**LEARNING OBJECTIVE:** To understand the basic rules of hockey and explore ways of using the stick to move the ball.

## **WARM UP (10 MINS)**

Show pupils how to hold the Hockey stick: Right hand at the bottom, left hand at the top with a high elbow.

Ask pupils to move around a grid at different speeds. When the teacher shouts 10 Jumps they have to lie the stick down and jump over it side to side 10 times. They can also run round it 10 times once called out.

## **MAIN LESSON (20 MINS)**

Each pupil moves around the grid trying to keep the ball as close to them as possible. Keep the ball on the strong side (right hand side of the body). Encourage pupils to keep their head up instead of looking at the ground, bend the knees and not the back to help do this.

The aim is to not bump into other pupils and to keep control of the ball. When the teacher:

- Blows the whistle once: pupils need to turn and go back the way they just came from.
- Blows the whistle twice: pupils stop the ball and have to run and find another person's ball and carry on dribbling.

**Develop:** Show pupils how to pass the ball to a partner, show them a push pass.

## **GAME/COMPETITION (15 MINS)**

King of the Ring: Pupils have to move the ball about in the set area whilst 3 defenders have to try and hit their ball out of the area. If a pupil's ball is knocked out of the area, they are out. Last person in, is the winner.

## **EQUIPMENT**

- Balls
- Cones
- Bibs
- Sticks

## **KEYWORDS**

- Strong side
- Bend the knees
- Head up
- Control

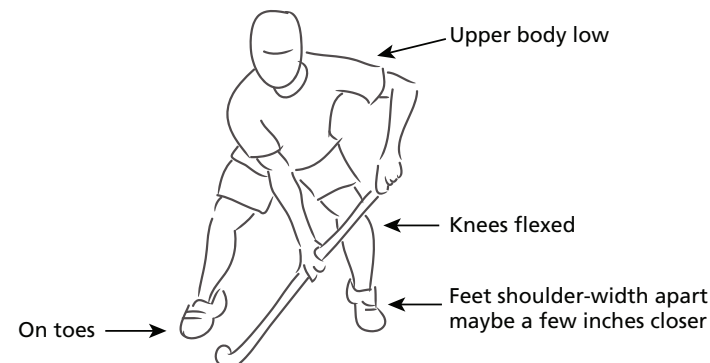
## **DIFFERENTIATION**

### **LESS ABLE**

- Smaller sticks.
- No defenders.

### **MORE ABLE**

- Make Grid smaller.
- Add cones to start encouraging pupils to change direction.
- Add more defenders.



# ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	5	Can they move around an area holding a hockey stick correctly and dribbling the ball to a high ability?
	4	Can they hold a hockey stick and dribble the ball with a certain degree of control?
	3	Can they hold a hockey stick and dribble the ball, but to a low ability?
Tactics, Rules & Teamwork	5	Works in a team and demonstrate the use of tactics and an understanding of the rules.
	4	Can work in a team and understands the rules.
	3	Starts communicating within a team.
Show & Link	5	They can link the skills: Dribbling and moving with the ball to a high ability?
	4	Can they show and link: dribbling with some accuracy?
	3	Show how to hold a hockey stick.
Describe Ways to Improve	5	Are able to describe and improve performance.
	4	Are able to describe performance.
	3	Are able to see differences in performance against a simple model.
Fitness & Health	5	Shows a solid understanding of why physical activity has health benefits.
	4	Has some knowledge of why physical activity has health benefits.
	3	Has little knowledge of why physical activity has health benefits.