

Recap: What do we know about hockey?

Lesson 1/6

To control the ball **by dribbling and** **using a stick**

EDSTART KNOW

- I can explain how to hold the stick with the correct grip.
- I can describe why keeping my head up helps when dribbling.
- I can understand when and where to dribble into space.

EDSTART GO

- I can dribble with control around cones and obstacles.
- I can keep the ball close to my stick while moving.
- I can change direction and speed while dribbling.

EDSTART SHOW

- I can respect defenders and play fairly in games.
- I can encourage my partner when they practise dribbling.
- I can share success with teammates in races and challenges.

Recap: To control the ball by dribbling and using a stick

Lesson 2/6

To pass the ball **whilst stationary** **and travelling**

EDSTART KNOW

- I can explain how to perform a push pass.
- I can describe where my body and feet should face when passing.
- I can understand when to dribble and when to pass.

EDSTART GO

- I can pass accurately using the push pass technique.
- I can control the ball before passing to a partner.
- I can combine passing with movement in small-sided games.

EDSTART SHOW

- I can respect my partner by giving accurate passes.
- I can encourage teammates when passing in groups.
- I can support others during Battleships and passing challenges.

Recap: To pass the ball whilst stationary and travelling

Lesson 3/6

To shoot the ball **under control**

EDSTART KNOW

- I can explain where to hold the stick for power in shooting.
- I can describe the rule that goals must be scored inside the circle.
- I can understand the technique of pushing the ball on the ground.

EDSTART GO

- I can shoot at targets using push shots.
- I can control the ball before attempting to score.
- I can score points in games like Open & Fire.

EDSTART SHOW

- I can respect opponents when shooting in games.
- I can encourage teammates when they score.
- I can celebrate goals fairly with my team.

Recap: To shoot the ball under control

Lesson 4/6

To understand the basic rules of hockey

EDSTART KNOW

- I can explain the basic rules of hockey.
- I can describe how to use space when attacking.
- I can understand the importance of teamwork.

EDSTART GO

- I can follow rules while dribbling, passing, and tackling.
- I can keep the ball away from defenders in keep-ball.
- I can apply tactics in 3v3 and 4v4 games.

EDSTART SHOW

- I can respect referees and their decisions.
- I can encourage my teammates during games.
- I can play fairly whether I win or lose.

Recap: To understand the basic rules of hockey

Lesson 5/6

To play a game of hockey

EDSTART KNOW

- I can explain how to start and restart a hockey game.
- I can describe how to use tactics to move the ball forward.
- I can understand when to pass, dribble, or shoot.

EDSTART GO

- I can combine dribbling, passing, and shooting in games.
- I can use tactics like moving into space.
- I can play fairly in small-sided matches.

EDSTART SHOW

- I can respect opponents and referees.
- I can encourage my teammates during games.
- I can share success whether I win or lose.

Recap: To understand the basic rules of hockey

Lesson 6/6

To play a game of hockey

EDSTART KNOW

- I can explain the rules of 4v4 hockey.
- I can describe how to officiate and support a game.
- I can understand how to apply all skills I've learnt.

EDSTART GO

- I can dribble, pass, and shoot with control in games.
- I can follow hockey rules in tournament matches.
- I can officiate and help manage games.

EDSTART SHOW

- I can respect opponents and referees.
- I can encourage my teammates in tournament play.
- I can show sportsmanship whatever the result.