



in conjunction with



## Skills for Life: Hockey (KS2)

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Progressive child development through FOM, FMS, FMS will ensure every child has the opportunity to reach their full potential contributing to a healthy lifestyle and a solid foundation for participation in any sport (SSS, PSS).

This course activates the neurological functions thus stimulating pathways in the brain improving fine and gross motor skills which in turn improves curriculum learning.

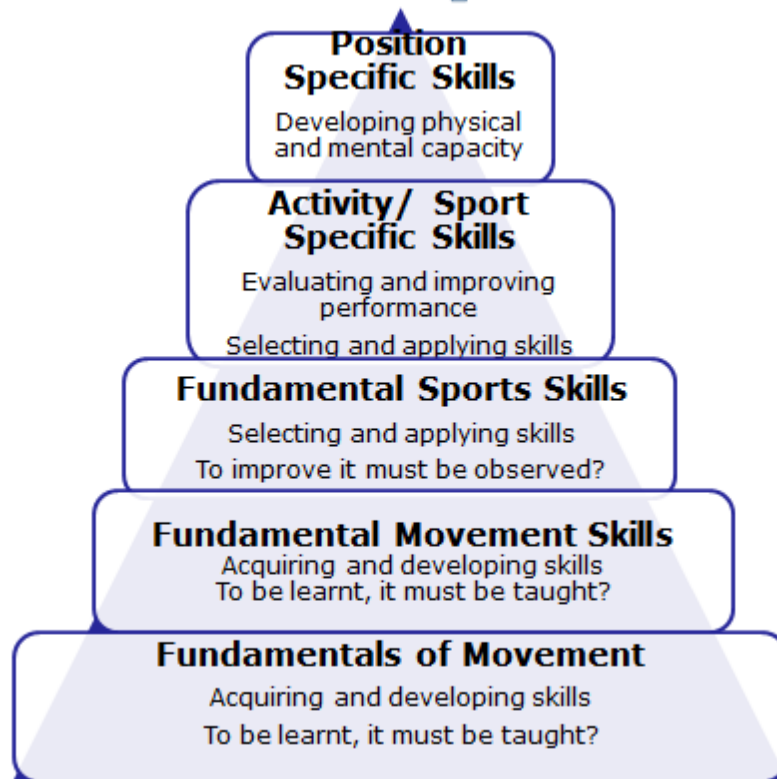
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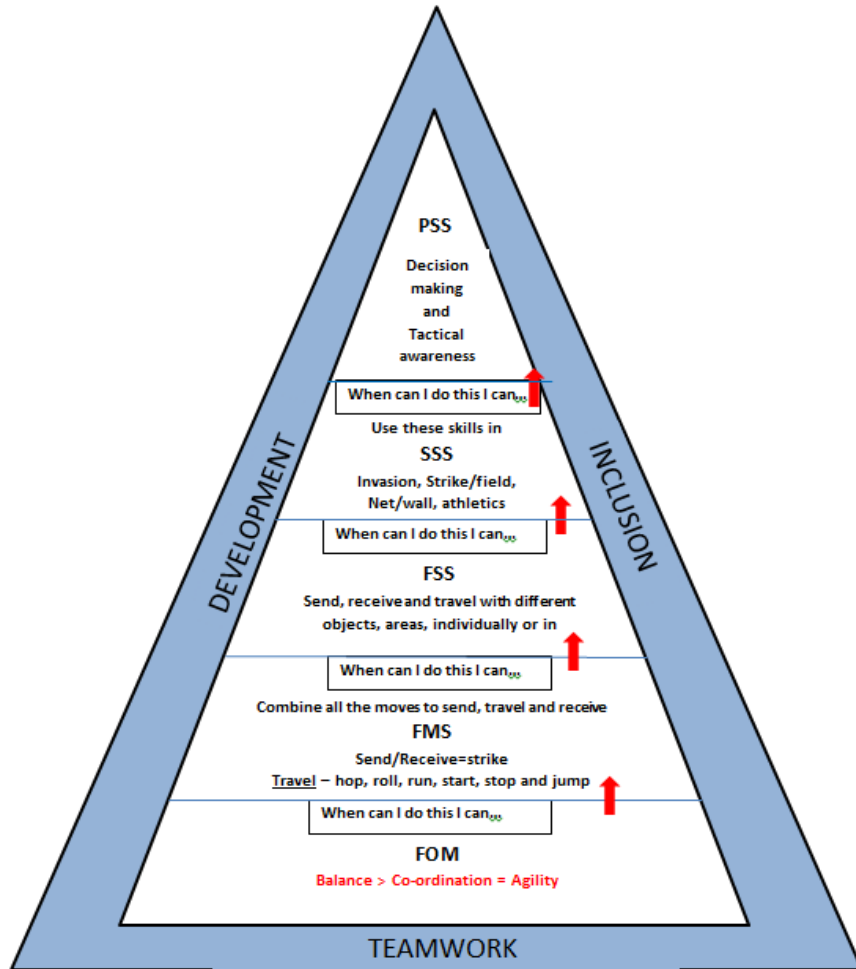
# Multi Skill Approach

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PSS	Upper Key Stage 2 Year 5 -6
SSS	Upper Key Stage 2 Year 5 -6
FSS	Lower Key Stage 2 Year 3 - 4
FMS	Key Stage 1 Year 1 - 2
FOM	Foundation Stage Year Reception

# Multi Skills Matrix



Stage	Recommended Sports	Year Group
PSS	<ul style="list-style-type: none"> <li>Specific Sports</li> <li>Team Sports</li> <li>School Sports Teams</li> </ul>	Upper Key Stage 2 Year 5 - 6
SSS	<ul style="list-style-type: none"> <li>Football</li> <li>Tag Rugby</li> <li>Rounders</li> <li>Athletics</li> <li>Netball</li> <li>Handball</li> </ul>	Upper Key Stage 2 Year 5 - 6
FSS	<ul style="list-style-type: none"> <li>Hockey</li> <li>Basketball</li> <li>Cricket</li> <li>Gymnastics</li> <li>Handball</li> <li>Football</li> </ul>	Lower Key Stage 2 Year 3 - 4
FMS	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Creative Movement</li> <li>Agility &amp; Travel</li> <li>Athletics</li> <li>Tennis</li> <li>Hockey</li> </ul>	Key Stage 1 Year 1 - 2
FOM	<ul style="list-style-type: none"> <li>Gymnastics</li> <li>Dance</li> <li>Creative Movement</li> <li>Games Activities</li> <li>Balance</li> <li>Co-ordination</li> </ul>	Foundation Stage Year Reception

**Creativity**

**Creativity**

1.  
Competence

Stamina

Strength

Skill

Suppleness

Speed

2.  
Confidence

3.  
Character

4.  
Connect

**Creativity**

# Initial Assessment

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## **Pass the Buck**

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Place a ball in a child's left hand
- They must pass the ball to their right hand
- Using their right hand they must pass the ball to the next person's left hand (working anti-clockwise)
- This is repeated until back to the beginning when all the children sit down
- A person must only use the on correct hand to send and receive i.e. they must not take the ball from the person's right hand with their right hand it must go
  - LEFT – RIGHT – LEFT – RIGHT etc.
- Repeat the game but start with the right hand and go clock-wise
- To make more difficult get them to pass the ball around their body before passing it to the next person

