

LESSON PLAN: **HOCKEY:** YEAR 4: WEEK 5

LEARNING OBJECTIVE: To be able attack the goal and strike a ball on the move.

WARM UP (10 MINS)

Sharks and fishes: Organise the children into pairs with a ball each. One child is the shark, the other is the fish. The fish follows the shark around and must imitate everything the shark does. The teacher can shout out ideas such as 'swim' backwards, move slowly, and move quickly.

MAIN LESSON (20 MINS)

Split the class into small groups, each group needs 1 goal (create using cones). Line pupils up 10 meters away from the goal behind a cone. Explain the difference between shooting and passing. When shooting the hands move from wide apart to being placed together, the stick goes back and hits the ball as hard as possible.

Taking it in turns, get the pupils to strike the static ball towards the goal then join the back of the line once they have collected the ball and given it to the next person in the line. Then move the line back and pupils dribble up to the cone and strike the ball whilst it's moving. Add cones to dribble in and out of, making the task more complex. Now take the cones away and add a goal keeper or defender.

GAME/COMPETITION (15 MINS)

Mini games: In small groups set up a mini Hockey pitch and allow the teams to play a game. Free hit if there is a stick tackle, deliberate use of the foot and dangerous play. Get pupils to focus on long/short passes, dribbling and shooting on the move.

EQUIPMENT

- Balls
- Bibs
- Cones
- Sticks

KEYWORDS

- Shooting
- Power
- Attacking
- Defending

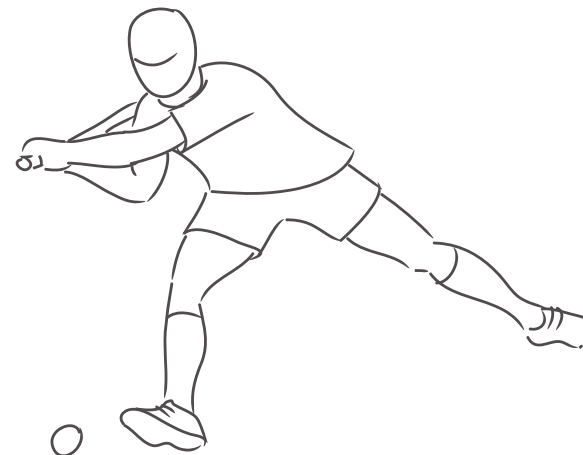
DIFFERENTIATION

LESS ABLE

- More space to attack with.
- Larger goals.

MORE ABLE

- Add a defender and goalkeeper.
- Add an extra attacker.
- Shoot from longer distance and different angles.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	6	Can they perform the shooting skills to a high ability?
	5	Can they perform the shooting skills with a degree of control?
	4	Can they perform the shooting skills to a low ability?
Tactics, Rules & Teamwork	6	Works with their partner & demonstrates knowledge & understanding of the task.
	5	Can work with a partner & understands the directions.
	4	Starts communicating with a partner.
Show & Link	6	Can they link: moving, dribbling and shooting on the move?
	5	Can they show and link: moving and shooting on the move?
	4	Can they show the shooting technique?
Describe Ways to Improve	6	Are able to describe and improve performance.
	5	Are able to describe performance.
	4	Are able to see differences in performance against a simple model.
Fitness & Health	6	Shows a solid understanding of why physical activity has health benefits.
	5	Has some knowledge of why physical activity has health benefits.
	4	Has little knowledge of why physical activity has health benefits.