

SESSION PLAN

School

Yr 5

Subject: **Invasion Games (Hockey)**

Term

Aims of the Activity/Overview	Activity	Resources (Equipment)	Assessment Opportunities
<p>• Children develop the range and consistency of their passing and receiving skills</p> <p>• Children become more accurate with passing and receiving skills.</p> <p>CHILDREN ARE WORKING AT P.E LEVEL (3) 1.2 NATIONAL CURRICULUM STANDARD</p> <p>Health & Safety Implications</p> <ul style="list-style-type: none"> • Are the children wearing footwear and clothing that are safe and help their learning? • Is there enough space to play the games, so that the chance of collisions is reduced? • Is the equipment the right size and weight for the children? • Have all the children warmed up and cooled down properly? • Do they know the rules and what they are supposed to do? 	<p>WARM UP</p> <p>Explain to the children that they will be working on Uni Hockey this term. Explain to the children that Uni Hockey is an invasion games because they are defending and attacking and are going from one area to another.</p> <p>Numbers Run</p> <p>Ask the children to find their own space within the area of space you will be using. Explain to the children that there will be 5 simple instructions that they must follow.</p> <ol style="list-style-type: none"> 1. One hand on the floor 2. Two hands on the floor 3. Three star jumps 4. Four Squat Thrusts 5. Lay down flat on their front and then get straight back up <p>Start the exercise off with the children walking around progress the warm up by building up the intensity to the children jogging. Add other instructions such as going side- ways, move backs, jump around etc.</p> <p>Duration: 15 mins</p> <p>MAIN ACTIVITY (OVERVIEW)</p> <p>Explain to the children that they will be learning uni hockey this lesson. Remind the children how to hold the uni – hoc stick ask the children why they call it a Uni Hoc stick (because it has two flat sides and they use it in university hockey) Then explain the procedures of hockey.</p> <ul style="list-style-type: none"> • Two hands on the stick at all times • The hand they write with should be in the middle and the other hand at the top. • Hold the stick to the side of their body that they write with e.g. right hander's hold the stick on right hand side of body. (See hockey section of coaching tips manual) • Knees should be bent and their back needs to be lent slight forward. <p>Passing</p> <p>Organise the children into pairs and make sure each pair has a hockey stick each and a ball one between two. Ask the children to number themselves one and two and ask them to form two lines, with the number ones facing the twos, approximately 10 meters apart standing on a allocated cone.</p> <p>Explain to the children that they are going to pass to each other using the push pass technique. They are aiming to pass in a straight line to their partner. Who will control the ball with the flat bottom part of their hockey stick and then pass the ball back in the same way.</p>	<ul style="list-style-type: none"> • Cones • Hockey Sticks • Blbs • Tennis balls <p>Space available</p>	<ul style="list-style-type: none"> • Children learning passing and receiving techniques, showing consistency and control when passing and receiving. • Children combine and perform skills with control, adapting them to meet the needs of the task. <p>Contingency Plan /Wet Weather if applicable</p>

Technique for passing

Push Pass

- Explain to the children to place the ball to the side of their body they write with. Their hockey stick also needs to be to the side of the body that they write with. Tell the hockey stick does not need to be pulled back any further than their waist. When they strike the ball they need to follow through to generate the power making sure, they strike the middle of the ball with the middle of the flat face of the hockey stick.
- To receive the ball, they must get their body in line with the ball and then position the stick taking it back slightly to absorb the power of the pass and guide the ball to a stop.

After you have demonstrated get the children to pass the ball to each other.

Trapping

When receiving a pass from a team mate in hockey, you need to stop the ball in a controlled way. This is called trapping

- Get your stick down early, keeping it low to the ground with a nice firm but relaxed grip. Bend from the knees, not just the waist.
- Your hands should be approximately 30cms apart.
- The left hand should be near the top of the stick and the right hand further down if you are right hand and the opposite way round if you are left handed.
- Bend your knees and absorb the ball against your stick out in front of the right foot - ie it should feel as though you are allowing your stick to "give" a little on contact.
- Keeping your hands relaxed at the point of contact will help.
- This is sometimes called "soft" hands. Just imagine you're clutching an egg in your fist but don't want to break the shell.
- Your body should be in line with the ball as it approaches you.
- Think of your stick as an extension of your thigh. This will allow a wider surface area for the stick to receive the ball.
- You may need to angle your stick down to help control the ball.
- If the ball is bouncing, hold the stick in a more upright position.