## **Circle Hoop**

Children to make a circle holding hands (no more than 7, if possible have 2 or more groups competing against each other):

- Children to hold hands at all times
- Place a hoop between two children's hands (continue to hold hands afterwards)
- Children must pass the hoop around the circle without breaking hands
- Children to send hoop clockwise and anticlockwise
- Make more difficult by adding another hoop

## **Cat Basket Relay**

Children to be in small teams one behind each other:

- One at a time, each child tries to send a coloured bean bag to the corresponding coloured basket
- Work as relay until all the beanbags have been used
- Allocate points for each colour
- To make more difficult space the coloured baskets and different distances

## **Send, Send,Send (Australian pack)**

- Teams to face each other each group has a scrunched up paper ball
- On a signal players send their paper ball over a line in the direction of the opposite team
- After a set period, balls are counted to see who has the least balls

## **Balls Hoops**

Spread the team out evenly between two hoops set at a reasonable distance. Children must be able to send a small tennis ball to each other but not so close as they can pass it, and not too far apart so as to make it too difficult to receive:

- Place a set number of balls in the first hoop with one child
- This child must send one ball at a time from child to child to the last hoop
- Winning team is the team with the most balls in the hoop or gets all of them in before the other teams

## **Relay Games**

- Correct running technique

## **Speed Gate (Australian Pack)**

- Send a ball through a gate (cones) to a wall or to a person in your team

## **Snakes Alive**

- The first ball rolled becomes the head of the snake
- Players deliver one ball at a time, aiming to place each ball behind the previous ball
- The aim is to form the longest snake

## **Target Relay**

- Gates are set up over a course
- Players in relay teams roll (send) the ball through the gates back to next team

## Skills for Life: Hockey - Key Stage 2 (Year 3 & 4) Mid Term Plan

Lesson No.	Learning Objectives	Expected Learning Outcomes
1	<ul style="list-style-type: none"> <li>To be able to keep control over the uni-hockey stick and hockey ball when travelling</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate how to use the uni-hockey stick under control and keep possession of the ball</li> </ul>
2	<ul style="list-style-type: none"> <li>To be able to send &amp; receive a hockey ball with a partner under control</li> </ul>	<ul style="list-style-type: none"> <li>To focus on developing aiming to send the hockey ball towards a target and to receive the ball under control</li> </ul>
3	<ul style="list-style-type: none"> <li>Develop a range of skills that enable them to dribble, send and receive a hockey ball</li> </ul>	<ul style="list-style-type: none"> <li>To combine and improve the quality of their sending and receiving skills of a ball with their ability to link movement</li> </ul>
4	<ul style="list-style-type: none"> <li>Link movement of dribbling a hockey ball with sending and receiving a ball with a team</li> </ul>	<ul style="list-style-type: none"> <li>Keep possession of the hockey ball whilst dribbling</li> <li>Send and receive a ball with control and accuracy to a team member</li> </ul>
5	<ul style="list-style-type: none"> <li>Send, receive and dribble with a hockey ball, whilst keeping control and possession whilst turning</li> </ul>	<ul style="list-style-type: none"> <li>Develop dribbling a hockey ball under control whilst changing direction towards a target</li> </ul>
6	<ul style="list-style-type: none"> <li>Working within a team task, dribbling and turning under control</li> </ul>	<ul style="list-style-type: none"> <li>To practice dribbling and turning skills in unopposed game situation</li> </ul>
7	<ul style="list-style-type: none"> <li>Use a range of speeds (slow – fast) dribbling the hockey ball and be aware of obstacles and other children</li> </ul>	<ul style="list-style-type: none"> <li>To concentrate on control and accuracy when dribbling with a ball and be aware of the opposition</li> </ul>
8	<ul style="list-style-type: none"> <li>Keeping control when dribbling a ball towards a goal to aim and shoot with accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Improve the quality of their dribbling towards a target and link sending and receiving with shooting with accuracy</li> </ul>
9	<ul style="list-style-type: none"> <li>Combine receiving and dribbling a hockey ball under control unopposed and opposed to shoot accurately</li> </ul>	<ul style="list-style-type: none"> <li>Receive a hockey ball under control unopposed and opposed to turn and shoot on target with accuracy</li> </ul>
10	<ul style="list-style-type: none"> <li>Recognise how to use special awareness whilst dribbling a hockey ball under control</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate how to dribble a hockey ball under control into space whilst being opposed</li> </ul>
11	<ul style="list-style-type: none"> <li>To be able to dribble under control whilst maintaining possession of a hockey ball opposed</li> </ul>	<ul style="list-style-type: none"> <li>Ensure learner can dribble a hockey ball whilst keeping possession to send to a target whilst opposed</li> </ul>
12	<ul style="list-style-type: none"> <li>Improve their understanding of creating space to receive a ball</li> <li>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>Recognise how to create space to receive a ball to attack goal</li> </ul>



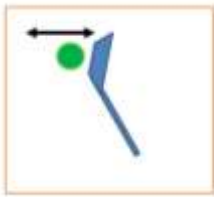
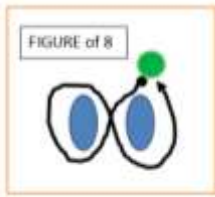
## Skills for Life: Hockey Lesson Plans (Lower Key Stage 2)

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	1
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to keep control over the uni-hockey stick and hockey ball when travelling</li> <li>• Demonstrate how to use the uni-hockey stick under control and keep possession of the ball</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -3</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Each child to have the following:</p> <ul style="list-style-type: none"> <li>One uni-hockey stick</li> <li>One hockey/tennis ball</li> <li>Each child to stand in position 2 and control the ball by moving the ball side to side using both sides of the uni-hockey stick head</li> <li>Each time you move the ball left to right and right to left the child gains one point</li> <li>Progress to manoeuvring the ball around one leg and then the other in a figure of 8 shape</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>Progression</p> <ul style="list-style-type: none"> <li>Child to move the ball side to side moving forwards</li> <li>Remember to look forwards and towards the ball</li> <li>Use peripheral vision</li> </ul> <p>When teacher calls out the buzz words children to react and perform action:</p> <ul style="list-style-type: none"> <li>STOP – children to perform a controlled stop of the ball</li> <li>GO – using peripheral vision dribble around area</li> <li>POSITION 2 – side to side action</li> <li>FIGURE OF 8 – perform a figure of 8 between feet</li> </ul> <p>Teaching pointers</p> <ul style="list-style-type: none"> <li>Remember to use clear demonstrations of what is expected</li> <li>Make one point, let children perform and stop them make the next point</li> <li>At the end bring all children in together for a group demonstration</li> <li>Highlight good practice</li> <li>Ask children to evaluate each other for strengths and areas to improve</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -3</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	2
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send &amp; receive a hockey ball with a partner under control</li> <li>• To focus on developing aiming to send the hockey ball towards a target and to receive the ball under control</li> </ul>

