



Physical Education

Hockey Year 4

Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**, with a particular focus on creating simple **attacking tactics** in order to move the ball up the court, creating an attack that results in a shooting opportunity.

Inspire Me

The **Great Britain's Women's Hockey Team** won gold at the 2016 Olympics beating Netherlands on penalties. Goalkeeper, Maddie Hinch was one of the heroines saving four consecutive penalties.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score a goal.

Defender: We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a goal

Dribbling: is a method of moving with the ball using our stick. When we dribble we can only use the flat side of our stick.

Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.



Sport Specific Vocabulary

Tackling: Is method of defending in hockey. It involves a defender using their stick to knock the ball out of the possession of an attacker.

Blocking: A block occurs when an attackers takes a shot and a defender uses their stick to prevent the ball from going towards the goal.

Free Hit: A free hit is awarded when a foul occurs or the ball hits a players foot. The free hit is taken from where the violation took place.

