

Year 4 - Development of Invasion Games

Hockey & Tag Rugby - Lesson Plan

COMPETING
EDSTART

Lesson Objective

To develop passing and controlling the ball, both stationary and on the move in hockey

Lesson 1/6

Equipment Needed

Hockey sticks (One each), hockey balls, cones, bibs.

Success Criteria

Children can:

- 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

Adapted Learning (Differentiation) (Challenge)

Group children in similar abilities.

Key Questions

What is a push pass?

Warm Up



Dribbling Races:

Children get into groups of three and stand at one end of the netball court in a line. They will each have a stick and one ball per group. They will number themselves 1-3. Set up some cones in front of each group along the length of the court. Number 1s will go first and dribble the ball in and out of the cones until they reach the end of the court. They will then return the ball to their lines as quickly and as controlled as possible. When each member has had a turn, that group must raise their hands and the winners are the first to finish.

Main Activity

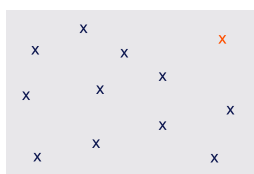
Passing In Pairs:

Children will partner up and then stand a set distance apart from each other. The children will slide the ball to each other using the technique shown.



Battleships (Passing Accuracy):

For battleships the children will work in pairs. They will need five cones for each working group, one to mark out the passing mark, this is where the ball must be placed. The other four create targets (or 'ships'). Each child has four lives, 'child number 1' must announce which colour they are aiming at. If they hit that colour with their pass, they sink the ship! It is then 'child number 2's' turn to try and sink a ship. The child that sinks all four ships first wins!



Champion Of The Ring:

Children dribble around the area trying to keep their ball under control, one catcher is then asked to go into area and try to win the ball. If player losses their ball they them also become the catcher.

Cooldown

Recap and discuss Success Criteria.

Key Technical Points

- Place the ball behind your back foot. This will give you more power
- To pass, sweep your stick forward (from the back to the front) in one fluid motion
- As you move the stick forward, shift your bodyweight from the back foot to your front

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Lesson Objective

To develop an understanding of the basic rules of hockey

Lesson 2/6

Equipment Needed

Hockey sticks (One each), hockey balls, cones, bibs.

Success Criteria

Children can:

- Understand they cannot kick the ball on purpose
- Understand they cannot use the back of their stick
- Understand they cannot lift their stick up to play the ball in the air
- Understand they cannot hit another player's stick with theirs

Adapted Learning (Differentiation) (Challenge)

Group children in similar abilities.

Key Questions

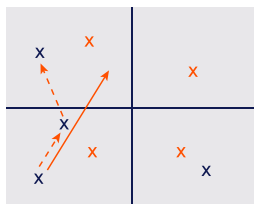
What are the basic rules of hockey?

Warm Up

Dribbling Gates:

Lay out 'gates' using cones around your playing area. Use three colours to so, Red = Large space between cones. Blue = Medium space between cones. Yellow = Small space. Let the children practice dribbling through the gates, ensuring they keep the ball close to them.

Main Activity



Four Squares:

The area is made up of four quarters. Each team consists of four players. The team with the ball has to attempt to pass the ball into every quarter, attacking team may move into any quarter. Defenders have to stay in their quarter. When one player receives a pass, the opposition player in that quarter tries to stop the pass. The opposition stay in the remaining quarters and attempt to intercept the pass. Teams must complete six passes to win.



Conditioned Games:

Play 3v3 no more than 4v4 small matches. Group teams by ability. Set up the target similar to 'Battleships/Open & Fire' on the end line of each pitch. The aim of the game is to hit each. Team wins once all cones are hit.

Cooldown

Recap and discuss Success Criteria.


