

KS2 – HOCKEY

National curriculum aims: KS2 National Curriculum Aims: Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination;
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, **hockey**, netball, rounders and tennis], and apply basic principles suitable for attacking and defending;
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best



Year 3

- To be able to hold a hockey stick correctly and know which side to use
- To learn a push pass
- To be able to pass and stop the ball
- To be able to understand the basic rules of hockey
- To be able to keep the ball in a 1v1 situation

Year 5

- To be able to combine basic hockey skills such as dribbling and push pass
- Change direction using the correct side of the stick
- To be able to confidently select and apply skills in a game situation
- Learn different hockey match positions
- To begin to play effectively in different positions on the pitch including in defence
- To increase power and strength of passes, moving the ball over longer distances

Year 4

- To know how to use different sides of the hockey stick correctly
- To dribble the ball using the correct side of the stick
- To be able to find space when attacking and defending
- Begin to score a goal from a designated spot
- Build on understanding of hockey rules
- To use the correct techniques in a mini game

Year 6

- To choose and implement a range of strategies and tactics to attack and defend
- Use speed, changing of direction and dribbling to advance towards team's goal.
- To combine and perform more complex skills at great speed
- To recognise and describe good individual and team performances
- To suggest, plan and lead a warm up as a small group

- To show all skills learnt in match play