**Year 4 Hockey Lesson 1 Objectives**

**Ball familiarization**
- To be able to perform the fundamental hockey skills.
- To be able to perform a basic push pass
- To develop their understanding and knowledge of the basic rules in hockey.

### Introduction/ warm up (Connection and Activation) | With timings | Differentiation (Extension/Support)
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**Hi Baby**
In appropriate area for all to move without constantly bumping into others (eyes up!).

**Walk** in area to as many different cones as you can.

**Jog** in the area without bumping into anyone else.

Jog + hello as you go past someone

Choice of walk + high 5 instead of hello (eye contact before high 5)

Move side ways

5-10 min

Choice of commands for stop signal:
- Call stop/ blow whistle
- Show a sign (hand up to stop, hand down to start)
- Stand in athletic stance (feet shoulder width apart, on balls of feet, hands up in front of chest)

### Main (Development/ Application) | With timings | Differentiation (Extension/Support)
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**Introduction**
Children will be introduced to some basic rules of hockey.

- *How high the stick can go?*
- Ball cannot touch your feet

Children will be shown the hockey stick and how to correctly hold it.

- Left hand at the top of the stick and right hand in the middle
- Bend at the knees and not at the waist
- Left foot in front of right foot.

**Development:** Stopping the ball – In pairs first allow children to roll the ball to a partner, let them explore how they could stop the ball.

Demonstrate correct technique (Bend knees, keep the stick low to the floor & explain you want the ball to stop in the middle of the flat side of the stick, keep eyes on the ball). Children to then push & stop the ball. Try different distances & speeds

**Application:**
In 2’s/3’s on person tries to dribble the ball while the other partner/s tries to knock it away.

All have a ball, and must dribble in the area, keeping their ball safe. Children are allowed to try and knock another students ball out of the area. If knocked out children have to go to the outside of the area. They are allowed to move around

Higher ability children can try the following:
- Try changing direction
- Try not to look at the ball/stick.

To challenge the higher children allow them to push pass the ball to their partner, who stops using the correct technique then returns the ball. Support - start on knees when trying to stop the ball (Getting low).

**Why do we want to stop using the flat side? How can we stay low?**

Set up separate areas for different abilities (small area for competent, large for less able)

If knocked out the children can practice their hockey skills.

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the outside the area and can try to knock a student’s ball away if they come too close.

**Cool Down:** Long, slow steps around the area, also gently swinging arms in a large circle (forwards then side ways... each way)

**Plenary:** *How do you hold the hockey stick? Name a rule you learnt today.*