

Physical Education → Hockey KS3/KS4

Key Skills	Physical Attributes	Knowledge	Rules
<p>Dribbling – controlled, speed, Indian Passing – push, slap, hit, flick, reverse stick Tackling – block, jab Marking Stopping the ball - reverse stick stop Shooting Short corner Long corner</p>	<p>Speed Agility Co-ordination Power Cardiovascular fitness Muscular endurance Reaction time Strength</p>	<p>Core skills Advanced skills Key positions – field players and GK Basic rules Basic regulations Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance</p>	<p>Field of play Method of scoring Conduct of player Centre pass Ball outside the field Penalties – free hit, penalty corner, penalty stroke</p>
Teaching Focus		Literacy	
<p>Year 7</p> <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents 		<p>Rules Regulations Tactics Spatial awareness Analysis Dribble Pass Tackle Shoot Penalty</p>	

- Understanding of **basic rules, regulations** and **positioning**
- **Analysis of own performance** against practical criteria

Attack
 Defence
 Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.
 Isolation
 Conditioned
 Outwitting opponents
 Accuracy

Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control** and **fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules, regulations** and **positioning**
- **Analysis of own performance and the performance of others** against practical criteria

Year 9

- Application of **advanced skills** within condition games in order to develop confidence whilst under pressure.
- **Application of advanced skills** within a **competitive situation** in order to outwit opponents
- Understanding of **key tactics** used to outwit an opponent. .
- Application of **key tactics during competitive game play**. .
- **Analysis of own performance and the performance of others** against practical criteria KS4.
- **Adopt a leadership role** in the lesson.

Switching Heart rate Intensity Blood flow Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals. Isolation Conditioned Outwitting opponents Accuracy

KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.

'Whole part whole' approach might be appropriate to develop a deeper knowledge and understanding.

Leadership encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.englishockey.co.uk

[GCSE PE OCR NEA Grading Criteria - Hockey](#)

School Club Links

[Formby Hockey Club](#)

[Southport Hockey Club](#)