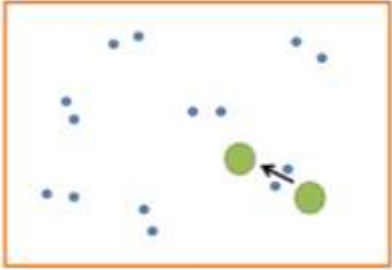
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Children to be placed into pairs</p> <ul style="list-style-type: none"> <li>Children to have a tennis ball between two</li> <li>Stand opposite each other in position 2</li> <li>One child to roll along the floor to the other child – child to bend down and collect the ball</li> <li>After they can achieve this try and aim to hit left or right feet by rolling ball towards partner – one point for every time you hit the left or right foot</li> </ul> <p>Introduce the following</p> <ul style="list-style-type: none"> <li>One uni-hockey stick each</li> <li>One central/tennis ball each</li> <li>Children to stand sideways on, two steps opposite one another</li> <li>Treat the ball like an ‘egg’ if you hit it to hard it will crack and you will lose control</li> <li>You will need to push the ball to send it to your partner</li> <li>One smooth fluent action</li> <li>To receive the child will need to cushion the ball by slowing it down slowly and under control</li> </ul>	<p>Target Game 1</p> <ul style="list-style-type: none"> <li>One person to leave their uni-hockey head still and not move it</li> <li>The other person to send it to their head</li> <li>If they hit the head they gain one point</li> <li>If they miss the head the other person gains the point</li> </ul> <p>Best of 3 games – first one to five points wins a game Target Game 2</p> <ul style="list-style-type: none"> <li>Introduce a cone with a tennis ball on top</li> <li>Partners to be opposite one another with the ball on the cone in the middle</li> <li>The aim is to knock the ball off the cone</li> <li>If you hit the cone you gain one point</li> <li>If you knock the ball off the cone you gain five points</li> <li>Best of 3 games</li> </ul> <p>Teaching points</p> <ul style="list-style-type: none"> <li>Feet position</li> <li>Hand positioning</li> <li>Aiming of hockey stick</li> </ul> 	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	3
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Balance/Coordination	Sending/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Develop a range of skills that enable them to dribble, send and receive a hockey ball</li> <li>• To combine and improve the quality of their sending and receiving skills of a ball with their ability to link movement</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Within a set area, place two cone of the same colour to create a gate to pass through</p> <ul style="list-style-type: none"> <li>• Each child to have a uni-hockey stick and a ball to dribble the ball around</li> <li>• If they pass through a gate the children gain one point</li> <li>• If they hit either cone when passing through a gate they lose one point</li> <li>• Every child starts on ten points</li> <li>• Each child to now to stand in position 2, opposite a cone</li> <li>• Child to move the ball standing in position 4 around the cone</li> <li>• Count how many times this is achieved in one minute</li> <li>• Add or take time away depending on class ability</li> <li>• Challenge individuals who are excelling at this activity</li> </ul> <p>Children to be put in to pairs by the teacher</p> <ul style="list-style-type: none"> <li>• Each child to have one uni-hockey stick each</li> <li>• One ball between two children</li> <li>• Each child to send the ball to one another through the gate, if they receive the ball under control through the gate they gain one point together</li> <li>• If they hit a cone they lose one point</li> <li>• Each pair starts with ten points</li> </ul>	<p>Progression</p> <ul style="list-style-type: none"> <li>• In pairs one child to stay at the gate with the ball</li> <li>• The other partner to travel around the area</li> <li>• When signalled by teacher the partner travelling around area will need to visit all gates in a set time to receive the ball and send back to person then move to next gate</li> <li>• Then swap so other partner can have a go to see how many gate they can visit in same time as partner</li> <li>• Progress to a longer or shorter time period</li> <li>• Children cannot stay at the same gate and receive and send ball back</li> </ul> 	30 minutes
<b>Cool Down</b>	<p>Slow dynamic stretches and movements</p> <p>Slow movements using the positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Travelling around the area implementing position 1 -5</p> <ul style="list-style-type: none"> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	4
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility/Coordination	Sending/Receiving/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Link movement of dribbling a hockey ball with sending and receiving a ball with a team</li> <li>• Keep possession of the hockey ball whilst dribbling</li> <li>• Send and receive a ball with control and accuracy to a team member</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Hockey Supermarket Sweep</p> <ul style="list-style-type: none"> <li>• Split the class in to six teams</li> <li>• Choose team captains who are normally quite shy and quiet</li> <li>• Line up in teams lines (one behind each other)</li> <li>• When in team lines set up a colour cone to dribble to and around and return to team</li> <li>• One person at a time to complete, after all the team have completed this sit down in finish position</li> <li>• Then set up a line of cones to dribble in and out of and around the last cone and return to team (same as previous step)</li> <li>• Add items to collect at the end of the line</li> <li>• Items can consist of the following <ul style="list-style-type: none"> <li>○ Bean bags – balance on head/neck</li> <li>○ Upside down cones – balance on head</li> <li>○ Quoits – balance on head/arm</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Dribble in and out of cones collect one item at a time</li> </ul> <p>If you hit an item on the way back or a cone then you return item collected and return to team for next team member to go</p> <p>Progression</p> <ul style="list-style-type: none"> <li>• Dribble in and out of cone and when child reaches the last cone, they must aim and send ball to hit an item</li> <li>• The first item the child hits they collect to take back</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes




<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	5
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Send, receive and dribble with a hockey ball, whilst keeping control and possession whilst turning</li> <li>• Develop dribbling a hockey ball under control whilst changing direction towards a target</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>• Set up two areas with eight teams</li> <li>• One area with four of the teams wearing different colour bibs</li> <li>• Each team member has a uni-hockey stick</li> <li>• One person at a time to jog safely and quickly to the middle of the square to find another area with hockey/tennis balls in this area</li> <li>• Child to take one ball using their hockey stick and turn around and dribble ball back to their team area and perform a controlled stop</li> <li>• Next child can go and retrieve the next ball</li> <li>• Only one ball at a time &amp; one person at a time</li> </ul> 	<p>Progressions</p> <ul style="list-style-type: none"> <li>• When retrieving the ball <ul style="list-style-type: none"> <li>○ Take ball sideways and drag ball backwards</li> <li>○ Inside hook turn</li> <li>○ Outside hook turn</li> </ul> </li> <li>• Children to return the ball one at a time with a controlled stop in the middle of the area</li> <li>• One ball per team, one person to dribble in stop the ball with control and retrieve the below items</li> <li>• Add bibs and cones to the area in the middle <ul style="list-style-type: none"> <li>○ Bibs worth = one point (bibs to be worn when dribbling back)</li> <li>○ Cones worth = two point (cones balanced on head when dribbling back)</li> </ul> </li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	6
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Working within a team task, dribbling and turning under control</li> <li>• To practice dribbling and turning skills in unopposed game situation</li> </ul>