Key Technical Points

- Ball cannot hit your foot
- Goals must be scored inside the attacking ½ circle

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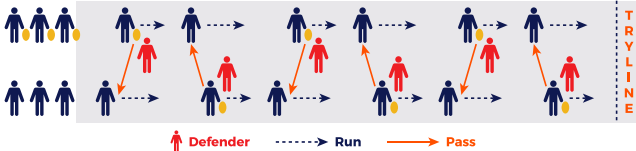
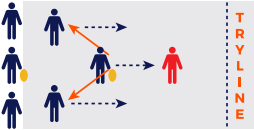
COMPETING
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Lesson Objective	To play a game of hockey	Lesson 3/6
Equipment Needed	Hockey sticks (One each), hockey balls, cones, bibs.	
Success Criteria	Children can: <ul style="list-style-type: none">• Know how to start and restart the games, and where the defending teams needs to be• Identify and use techniques to help the team keep the ball and advance it forward• Pass, dribble and shoot with control	
Adapted Learning (Differentiation) (Challenge)	Group children in similar abilities.	
Key Questions	How do we play small sided matches?	
Warm Up	Four Squares: <p>In the game of 'Four Square' a pitch is made up of quarters. Each team consists of four players (One in each quarter). The team with the ball has to attempt to pass the ball into every quarter in order they wish. When one player receives a pass, the opposition player in that quarter must step out to allow him to attempt to make a pass to a teammate. The opposition stay in the remaining quarters and attempt to intercept the pass.</p>	
Main Activity	 Small Sided Games: <p>Have four small pitches set up – with goals at either end (If you don't have enough goals, use three large cones in which the children have to hit (Similar to Battleships)</p> <ul style="list-style-type: none">• Divide children in to teams of four (Mixed ability/gender teams)• Allow all teams to go away and practice all skills learnt• Play five minute games and rotate the bib teams down to next pitch Rules: <ul style="list-style-type: none">• There are NO Goalkeepers in 4-a-side hockey• A goal is scored when the ball has been struck or deflected off a player's stick (Either an attacker's or a defender's) from within the shooting area• A free-pass is given when an offence occurs. The offences are if:<ul style="list-style-type: none">– The ball goes out of bounds– A player intentionally uses their body to play the ball– A player uses the back of their stick– A player raises their stick in a dangerous manner• For all free passes the ball must be taken from where the offence took place.• Until the free-pass is taken, all players from the opposing team must be three metres away from the ball	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Use the Key Technical Points from the previous two weeks.	

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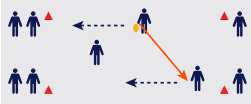
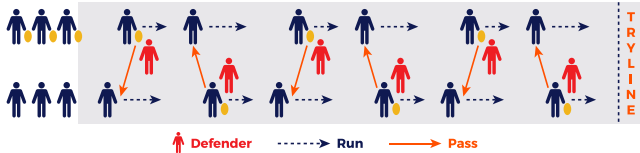
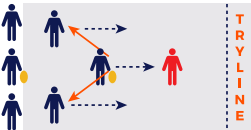
Hockey & Tag Rugby - Lesson Plan

COMPETING
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Lesson Objective	To develop passing the ball accurately whilst on the move in tag rugby	Lesson 4/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • 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 	
Adapted Learning (Differentiation) (Challenge)	Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.	
Warm Up	<p>Run, Throw, Catch, Score, Pick Up:</p> <p>Fundamental ball handling recap: Everyone has a rugby ball. Set up an area that is 30m x 30m. All children move around the area with a rugby ball, using spatial awareness. On commands from the coach/teacher, RUN, THROW (In the air and catch), TRY (Score on floor), PICK UP.</p> <p>Adapted Learning = Throwing higher, Running pick up, Run faster, Pick up different ball.</p>	
Main Activity	<p>Passing In Three's:</p> <p>Children work in groups of four, standing in a line. Start by standing 5m apart and pass the ball to the next player in the line. Continue until the ball reaches the end, repeat going backwards. PROGRESSION: Ball is passed sideways as the group move forward with the ball, making sure the ball carrier is slightly in front of the rest of their teammates.</p> <p>Make It To The Try Line:</p> <p>Set up a 10m x 50m. Using the 2v1 (in pairs), get past the defenders to score across the try line. If they manage to perform this without dropping the ball they get 4 points. If they drop the ball once they will get 3 points. Twice, 2 points and more than 4 times 0 points. Adapted Learning = Shorter area (higher ability), wider area (lower ability), Defender can only move lateral (Lower Ability), Defender can move towards the person with the ball (Higher ability).</p>  <p>3v1:</p> <p>Set up a 20m x 20m Grid. Groups of 7. 3 Attackers have to get past 1 defender by only passing backwards. They run forwards and decide to pass either left or right depending on which is the best option. The defender attempts to stop them scoring. Ensure everyone has a go at the passing (being the middle man) and being the defender. Adapted Learning = Walk first, slow jog, fast pace. Defender can only move lateral.</p> 	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	
Key Technical Points	Step into the pass, no spin, follow through with the fingers, fingers point, keep pass below head height, aim in front.	

