

Recap: What do we know about hockey?

Lesson 1/6

**To introduce the
technique of dribbling
at a variety of speeds
whilst under
control in hockey**

EDSTART KNOW

- I can explain how to dribble using the flat side of the stick.
- I can describe why I must keep the ball close to me.
- I can understand how looking up helps me see space.

EDSTART GO

- I can dribble the ball at different speeds.
- I can change direction while keeping the ball in control.
- I can apply dribbling skills in games.

EDSTART SHOW

- I can respect defenders in games.
- I can encourage others to keep control of the ball.
- I can celebrate everyone's effort, not just winning.

Recap: To introduce the technique of dribbling at a variety of speeds whilst under control in hockey

Lesson 2/6

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

EDSTART KNOW

- I can explain how to push pass with control.
- I can describe how to use the flat side of the stick when receiving.
- I can understand why passing helps my team.

EDSTART GO

- I can pass accurately to a partner.
- I can control the ball when it comes towards me.
- I can apply passing in games.

EDSTART SHOW

- I can respect my partner when practising passing.
- I can encourage teammates in challenges.
- I can celebrate effort fairly.

Recap: To introduce passing and controlling, both stationary and on the move in hockey

Lesson 3/6

To introduce the basic rules of hockey

EDSTART KNOW

- I can explain the main rules of hockey.
- I can describe why I cannot use the back of my stick.
- I can understand how to play fairly.

EDSTART GO

- I can follow the rules when playing small games.
- I can use dribbling and passing skills in matches.
- I can apply tactics in games.

EDSTART SHOW

- I can respect referees and teammates.
- I can encourage my group in matches.
- I can celebrate fairness and teamwork.

Recap: What do we know about tag rugby?

Lesson 4/6

To introduce the technique of passing the ball accurately whilst on the move in tag rugby

EDSTART KNOW

- I can explain why passes must go backwards.
- I can describe how to stand when passing.
- I can understand how to catch while moving forward.

EDSTART GO

- I can pass and catch while moving.
- I can keep the ball moving down the line.
- I can apply passing in small sided games.

EDSTART SHOW

- I can respect defenders when passing.
- I can encourage teammates during practice.
- I can celebrate my team's effort.

Recap: To introduce the technique of passing of the ball accurately whilst on the move in tag rugby

Lesson 5/6

To introduce attacking as individuals, 2's and 3's

EDSTART KNOW

- I can explain how to find space to attack.
- I can describe how to dodge defenders.
- I can understand when to pass to a teammate.

EDSTART GO

- I can attack space in 1v1 games.
- I can combine with a partner to beat defenders.
- I can apply attacking in 2v1 or 3v2 games.

EDSTART SHOW

- I can respect defenders by running safely.
- I can encourage my partner in attacking games.
- I can celebrate effort fairly in matches.

Recap: To introduce attacking as individuals, 2's and 3's

Lesson 6/6

To introduce 4-a-side tag rugby games using the techniques and rules of the game

EDSTART KNOW

- I can explain the basic rules of Tag Rugby.
- I can describe the difference between attack and defence.
- I can understand how to use tactics to move the ball forward.

EDSTART GO

- I can play 4v4 Tag Rugby with my team.
- I can apply passing, attacking, and defending in matches.
- I can follow rules during games.

EDSTART SHOW

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