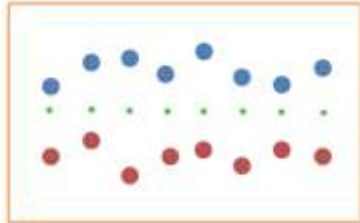
Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>● <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>● <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>● <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>● <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>● <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<ul style="list-style-type: none"> <li>● Travelling around the area implementing position 1 -5</li> <li>● Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>● Set up two areas with eight teams</li> <li>● One area with four of the teams wearing different colour bibs</li> <li>● Each team member has a uni-hockey stick</li> <li>● One person at a time to jog safely and quickly to the middle of the square to find another area with hockey/tennis balls in this area</li> <li>● Child to take one ball using their hockey stick and turn around and dribble ball back to their team area and perform a controlled stop</li> <li>● Next child can go and retrieve the next ball</li> <li>● Only one ball at a time &amp; one person at a time</li> </ul> 	<p>Progressions</p> <ul style="list-style-type: none"> <li>● When retrieving the ball <ul style="list-style-type: none"> <li>○ Take ball sideways and drag ball backwards</li> <li>○ Inside hook turn</li> <li>○ Outside hook turn</li> </ul> </li> <li>● Once all the balls have been taken from the centre, children allowed to take the balls from the other team areas</li> <li>● One person only allowed to leave their team area</li> <li>● Other teams must allow other teams to take only one ball at a time</li> <li>● The team with the most collected balls wins</li> <li>● Repeat 2-3 times</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>● Slow dynamic stretches and movements</li> <li>● Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Travelling around the area implementing position 1 -5 with a uni-hockey stick and a ball</li> <li>● Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	7
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Use a range of speeds (slow – fast) dribbling the hockey ball and be aware of obstacles and other children</li> <li>• To concentrate on control and accuracy when dribbling with a ball and be aware of the opposition</li> </ul>

Lesson Content			Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 - 5 with a uni-hockey stick and a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes	
<b>Activities</b>	<p>Each child to have one uni-hockey stick and a central/tennis ball</p> <ul style="list-style-type: none"> <li>Child to control the ball walking around the area</li> <li>When teacher can see children controlling the ball           <ul style="list-style-type: none"> <li>Increase speed of movement</li> <li>Add obstacles (cones to avoid)</li> <li>Add turns from last lesson</li> </ul> </li> <li>Use both sides of the hockey head</li> <li>Smooth &amp; fluent touches on the ball with the uni-hockey stick</li> <li>Work the ball in different directions           <ul style="list-style-type: none"> <li>Forwards</li> <li>Backwards</li> <li>Sideways</li> </ul> </li> </ul>	<p>Children to be placed into pairs</p> <ul style="list-style-type: none"> <li>Once they are placed into pairs the children will need one uni-hockey stick each and two central/tennis balls between them</li> <li>One ball to be placed on a cone in-between the pair</li> <li>They start one step away from the ball on the cone</li> <li>They will send the ball to try and hit the ball or the cone</li> <li>If they hit the cone they take one step back</li> <li>If they hit the ball off the cone they take two steps back</li> <li>If they miss they take one step forwards</li> <li>Allow a time limit for this activity</li> </ul> <p>Focus on the following</p> <ul style="list-style-type: none"> <li>Feet positioning</li> <li>Correct technique of holding uni-hockey stick</li> <li>Weight of sending the ball</li> </ul>	 <p>The diagram shows two children standing on a rectangular area. Between them are two cones, each with a ball on top. The balls are colored blue and red. The children are positioned on either side of the cones, ready to play.</p>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:           <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 - 5</li> <li>Ways of travelling           <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes	

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	8
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Keeping control when dribbling a ball towards a goal to aim and shoot with accuracy</li> <li>• Improve the quality of their dribbling towards a target and link sending and receiving with shooting with accuracy</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick with a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Set up 3-4 hockey pitches with a netted goal at each end</p> <ul style="list-style-type: none"> <li>Each child to have a uni-hockey stick and a ball each</li> <li>Two lines, one line in one corner at the other line in the opposite corner</li> <li>One person at a time to pass to green bib and jog out</li> <li>Green bib to send ball back to them when they reach a distance near green bib</li> <li>Then dribble ball and shoot towards the goal</li> <li>After turn join the nearest line and do not re-join the line that the child has just come from</li> <li>After everyone has had 2-3 attempts introduce a goal keeper to oppose the shot</li> <li>Progress to green bib as an attacking player</li> <li>Green bib only allowed to send the ball to player not shoot</li> <li>Rotate green bib every few attempts</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes



<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	9
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Combine receiving and dribbling a hockey ball under control unopposed and opposed to shoot accurately</li> <li>• Receive a hockey ball under control unopposed and opposed to turn and shoot on target with accuracy</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick with a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Children to be placed into groups of 5</p> <ul style="list-style-type: none"> <li>Each child to have a uni-hockey stick and a ball</li> <li>One child to wear a green bib and stand in middle of set area</li> <li>Other four children to wear four red bibs and stand in the corners of the set area</li> <li>Set up goals or targets for green bib to strike towards</li> <li>Red bibs are to send the ball when the green bib communicated to receive the ball from that specific child – make sure children are using names of one another to communicate effectively</li> <li>When green bib has received the ball under control they are allowed to attack and shoot in any goal</li> <li>After four attempts swap children around</li> <li>Each child to have 2-3 attempts in the middle at receiving and travelling towards a goal to shoot</li> </ul> <p>Progression</p> <ul style="list-style-type: none"> <li>Introduce a defender so that the green bib will have to receive a ball opposed and under pressure</li> <li>Limit defender to tackle or only intercept</li> <li>Introduce two green bibs and only one defender in the middle with four red bibs serving the ball in</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	10
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Recognise how to use special awareness whilst dribbling a hockey ball under control</li> <li>• Demonstrate how to dribble a hockey ball under control into space whilst being opposed</li> </ul>

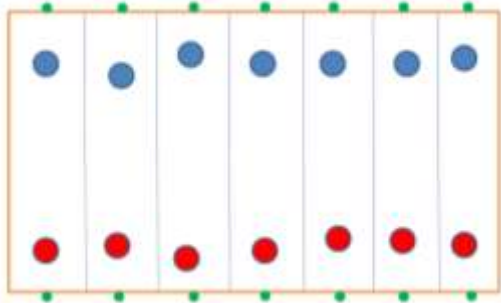
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick with a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>Introduce 8 bib taggers in a class of 30 children</li> <li>Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>The taggers will hold a bib scrunched up in a ball</li> <li>Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger               <ul style="list-style-type: none"> <li>The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>Continue and add or take away more taggers depending on children’s perceptions</li> </ul> <p>Introduce children to move with a uni-hockey stick and a ball playing the above challenge</p> <ul style="list-style-type: none"> <li>Involve taggers to tag either their ball or their hockey stick</li> </ul>	<p>Progression</p> <ul style="list-style-type: none"> <li>All children to have a uni-hockey stick and a ball each</li> <li>Select 6 children to be mud monsters (taggers)</li> <li>Each tagger will need to be wearing a bright coloured bib to be clearly seen by all children</li> <li>All children to be dribbling their ball around under control and be aware of the following:               <ul style="list-style-type: none"> <li>Other children</li> <li>Their ball and others balls</li> <li>Space where there are people and space where there are not people</li> </ul> </li> <li>Introduce one tagger at a time – the tagger must tag the children’s arms and must say ‘stuck’</li> <li>If a child is stuck they must stand in position 2, with their ball on the outside of their foot with their uni-hockey stick holding it in place</li> <li>To become free other children dribbling must send the ball through the stuck child’s legs</li> <li>If a ball goes through the stuck child’s legs then they are free and can continue to dribble around the area</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	11
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to dribble under control whilst maintaining possession of a hockey ball opposed</li> <li>• Ensure learner can dribble a hockey ball whilst keeping possession to send to a target whilst opposed</li> </ul>

