

Recap: What do we know about hockey?

Lesson 1/6

To introduce holding the hockey stick correctly and move around with and without the ball

EDSTART KNOW

- I can explain how to hold a hockey stick correctly.
- I can describe how to move with and without the ball.
- I can understand how to adjust my grip depending on ball position.

EDSTART GO

- I can move while holding the stick correctly.
- I can dribble the ball under control.
- I can use dribbling in small games.

EDSTART SHOW

- I can respect equipment and teammates.
- I can encourage others in skill activities.
- I can celebrate effort fairly.

Recap: To introduce holding the hockey stick correctly and move around with and without the ball

Lesson 2/6

To introduce dribbling the ball at a variety of speeds and can change direction whilst under control in hockey

EDSTART KNOW

- I can explain how to dribble at different speeds.
- I can describe how to turn with the stick.
- I can understand why I cannot use the back of my stick.

EDSTART GO

- I can dribble using different speeds.
- I can change direction while keeping control.
- I can apply skills in small games

EDSTART SHOW

- I can respect others while sharing equipment.
- I can encourage my team in dribbling games.
- I can celebrate fairness in activities.

Recap: To introduce dribbling the ball at a variety of speeds and can change direction whilst under control in hockey

Lesson 3/6

To introduce passing the ball whilst stationary in hockey

EDSTART KNOW

- I can explain how to use a push pass.
- I can describe how to step into the pass.
- I can understand when to dribble and when to pass.

EDSTART GO

- I can pass the ball using a push pass.
- I can pass over short and long distances.
- I can use passing in small games

EDSTART SHOW

- I can respect my partner in passing drills.
- I can encourage others to pass accurately.
- I can celebrate success as a group.

Recap: What do we know about tag rugby?

Lesson 4/6

To introduce dodging a defender when running toward a target area in tag rugby

EDSTART KNOW

- I can explain how to dodge a defender.
- I can describe why changing speed and direction helps me escape.
- I can understand how to run while holding a rugby ball.

EDSTART GO

- I can dodge defenders using speed and agility.
- I can protect the ball while running.
- I can apply dodging in small games

EDSTART SHOW

- I can respect defenders by playing safely.
- I can encourage my teammates in matches.
- I can celebrate improvements fairly

Recap: To introduce dodging a defender when running toward a target area in tag rugby

Lesson 5/6

To introduce defending and 'tagging' an opponent

EDSTART KNOW

- I can explain the role of the defender.
- I can describe how to keep my eyes on the attacker's hips.
- I can understand why staying low helps me tag.

EDSTART GO

- I can defend and tag attackers fairly.
- I can identify the dangerous attacker.
- I can use tagging in 1v1 small games.

EDSTART SHOW

- I can respect opponents while defending.
- I can encourage my team in challenges.
- I can celebrate effort in defence.

Recap: To introduce defending and 'tagging' an opponent

Lesson 6/6

To introduce passing the ball accurately and with speed

EDSTART KNOW

- I can explain how to pass the ball sideways or backwards.
- I can describe how to hold the ball with two hands.
- I can understand how to move my feet before passing.

EDSTART GO

- I can pass the ball using correct technique.
- I can move into position to catch.
- I can apply passing in small games

EDSTART SHOW

- I can respect teammates when sharing the ball.
- I can encourage my group to pass accurately.
- I can celebrate fairness in games.