

# Knowledge Organiser Hockey Year 3 and Year 4

### About this Unit

Hackey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

The name 'hockey' is thought to come from a French word 'hoquet' which means 'shepherd's stave'. Stick and ball games can be traced back thousands of years to ancient civilisations in Ching, Persia, Egypt and Greece.

In modern times, there are different versions of hockey, these include field hockey, ice hockey, and indoor hockey.

Field hockey first appeared in the Olympics in 1908 in London.

### Invasion Games Key Principles









Can you think of any other invasion games that share these principles?

# Key Vocabulary

accelerate: speed up

control: being able to perform a skill with good technique

cushion: take the power out of an object

decision: select an outcome delay: to slow an object or player gain: get possession of the ball

invasion: a game of two teams who invade each other's space to score goals

opposition: the other team option: possible choices possession: to have

receive: to collect or stop a ball that is sent to you referee: the person who makes sure the rules are followed

tackle: to stop an opposing player with the ball tournament: a competition of more than two teams

### Ladder Knowledge

Year 3: point your stick to your target when sending the ball to help to send it accurately.

Sending & receiving:

Year 4: cushioning the ball will help you to control it when receiving it. Year 3: dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Dribbling:

Year 4: using changes of direction and speed when you dribble will help you to maintain possession.

Year 3: spreading out as a team will help to move the defenders away from each other

Space:

of Year 4: moving into defender you need space will help your team keep possession and score goals. gain possession.

Attacking and defending:

Year 3: as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Attacking and defending:

Year 4: as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in goad space. As a defender mark o player to stop them from being an option. Try to intercept the ball as it is passed

ment

dribble

pass

receive

Intercept

• run

· shoot

This unit will also help you to develop other important skills.

Social communication, collaboration, work safely, respect

Emotional honesty, perseverance, determination

hinking decision making, select and apply, comprehension, identifying

#### Feet

 You cannot kick the ball. Try not to let the ball touch your feet. If feet are intentionally used, a free pass is awarded.

#### ticks:

- The stick cannot be lifted higher than waist height, and you can only use the flat side.
- You cannot intentionally interfere with another person's stick.
- If these rules are broken, a free pass is awarded.

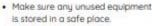
Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three big steps away from the person taking the free pass.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

# Healthy Participation



- Don't lift your stick higher than your waist.
- Ensure you are working in a safe space away from others.

If you enjoy this unit why not see if there is a hockey club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

### Home Learnin

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

## **Hockey Obstacle**



What you need: Markers, stopwatch, a tupperware lid and rolled up socks

#### How to play:

- Create an obstacle course using markers e.g. cushions to go around, chairs to push the ball through the chair legs etc.
- Using the tupperware lid as your stick and the socks as your ball, time yourself to see how long it takes you to complete the obstacle course.
- Can you beat your time?
- Make this harder by only using one side of the tupperware box just like when using a hockey stick.

### www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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