

Recap: What do we know about hockey?

Lesson 1/6

**To develop the technique
of dribbling a hockey ball
at a variety of speeds and
can change direction
whilst under control**

Success Criteria

To be able to:

- **Travel at varied speeds with the ball under control**
- **Get used to moving their stick according to where the ball is going**
- **Know that they cannot use the back of their stick when dribbling with the ball**

Recap: To develop the technique of dribbling a hockey ball at a variety of speeds and can change direction whilst under control

Lesson 2/6

To develop the technique of passing a hockey ball whilst stationary and on the move

Success Criteria

To be able to:

- **Know how to pass the ball by sliding the ball towards a teammate – push pass**
- **Use the stick to pass short and long and know where to place their hands on the grip**
- **Know when to dribble and when to look to pass the ball**

Recap: To develop the technique of passing a hockey ball whilst stationary and on the move

Lesson 3/6

To develop the technique of dribbling, passing and controlling the hockey ball, both stationary and on the move

Success Criteria

To be able to:

- **Understand that they need to use the flat side of the hockey stick when controlling the ball**
- **Lower their stick in line with the ball**
- **Control the ball whilst on the move and pass towards a partner without stopping**

Recap: What do we know about tag rugby?

Lesson 4/6

To develop the technique of defending and 'tagging' an opponent in tag rugby

Success Criteria

To be able to:

- **Understand the role of the defending team is trying to stop the opposition**
- **Understand the dangerous attacking player is the one who is carrying the ball**

Recap: To develop the technique of defending and 'tagging' an opponent in tag rugby

Lesson 5/6

To develop the technique of dodging a defender when running toward a target area in tag rugby

Success Criteria

To be able to:

- **Tag other players**
- **Dodge a tagger successfully**
- **Run whilst holding a rugby ball securely**

Recap: To develop the technique of dodging a defender when running toward a target area in tag rugby

Lesson 6/6

To develop the technique of passing the ball accurately whilst on the move in tag rugby

Success Criteria

To be able to:

- **Select how much distance to put into a pass**
- **Pass the ball on the run**
- **Catch the ball whilst running forwards**
- **Understand that they must move the ball forward at the same time as passing it backwards**