

LESSON PLAN: **HOCKEY:** YEAR 6: WEEK 1

LEARNING OBJECTIVE: To understand the different grips used in Hockey depending on the shot or action needed.

WARM UP (10 MINS)

Pupils to have a stick each and to move about a small grip pretending they are dribbling a ball. Teacher to call out the following instructions: Hop over the stick 10 times, run round the stick 5 times, 5 jumps length ways of the stick.

MAIN LESSON (20 MINS)

Create a 20X20m area, each pupil moves around the grid trying to keep the ball as close to them as possible. The aim is to avoid other pupils and to keep control of the ball so it doesn't go out of the grid.

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

Explain to pupils when more control and strength is needed they have to grip the stick with hands further apart. For example if they are about to be tackled they need to ensure they have a strong grip and stance.

Develop: Place cones randomly in the area, pupils have to avoid these. Now you can add in a couple of defenders who have to try and knock the balls out.

When performing a slap or hit shot hands need to be closer together. When performing a push pass with more control hands need to be wider apart from each other.

Develop: Add passing into the drill.

GAME/COMPETITION (15 MINS)

Gate game: In the 20x20m area set out 10 sets of gates (2 same coloured cones 2 meters apart). All pupils start on the outside of the area and have 1 minute to enter the middle and go through as many gates as possible. You can use partners to count if needed. Add in some defenders who have to knock the balls out of the area.

EQUIPMENT

- Balls
- Cones
- Bibs
- Sticks

KEYWORDS

- Head up
- Wider grip
- Closer grip

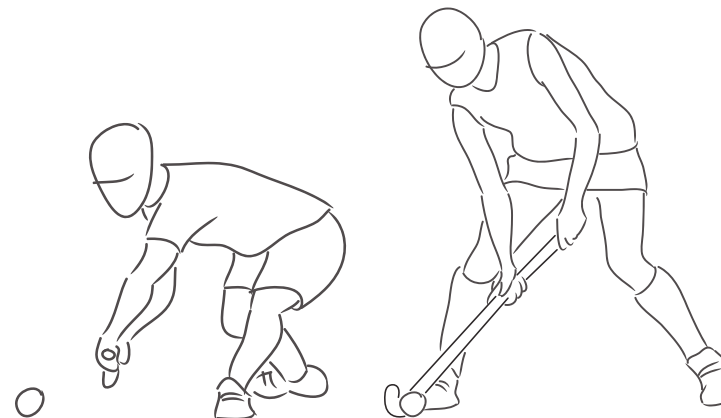
DIFFERENTIATION

LESS ABLE

- Use a larger area.
- No defenders.
- Larger gates.

MORE ABLE

- Make the grid smaller.
- Turn into game of king of the ring, aim of the game is to protect your ball and knock everyone else's out of the grid.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	8	Can they perform the different grips needed successfully?
	7	Can they perform the some of the grips needed?
	6	Can they show an understanding of when to use the different grips?
Tactics, Rules & Teamwork	8	Works with their partner & demonstrates knowledge & understanding of the task.
	7	Can work with a partner & understands the directions.
	6	Starts communicating with a partner.
Show & Link	8	Can they link: the different grips when playing Hockey?
	7	Can they show and link: the different grips needed when shooting?
	6	Can they show some at least one change in grip when playing?
Describe Ways to Improve	8	Are able to describe and improve performance.
	7	Are able to describe performance.
	6	Are able to see differences in performance against a simple model.
Fitness & Health	8	Shows a solid understanding of why physical activity has health benefits.
	7	Has some knowledge of why physical activity has health benefits.
	6	Has little knowledge of why physical activity has health benefits.