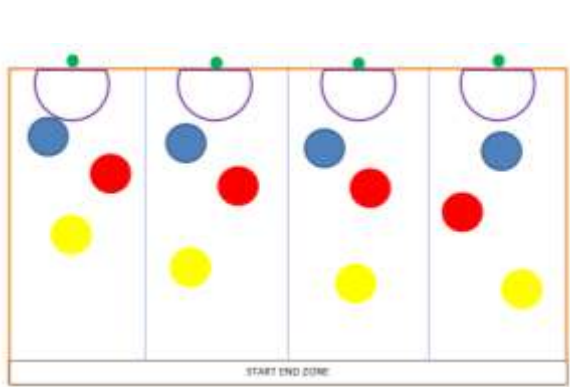
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Set an area up and then divide it in to sections for 1 vs. 1 situations</p> <ul style="list-style-type: none"> <li>Each child has a uni-hockey stick each</li> <li>Put children into pairs and give them an area to work within</li> <li>Each child will need one ball between two</li> <li>One child to start with the ball and try and get passed their other partner and send the ball to knock the ball off the cone at their partners end</li> <li>If their partner tackles and steals the ball they try and send the ball to knock off their partners ball off the cone down their end</li> <li>The objective is to knock off their partners ball at their end to score a goal</li> <li>First to three goals wins a game</li> <li>Their partner needs to stop them best they can without hitting them with the uni-hockey stick</li> <li>Uni-hockey stick to stay below waste height at all times</li> <li>Progress to 2 vs. 2 situations, by taking out one coned line to create a larger area and keep all the balls where they are at each end zone to create more targets to score goals</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	12
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	7-9 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Improve their understanding of creating space to receive a ball</li> <li>• Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> <li>• Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>• Recognise how to create space to receive a ball to attack goal</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Place children into groups of three</p> <ul style="list-style-type: none"> <li>• Have a large soft ball between three children</li> <li>• One child to be person in middle</li> <li>• Other children allowed to move around the area, they must keep ball away from child in middle</li> <li>• The child in middle must get the ball, if they do intercept the ball, they swap with the child who they intercepted it from</li> </ul> <p>Introduce the uni-hockey sticks and bib the teams up with three different colours (one red, one blue and one yellow)</p> <ul style="list-style-type: none"> <li>• Give children a set area shown in diagram</li> <li>• Red &amp; Yellow start with ball in start zone and blue bib will need to defend their ball without going into semi-circle in front of ball</li> <li>• Swap the defensive role around every turn (red will become defender next then yellow after and keep rotating)</li> <li>• Work on defender being aware of the goal (the ball they are defending) and where both attackers are – when &amp; where to pass/shoot/dribble</li> <li>• Can the defender intercept a pass? Can the defender close down an attacker early or do they wait?</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes



## Skills for Life: Hockey - Key Stage 2 (Year 5&6) Mid Term Plan

Lesson No.	Learning Objectives	Expected Learning Outcomes
1	<ul style="list-style-type: none"> <li>Gain an understanding of controlling a hockey ball at different speeds (slow – fast) with confidence</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate dribbling a hockey ball accurately under control at varied speeds (slow – fast)</li> </ul>
2	<ul style="list-style-type: none"> <li>Send, receive and dribble with a hockey ball, whilst keeping control and possession whilst turning</li> </ul>	<ul style="list-style-type: none"> <li>Develop dribbling a hockey ball under control whilst changing direction towards a target</li> </ul>
3	<ul style="list-style-type: none"> <li>To concentrate on control and accuracy when dribbling with a ball and be aware of the opposition</li> </ul>	<ul style="list-style-type: none"> <li>Use a range of speeds (slow – fast) dribbling the hockey ball and be aware of obstacles and other children</li> </ul>
4	<ul style="list-style-type: none"> <li>To be able to send &amp; receive a hockey ball with a partner under control</li> </ul>	<ul style="list-style-type: none"> <li>To focus on developing aiming to send the hockey ball towards a target and to receive the ball under control</li> </ul>
5	<ul style="list-style-type: none"> <li>Perform a controlled dribbling technique whilst being able to create space to send and receive a hockey ball</li> </ul>	<ul style="list-style-type: none"> <li>Recognise a space to dribble into and use control to send and receive a hockey ball</li> </ul>
6	<ul style="list-style-type: none"> <li>Understand the technique to dribble under control with linking sending the hockey ball towards a target</li> </ul>	<ul style="list-style-type: none"> <li>To be able to dribble a hockey ball with control and spacial awareness to send the ball towards a target</li> </ul>
7	<ul style="list-style-type: none"> <li>Link movement of dribbling a hockey ball with sending and receiving a ball with a team</li> </ul>	<ul style="list-style-type: none"> <li>Keep possession of the hockey ball whilst dribbling</li> <li>Send and receive a ball with control and accuracy to a team member</li> </ul>
8	<ul style="list-style-type: none"> <li>To be able to dribble under control whilst maintaining possession of a hockey ball opposed</li> </ul>	<ul style="list-style-type: none"> <li>Ensure learners can dribble a hockey ball whilst keeping possession to send to a target whilst opposed</li> </ul>
9	<ul style="list-style-type: none"> <li>Improve their understanding of creating space to receive a ball</li> <li>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> </ul>	<ul style="list-style-type: none"> <li>Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>Recognise how to create space to receive a ball to attack goal</li> </ul>
10	<ul style="list-style-type: none"> <li>Create space to receive the ball unopposed and opposed with key focus on receiving the ball under control</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate dribbling and sending the ball under control as a team ensuring creating space to receive the hockey ball</li> </ul>
11	<ul style="list-style-type: none"> <li>Show an understanding of moving to screen the opposition from receiving the ball</li> </ul>	<ul style="list-style-type: none"> <li>Recognise the opportunity to intercept a pass and shield the opposition from creating space</li> </ul>
12	<ul style="list-style-type: none"> <li>Understand how to create space away from opposition to receive a hockey ball</li> </ul>	<ul style="list-style-type: none"> <li>Using body movement to create space away from the opposition to receive the ball</li> </ul>

## Skills for Life: Hockey Lesson Plans (Upper Key Stage 2)

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	1
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Gain an understanding of controlling a hockey ball at different speeds (slow – fast) with confidence</li> <li>• Demonstrate dribbling a hockey ball accurately under control at varied speeds (slow – fast)</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -3</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>Every child to have one hockey stick each</li> <li>Children instructed how to hold the uni-hockey stick               <ul style="list-style-type: none"> <li>One hand placed at the top and the other in the middle of the stick</li> <li>Inform children to hold the uni-hockey stick both ways (left hand at top, right hand middle &amp; Right hand at top and left hand middle)</li> </ul> </li> <li>Children to find a space and stand in position 1</li> <li>Children to dribble around area without ball               <ul style="list-style-type: none"> <li>If children dribbling correctly with control</li> <li>Add hockey or tennis balls in one at a time to children</li> </ul> </li> <li>Emphasis on using both sides of the hockey head when controlling ball</li> <li>Using peripheral vision (head looking forward and know where ball is)</li> </ul>	<ul style="list-style-type: none"> <li>Teaching Points for session               <ul style="list-style-type: none"> <li>Slow and steady controlling the ball at walking pace</li> <li>When a blue cone is held up – turn and change direction</li> <li>When a red cone is held up children to perform a controlled stop of the ball</li> <li>Green cone will equal start to dribble again when held up</li> </ul> </li> <li>Position some cones upside down around the area</li> <li>Children to avoid cones, if child hits cone with their ball they lose one point. Every child starts with ten points</li> <li>Introduce 8 children wearing a bright coloured bib and a uni-hockey stick each to become a defender, they will put pressure on children dribbling with a ball for 5 seconds and then move on to another person               <ul style="list-style-type: none"> <li>Bibbed defenders to not touch the ball, just to pressure opponent</li> <li>Swap defending children around</li> </ul> </li> <li>Children need to be aware of space, defender, cones (working on spacial awareness unopposed and opposed)</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -3</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	2
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility & Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Send, receive and dribble with a hockey ball, whilst keeping control and possession whilst turning</li> <li>• Develop dribbling a hockey ball under control whilst changing direction towards a target</li> </ul>


Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<ul style="list-style-type: none"> <li>Set up two areas with eight teams</li> <li>One area with four of the teams wearing different colour bibs</li> <li>Each team member has a uni-hockey stick</li> <li>One person at a time to jog safely and quickly to the middle of the square to find another area with hockey/tennis balls in this area</li> <li>Child to take one ball using their hockey stick and turn around and dribble ball back to their team area and perform a controlled stop</li> <li>Next child can go and retrieve the next ball</li> <li>Only one ball at a time</li> </ul> 	<p>Progressions</p> <ul style="list-style-type: none"> <li>When retrieving the ball               <ul style="list-style-type: none"> <li>Take ball sideways and drag ball backwards</li> <li>Inside hook turn</li> <li>Outside hook turn</li> </ul> </li> <li>Children to return the ball one at a time with a controlled stop in the middle of the area</li> <li>One ball per team, one person to dribble in stop the ball with control and retrieve the below items</li> <li>Add bibs and cones to the area in the middle               <ul style="list-style-type: none"> <li>Bibs worth = one point (bibs to be worn when dribbling back)</li> <li>Cones worth = two point (cones balanced on head when dribbling back)</li> </ul> </li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> </ul> </li> <li>Add the following positions:               <ul style="list-style-type: none"> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	3
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Balance/Coordination	Sending/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To concentrate on control and accuracy when dribbling with a ball and be aware of the opposition</li> <li>• Use a range of speeds (slow – fast) dribbling the hockey ball and be aware of obstacles and other children</li> </ul>

Lesson Content			Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes	
<b>Activities</b>	<p>Each child to have one uni-hockey stick and a central/tennis ball</p> <ul style="list-style-type: none"> <li>Child to control the ball walking around the area</li> <li>When teacher can see children controlling the ball               <ul style="list-style-type: none"> <li>Increase speed of movement</li> <li>Add obstacles (cones to avoid)</li> <li>Add turns from last lesson</li> </ul> </li> <li>Use both sides of the hockey head</li> <li>Smooth &amp; fluent touches on the ball with the uni-hockey stick</li> <li>Work the ball in different directions               <ul style="list-style-type: none"> <li>Forwards</li> <li>Backwards</li> <li>Sideways</li> </ul> </li> </ul>	<p>Split the class in to four groups</p> <ul style="list-style-type: none"> <li>Then each group in half and given a colour bib to wear</li> <li>One half of the team to stand one side of the area in their box and the other team to stand opposite in same colour team box               <ul style="list-style-type: none"> <li>Each child to have one uni-hockey stick each</li> <li>One ball per colour team</li> </ul> </li> <li>One team member will leave the box controlling the ball towards the other team</li> <li>When they pass the central dotted line they have to control in a different direction towards other team               <ul style="list-style-type: none"> <li>For example = dribble forwards up to central line and then dribble backwards to other team</li> </ul> </li> <li>When you have got to other team that is same colour to you, perform a controlled stop of the ball and first person in their team does exactly the same back to their group until all team members are in the opposite box</li> <li>First few goes to practice – add obstacles (cones) to avoid, gain points if you pass them, lose points if you hit them</li> <li>Introduce a relay event towards the end if children showing a good level of control</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes	

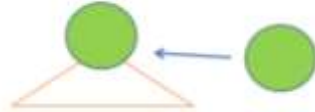
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	4
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Agility/Coordination	Sending/Receiving/Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to send &amp; receive a hockey ball with a partner under control</li> <li>• To focus on developing aiming to send the hockey ball towards a target and to receive the ball under control</li> </ul>



Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children's perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Children to be placed into pairs</p> <ul style="list-style-type: none"> <li>• One uni-hockey stick each</li> <li>• One central/tennis ball each</li> <li>• Children to stand sideways on, two steps opposite one another</li> <li>• Treat the ball like an 'egg' if you hit it to hard it will crack and you will lose control</li> <li>• You will need to push the ball to send it to your partner</li> <li>• One smooth fluent action</li> <li>• To receive the child will need to cushion the ball by slowing it down slowly and under control</li> </ul> <p>Target Game 1</p> <ul style="list-style-type: none"> <li>• One person to leave their uni-hockey head still and not move it</li> <li>• The other person to send it to their head</li> <li>• If they hit the head they gain one point</li> <li>• If they miss the head the other person gains the point</li> <li>• Best of 3 games – first one to five points wins a game</li> </ul>	<p>Target Game 2</p> <ul style="list-style-type: none"> <li>• Introduce a cone with a tennis ball on top</li> <li>• Partners to be opposite one another with the ball on the cone in the middle</li> <li>• The aim is to knock the ball off the cone</li> <li>• If you hit the cone you gain one point</li> <li>• If you knock the ball off the cone you gain five points</li> <li>• Best of 3 games</li> </ul> <p>Teaching points</p> <ul style="list-style-type: none"> <li>• Feet position</li> <li>• Hand positioning</li> <li>• Aiming of hockey stick</li> </ul> 	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	5
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10)Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Perform a controlled dribbling technique whilst being able to create space to send and receive a hockey ball</li> <li>• Recognise a space to dribble into and use control to send and receive a hockey ball</li> </ul>

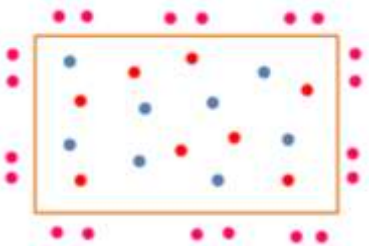
Lesson Content			Timings
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Within a set area, place two cone of the same colour to create a gate to pass through</p> <ul style="list-style-type: none"> <li>• Each child to have a uni-hockey stick and a ball to dribble the ball around</li> <li>• If they pass through a gate the children gain one point</li> <li>• If they hit either cone when passing through a gate they lose one point</li> <li>• Every child starts on ten points</li> </ul> <p>Children to be put in to pairs by the teacher</p> <ul style="list-style-type: none"> <li>• Each child to have one uni-hockey stick each</li> <li>• One ball between two children</li> <li>• Each child to send the ball to one another through the gate, if they pass through the gate they gain one point together</li> <li>• If they hit a cone they lose one point</li> <li>• Each pair starts with ten points</li> </ul>	<p>Progression</p> <ul style="list-style-type: none"> <li>• In pairs one child to stay at the gate with the ball</li> <li>• The other partner to travel around the area</li> <li>• When signalled by teacher the partner travelling around area will need to visit all gates in a set time to receive the ball and send back to person then move to next gate</li> <li>• Then swap so other partner can have a go to see how many gate they can visit in same time as partner</li> <li>• Progress to a longer or shorter time period</li> <li>• Children cannot stay at the same gate and receive and send ball back</li> <li>• Progress again to both partners travelling around the area</li> <li>• One with the ball and one without the ball</li> <li>• The one without the ball will need to find an empty gate and the other to follow and send the ball to their partner through the gate</li> <li>• After partner received they dribble around the area and partner who sent the ball finds an empty gate to receive the ball back again</li> </ul>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	6
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Understand the technique to dribble under control with linking sending the hockey ball towards a target</li> <li>• To be able to dribble a hockey ball with control and spacial awareness to send the ball towards a target</li> </ul>