Year 4 - Development of Invasion Games

Hockey & Tag Rugby - Lesson Plan

Lesson Objective	To develop attacking as individuals, 2's and 3's	Lesson 5/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Use the spaces on the field to attack and score • Look to see gaps between defenders • Know if there is no gap, they pass to a team-mate 	
Adapted Learning (Differentiation) (Challenge)	Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.	
Warm Up	<p>Stuck In The Mud:</p> <p>Remind pupils of the rule of this game. Explain that one person will be the tagger and will be using a ball to tag you. The tagger must hold the ball with two hands. If they touch you, you must stand still like a scarecrow. You are only freed when another play crawl through your legs.</p>	
Main Activity	<p>2v1:</p> <p>Set up a 10m X 5m square grid, children in groups of 10. Try to get past the defender in the middle by drawing the defender in and passing to the person without the ball. It must be a backwards pass. Ensure players don't spin pass at such a short distance. Keep changing the defender in the middle. Make sure attackers can pass left to right and also right to left (Develop both sides). Adapted Learning = Shorter area (higher ability), wider area (lower ability), Defender can only move lateral (Lower Ability), Defender can move towards the person with the ball (Higher ability).</p> <p>Make It To The Try Line:</p> <p>Set up a 10m x 50m. Using the 2v1 (in pairs), get past the defenders to score across the try line. If they manage to perform this without dropping the ball they get 4 points. If they drop the ball once they will get 3 points. Twice, 2 points and more than 4 times 0 points. Adapted Learning = Shorter area (higher ability), wider area (lower ability), Defender can only move lateral (Lower Ability), Defender can move towards the person with the ball (Higher ability).</p>   <p>3v1:</p> <p>Set up a 20m x 20m Grid. Groups of 7. 3 Attackers have to get past 1 defender by only passing backwards. They run forwards and decide to pass either left or right depending on which is the best option. The defender attempts to stop them scoring. Ensure everyone has a go at the passing (being the middle man) and being the defender. Adapted Learning = Walk first, slow jog, fast pace. Defender can only move lateral.</p> 	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	
Key Technical Points	Draw the defender, turn hips to pass backwards, aim for the target in front of attacker, make the right decision early.	

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Hockey & Tag Rugby - Lesson Plan

COMPETING
EDSTART

Lesson Objective	To play 4-a-side tag rugby games using the techniques and rules of the game	Lesson 6/6
Equipment Needed	Rugby balls, tag belts, cones.	
Success Criteria	Children can: <ul style="list-style-type: none">Follow the rules of the gameIdentify and use tactics to help the team keep the ball and advance it forward	
Adapted Learning (Differentiation) (Challenge)	Different size balls (Smaller/Bigger). Different material balls (Sponge/Hard). Various distances (Closer/Further distances to run to). Similar ability partner. Smaller area/Larger area. Different individual challenges.	
Cross Curricular Links	Geography (Where rugby is played), Maths (Angle of direction change, Distance travelled, Speed), Science (Parts of the body used), English (Key Vocabulary), History (Where and how it started), Healthy Lifestyle.	
Warm Up	2v1:  <p>Set up a 10m X 5m square grid, children in groups of 10. Try to get past the defender in the middle by drawing the defender in and passing to the person without the ball. It must be a backwards pass. Ensure players don't spin pass at such a short distance. Keep changing the defender in the middle. Make sure attackers can pass left to right and also right to left (Develop both sides). Adapted Learning = Shorter area (higher ability), wider area (lower ability), Defender can only move lateral (Lower Ability), Defender can move towards the person with the ball (Higher ability).</p>	
Main Activity	4v4 Game:  <p>Set up a mini pitch 50m x 20m. Introduce the rules. Run forwards and pass backwards to try and score a try (4 points). If you are tagged, stop where you were tagged, tap restart the ball and pass to a team mate. Six attempts to try and score. After six attempts, hand over the ball to the opposition. After each TAG, the defenders have to retreat 5m.</p>	
Cooldown	Collect in equipment. Discuss key learning points and objectives.	
Key Technical Points	6 tackles, Pass Backwards Only, TAG, 5 metre retreat, run forwards, draw the man, 4 points for a TRY.	