

**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**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain how to dribble with the flat side of the stick.</li><li>• I can describe why keeping the ball close helps me stay in control.</li><li>• I can understand how to move my head up to see space and defenders.</li></ul>	<ul style="list-style-type: none"><li>• I can dribble a hockey ball at different speeds.</li><li>• I can change direction while keeping the ball under control.</li><li>• I can use dribbling in games like King or Queen of the Court.</li></ul>	<ul style="list-style-type: none"><li>• I can respect my teammates when sharing equipment.</li><li>• I can encourage others during races and games.</li><li>• I can celebrate effort, not just winning.</li></ul>

**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**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain how to push pass.</li><li>• I can describe how to stand side-on to my target.</li><li>• I can understand when to dribble and when to pass.</li></ul>	<ul style="list-style-type: none"><li>• I can pass accurately to a partner.</li><li>• I can use short and long passes in games.</li><li>• I can play target games in Hockey,</li></ul>	<ul style="list-style-type: none"><li>• I can respect my partner during passing drills.</li><li>• I can encourage teammates during target games.</li><li>• I can play fairly in passing challenges.</li></ul>

**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**

#### **EDSTART KNOW**

- I can explain when to dribble and when to pass.
- I can describe how to use space to keep possession.
- I can understand how to defend fairly.

#### **EDSTART GO**

- I can dribble, pass, and control in small games.
- I can move into space to support my team.
- I can apply tactics in 3v3 or 4v4 games.

#### **EDSTART SHOW**

- I can respect referees and opponents in games.
- I can encourage my team during matches.
- I can play fairly whether I win or lose.

**Recap: What do we know about tag rugby?**

**Lesson 4/6**

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

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain how to pull a tag safely.</li><li>• I can describe how to stay low and face the attacker.</li><li>• I can understand why it is important to watch the attacker's hips.</li></ul>	<ul style="list-style-type: none"><li>• I can defend 1v1 by tagging the attacker.</li><li>• I can stop players running into end zones.</li><li>• I can apply defending in gauntlet and 3v3 end zone games.</li></ul>	<ul style="list-style-type: none"><li>• I can respect attackers by tagging safely.</li><li>• I can encourage teammates in defensive games.</li><li>• I can celebrate good defending as well as tries.</li></ul>

**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**

### **EDSTART KNOW**

- I can explain how to dodge defenders.
- I can describe how changing speed and direction helps.
- I can understand why I must protect the ball when running.

### **EDSTART GO**

- I can attack space while carrying the ball.
- I can dodge defenders with speed and balance.
- I can score tries in small-sided games.

### **EDSTART SHOW**

- I can respect defenders by running safely.
- I can encourage teammates to keep trying.
- I can play fairly whether I score or not.

**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**

<b>EDSTART KNOW</b>	<b>EDSTART GO</b>	<b>EDSTART SHOW</b>
<ul style="list-style-type: none"><li>• I can explain that passes must go backwards.</li><li>• I can describe how to stand side-on when passing.</li><li>• I can understand why teamwork helps the ball move forward.</li></ul>	<ul style="list-style-type: none"><li>• I can pass and catch while moving.</li><li>• I can keep the ball alive in passing lines.</li><li>• I can apply passing in 3v3 end zone games.</li></ul>	<ul style="list-style-type: none"><li>• I can respect my teammates by passing fairly.</li><li>• I can encourage my group in passing challenges.</li><li>• I can celebrate team effort fairly.</li></ul>