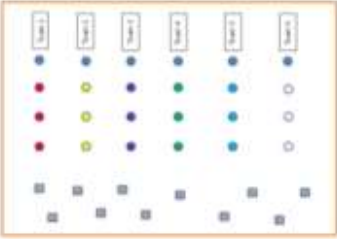
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>In a set area place some blue &amp; red cones at random in around the area</p> <ul style="list-style-type: none"> <li>Children to have a uni-hockey stick and ball each</li> <li>Dribbling around the area</li> <li>Children to avoid red and blue cones</li> <li>If they pass a cone without hitting it then they gain one point</li> <li>If they hit a cone then they start back on zero points</li> </ul> <p>Teacher to call out the different cone colours and children to perform the following:</p> <ul style="list-style-type: none"> <li>CONTROL = stop the ball under control next to a red cone</li> <li>ROUNDABOUT = go around the blue cone like a roundabout once</li> <li>DRIBBLE = dribble past two red cones and two blue cones</li> <li>SHOOT = around the area there are pink cones on the outside of the area, children to aim to send their ball in between pink cones</li> </ul> <p>Inform children if they complete each of the above instructions they gain one point for each task completed</p>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick and a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	7
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Link movement of dribbling a hockey ball with sending and receiving a ball with a team</li> <li>• Keep possession of the hockey ball whilst dribbling</li> <li>• Send and receive a ball with control and accuracy to a team member</li> </ul>

Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick and a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Hockey Supermarket Sweep</p> <ul style="list-style-type: none"> <li>Split the class in to six teams</li> <li>Choose team captains who are normally quite shy and quiet</li> <li>Line up in teams lines (one behind each other)</li> <li>When in team lines set up a line of cones and items to collect at the end of the line</li> <li>Items can consist of the following               <ul style="list-style-type: none"> <li>Bean bags – balance on head/neck</li> <li>Upside down cones – balance on head</li> <li>Quoits – balance on head/arm</li> </ul> </li> <li>Dribble in and out of cones collect one item at a time</li> <li>If you hit an item on the way back or a cone then you return item collected and return to team for next team member to go</li> </ul>	<p>Progression</p> <ul style="list-style-type: none"> <li>Dribble in and out of cone and when child reaches the last cone, they must aim and send ball to hit an item</li> <li>The first item the child hits they collect to take back</li> <li>Add that different items means different points</li> <li>Add that only certain colour items equals certain amount of points</li> <li>Introduce two defenders at the end of the cones to protect the items, if caught by defender you return the item and return to team and send next team member</li> </ul> 	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

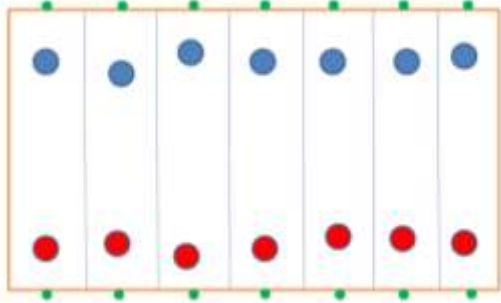
<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	8
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• To be able to dribble under control whilst maintaining possession of a hockey ball opposed</li> <li>• Ensure learners can dribble a hockey ball whilst keeping possession to send to a target whilst opposed</li> </ul>



Lesson Content		Timings	
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick with a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Set an area up and then divide it in to sections for 1 vs. 1 situations</p> <ul style="list-style-type: none"> <li>Each child has a uni-hockey stick each</li> <li>Put children into pairs and give them an area to work within</li> <li>Each child will need one ball between two</li> <li>One child to start with the ball and try and get passed their other partner and send the ball to knock the ball off the cone at their partners end</li> <li>If their partner tackles and steals the ball they try and send the ball to knock off their partners ball off the cone down their end</li> <li>The objective is to knock off their partners ball at their end to score a goal</li> <li>First to three goals wins a game</li> <li>Their partner needs to stop them best they can without hitting them with the uni-hockey stick</li> <li>Uni-hockey stick to stay below waste height at all times</li> <li>Progress to 2 vs. 2 situations, by taking out one coned line to create a larger area and keep all the balls where they are at each end zone to create more targets to score goals</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	9
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Improve their understanding of creating space to receive a ball</li> <li>• Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</li> <li>• Identify when to intercept a pass and when to tackle the opposition to gain possession</li> <li>• Recognise how to create space to receive a ball to attack goal</li> </ul>

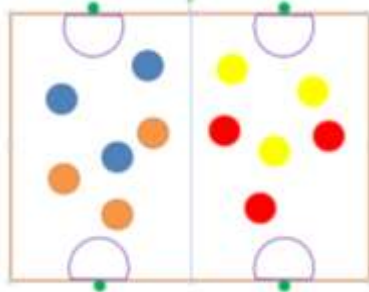
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick with a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Place children into groups of three</p> <ul style="list-style-type: none"> <li>Have a large soft ball between three children</li> <li>One child to be person in middle</li> <li>Other children allowed to move around the area, they must keep ball away from child in middle</li> <li>The child in middle must get the ball, if they do intercept the ball, they swap with the child who they intercepted it from</li> </ul> <p>Introduce the uni-hockey sticks and bib the teams up with three different colours (one red, one blue and one yellow)</p> <ul style="list-style-type: none"> <li>Give children a set area shown in diagram</li> <li>Red &amp; Yellow start with ball in start zone and blue bib will need to defend their ball without going into semi-circle in front of ball</li> <li>Swap the defensive role around every turn (red will become defender next then yellow after and keep rotating)</li> <li>Work on defender being aware of the goal (the ball they are defending) and where both attackers are</li> <li>Can the defender intercept a pass? Can the defender close down an attacker early or do they wait?</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	10
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Create space to receive the ball unopposed and opposed with key focus on receiving the ball under control</li> <li>• Demonstrate dribbling and sending the ball under control as a team ensuring creating space to receive the hockey ball</li> </ul>

