

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

EDSTART KNOW

- I can explain how to dribble with the flat side of the stick.
- I can describe why keeping the ball close helps me stay in control.
- I can understand how to move my head up to see space and defenders.

EDSTART GO

- I can dribble a hockey ball at different speeds.
- I can change direction while keeping the ball under control.
- I can use dribbling in games like King or Queen of the Court.

EDSTART SHOW

- I can respect my teammates when sharing equipment.
- I can encourage others during races and games.
- I can celebrate effort, not just winning.

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

EDSTART KNOW

- I can explain how to push pass.
- I can describe how to stand side-on to my target.
- I can understand when to dribble and when to pass.

EDSTART GO

- I can pass accurately to a partner.
- I can use short and long passes in games.
- I can play target games in Hockey,

EDSTART SHOW

- I can respect my partner during passing drills.
- I can encourage teammates during target games.
- I can play fairly in passing challenges.

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

EDSTART KNOW

- I can explain how to pull a tag safely.
- I can describe how to stay low and face the attacker.
- I can understand why it is important to watch the attacker's hips.

EDSTART GO

- I can defend 1v1 by tagging the attacker.
- I can stop players running into end zones.
- I can apply defending in gauntlet and 3v3 end zone games.

EDSTART SHOW

- I can respect attackers by tagging safely.
- I can encourage teammates in defensive games.
- I can celebrate good defending as well as tries.

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

EDSTART KNOW

- I can explain that passes must go backwards.
- I can describe how to stand side-on when passing.
- I can understand why teamwork helps the ball move forward.

EDSTART GO

- I can pass and catch while moving.
- I can keep the ball alive in passing lines.
- I can apply passing in 3v3 end zone games.

EDSTART SHOW

- I can respect my teammates by passing fairly.
- I can encourage my group in passing challenges.
- I can celebrate team effort fairly.