

EDSTART KNOW

- I can explain how to evaluate my hockey performance and identify ways to improve my skills and teamwork.
- I can describe how feedback from a coach, partner, or teammate helps me refine my passing, dribbling, or defending.
- I can understand how analysing my performance helps me make better decisions and improve my overall game.

EDSTART GO

- I can evaluate my performance and recognise what I need to do to improve my technique and accuracy.
- I can use feedback from others to adjust my positioning, control, or tactical play during matches.
- I can apply what I've learned in training to perform more effectively in competitive games..

EDSTART SHOW

- I can demonstrate improvement in my control, passing, and decision-making during gameplay.
- I can explain how I've used feedback to enhance my performance and confidence on the pitch.
- I can show teamwork, leadership, and sportsmanship while striving to achieve my personal best.

Key Vocabulary

pass, dribble, tackle,

shoot, defend, space,

control, strategy

Role Models



Sam Quek MBE -
Olympic Gold Medallist,
Team GB



Barry Middleton -
Former England & GB
Captain
(432 International Caps)

What do we know about Hockey?

Field hockey originated in England in the mid-1800s and became one of the earliest organised team sports. It's now played in over 130 countries, with international competitions like the FIH World Cup and the Olympic Games showcasing elite skill. Hockey demands quick decision-making, teamwork, and high aerobic endurance. Players must maintain control and precision while moving at speed. The Federation of International Hockey (FIH) oversees global governance, while England Hockey leads participation and talent pathways domestically. Modern hockey uses advanced stick technology, video analysis, and GPS tracking to enhance performance.

In Year 5 we learnt

- to combine hockey skills such as **dribbling, passing, and striking within an activity, moving between them with control and fluency.**
- **explain how different hockey skills are used during a game and identify which situations require a combination of skills.**
- **assist their peers by providing feedback, helping them complete activities, and recording scores accurately.**