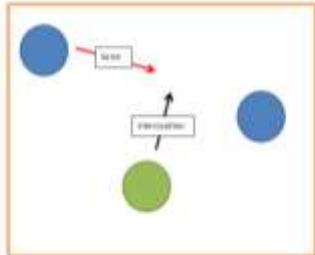
Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5 with a uni-hockey stick with a ball</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to place children into teams of three</p> <ul style="list-style-type: none"> <li>In their teams, send and receiving a large soft sponge ball around the area set out</li> <li>Introduce rolling, bounce pass, chest pass and under/over arm throw</li> <li>Ask one child to be in the middle to try and intercept and predict to receive the ball before other team members</li> <li>Repeat above practice with uni-hockey sticks and hockey balls</li> </ul> <p>3 vs. 3 practice</p> <ul style="list-style-type: none"> <li>Two teams of 3's will play against each other in a game scenario</li> <li>Each team will be allowed to attack the oppositions goal area (the ball on a cone) unopposed and then the other team will do the same</li> <li>After three practice for each team they will play against each other opposed</li> <li>Introduce rules if necessary and stop all games to explain them to the whole of the class as an example</li> </ul>		30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes

<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	11
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Show an understanding of moving to screen the opposition from receiving the ball</li> <li>• Recognise the opportunity to intercept a pass and shield the opposition from creating space</li> </ul>

Lesson Content			Timings
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Children to be explained the three positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5-7 minutes
<b>Activities</b>	<p>Children to be placed into groups of three</p> <ul style="list-style-type: none"> <li>Sending &amp; receiving the ball to each other               <ul style="list-style-type: none"> <li>After they have sent the ball they follow their pass and stand where the person they passed was (keep moving, sending &amp; receiving)</li> </ul> </li> <li>Afterwards they will be given an squared area to practice intercepting the ball               <ul style="list-style-type: none"> <li>All three in a group must stay inside their square</li> <li>Two players wearing same bib colour other player different bib colour</li> <li>In the diagram; two blue bibs keep possession and green bib must try and intercept the ball being passed</li> </ul> </li> <li>Then create a group of four children (two blue bibs and two green bibs)               <ul style="list-style-type: none"> <li>They must keep possession as long as they can</li> <li>If blue bibs have possession, green bibs will need to tackle to gain possession and keep possession as long as they can</li> </ul> </li> </ul>	<p>Progress to having five children in a group; three keeping possession and two children trying to intercept and tackle</p>  <p>Introduce a points system to keep track of any scores or amount of interception or passes</p>	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>Slow dynamic stretches and movements</li> <li>Slow movements using the positions below:               <ul style="list-style-type: none"> <li><b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li><b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li><b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li><b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li><b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Travelling around the area implementing position 1 -5</li> <li>Ways of travelling               <ul style="list-style-type: none"> <li>Walking forwards &amp; backwards</li> <li>Skipping</li> <li>Jogging</li> <li>Side steps</li> <li>Hopping</li> <li>Jumping</li> </ul> </li> </ul>	5 minutes


<b>Date</b>		<b>Venue</b>		<b>Lesson No.</b>	12
<b>Numbers</b>	30	<b>Duration</b>	45 minutes	<b>Age Range</b>	9-11 years

<b>Ability</b>	<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
		Yes	

<b>Lesson Focus</b>	<b>Fundamentals of Movement</b>	<b>Fundamental Movement Skills</b>	<b>Fundamental Sports Skills</b>
	Coordination	Travelling	Creative Movement

<b>Safety Screening Notes</b>	<ul style="list-style-type: none"> <li>• Make sure area is clean and dry</li> <li>• Make sure everyone is wearing suitable clothing</li> </ul>
<b>Others Involved &amp; Roles</b>	<ul style="list-style-type: none"> <li>• Apprentice depending on class ability – differentiate activities according to ability increase level/simplify</li> </ul>
<b>Resources Required</b>	<ul style="list-style-type: none"> <li>• Cones (50 – 5x10 different colours)</li> <li>• Uni-hockey sticks (x30)</li> <li>• Central hockey balls (x30)</li> <li>• Bibs (4 colours x 10) Cones</li> </ul>
<b>Lesson Aims</b>	<ul style="list-style-type: none"> <li>• Understand how to create space away from opposition to receive a hockey ball</li> <li>• Using body movement to create space away from the opposition to receive the ball</li> </ul>



Lesson Content		Timings	
<b>Warm Up</b>	<p>Children to be explained the three positions below:</p> <ul style="list-style-type: none"> <li>• <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>• <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>• <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>• <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>• <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul>	<p>Bib tag – spacial awareness task</p> <ul style="list-style-type: none"> <li>• Introduce 8 bib taggers in a class of 30 children</li> <li>• Each child to find an space in the area where no one else is and stand in position 1 – one child to select a way to travel</li> <li>• The taggers will hold a bib scrunched up in a ball</li> <li>• Teacher to condition tagging area (legs/arms/feet/knees etc) – no tagging to head area</li> <li>• Tagger to send bib towards area selected and if struck there, the child who was struck by bib becomes new tagger <ul style="list-style-type: none"> <li>○ The child that was caught cannot get the person who got them back straight away, they must tag a different child</li> </ul> </li> <li>• Continue and add or take away more taggers depending on children’s perceptions</li> </ul>	5-7 minutes
<b>Activities</b>	<p>Teacher to place children into teams of three</p> <ul style="list-style-type: none"> <li>• In their teams, send and receiving a large soft sponge ball around the area set out</li> <li>• Introduce rolling, bounce pass, chest pass and under/over arm throw</li> <li>• Ask one child to be in the middle to try and intercept and predict to receive the ball before other team members</li> </ul> <p><i>Repeat above practice with uni-hockey sticks and hockey balls</i></p> <ul style="list-style-type: none"> <li>• Place children in three different colour bibs</li> <li>• Green bib to start as a server who sends the ball to the red bib and the blue bib is acting as the defender</li> <li>• The red bib needs to work on creative movement to get away from the blue bib to receive the ball</li> <li>• Red bib will need to work on body movement and communication with green bib of when to send &amp; receive the ball</li> <li>• Rotate roles around after three goes each</li> </ul>	<p>Progression</p> <ul style="list-style-type: none"> <li>• After red bib has worked on creative movement to receive the ball</li> <li>• The red bib can start to think about attacking the purple end zone to score points</li> <li>• If the blue bib intercepts or tackles they need to try and send the ball to the green bib to score points</li> </ul> 	30 minutes
<b>Cool Down</b>	<ul style="list-style-type: none"> <li>• Slow dynamic stretches and movements</li> <li>• Slow movements using the positions below: <ul style="list-style-type: none"> <li>○ <b>Position 1</b> – feet together facing forwards and hands by their side standing straight</li> <li>○ <b>Position 2</b> – feet shoulders width apart hands by their side standing straight</li> <li>○ <b>Position 3</b> – feet shoulders width apart, left foot one step forwards hands by their side</li> <li>○ <b>Position 4</b> – Feet in same position as 3 and knees bent and arms out opposite to legs (If left foot forward, right arm should be forward slightly bent at elbow – in running position)</li> <li>○ <b>Position 5</b> – From position 4 feet to roll forwards on to balls of feet below your toes</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Travelling around the area implementing position 1 -5</li> <li>• Ways of travelling <ul style="list-style-type: none"> <li>○ Walking forwards &amp; backwards</li> <li>○ Skipping</li> <li>○ Jogging</li> <li>○ Side steps</li> <li>○ Hopping</li> <li>○ Jumping</li> </ul> </li> </ul>	5 minutes