Key Point / Key Words

- Pick one or two pairs to demonstrate good passing and receiving skills for the other children to see.
- Remind the children when passing and receiving they need to focus on quality and accurate performance.
- Make sure the children do not hit the ball too hard and that the hockey sticks stays below waist height.
- Check and make sure all the children are holding the uni hoc sticks the correct way.

	<p>Progression</p> <p>Passing Competition</p> <p>Give each pair two cones and ask them to place both in the middle of their playing area. Explain to the children that they are making a small gate to pass through and are working on their accuracy and control. The gate should be no more than 1 metre wide.</p> <p>Children need to stand on their lines opposite each other and push their pass accurately through their gate. After 5 - 8 minutes challenge the children to see who can pass the ball accurately 10 times without losing control and once they have they should sit down crossed legged with one arm in the air.</p> <p>The pairs who have performed the skill well progress them on further by making the gates smaller. Explain to the children that they need to move their body in line with the ball and take care when passing using good accuracy.</p> <p>Duration: 35mins</p> <p>SUMMARY (OR Points for next week)</p> <ul style="list-style-type: none"> • Ask the children what part of the hockey stick they have been using to pass the ball with. • Choice one of the children to be your partner and ask the rest of the class where your body should be facing when you're looking to pass the ball to your partner. • Ask the children what type of game is Hockey (INVASION GAME) and why is it an invasion game. Add more questions or demonstrations if you think necessary. • Ask the children when passing what are the three steps they must put in place to ensure that the pass is successfully. <p>Duration: 5mins</p> <p>Cool Down</p> <p>Groups</p> <p>Ask the children to jog around the space you are working in, in all directions. When you call out a number, the children must get into groups of that number, and start jogging around the space again in random directions. Do this four or five times, finishing by calling out two.</p> <p>Duration: 5 mins</p>		
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Aims of the Activity/Overview	Activity	Resources (Equipment)	Assessment Opportunities
<p>CHILDREN ARE WORKING AT P.E LEVEL (3) 1.3 NATIONAL CURRICULUM STANDARD</p> <p>Health & Safety Implications</p> <ul style="list-style-type: none"> • Are the children wearing footwear and clothing that are safe and help their learning? • Is there enough space to play the games, so that the chance of collisions is reduced? • Is the equipment the right size and weight for the children? • Have all the children warmed up and cooled down properly? • Do they know the rules and what they are supposed to do? 	<p>WARM UP</p> <p>Re – cap on the previous lesson and ask the children how many hands they must hold the hockey stick with at all times. Ask the children what is the name of the pass called in hockey and why is it called that (Push pass because the action is a push rather than a hit.)</p> <p>Numbers Run</p> <p>Ask the children to find their own space within the area of space you will be using. Explain to the children that their will be 5 simple instructions that they must follow.</p> <ol style="list-style-type: none"> 6. One hand on the floor 7. Two hands on the floor 8. Three star jumps 9. Four Squat Thrusts 10. Lay down flat on their front and then get straight back up <p>Start the exercise off with the children walking progress the warm up by building up the intensity to the children jogging. Add other instructions such as going side- ways, move backs, jump around etc.</p> <p>Duration: 15 mins</p> <p>MAIN ACTIVITY (OVERVIEW)</p> <p>Dribbling</p> <p>Give each child a ball and explain that they are going to practice dribbling skills. Explain to the children that they will be working on dribbling into space and movement. Give the children a hockey stick each and a ball. Tell the children they will be working on the tap tap dribble three taps then they stop the ball look up and continue to dribble. Explain to the children that to stop the ball they must lift the stick over the ball to do so. (See Hockey dribbling section of the coaching tips manual).</p> <ul style="list-style-type: none"> • Tell them to dribble around the playing area until they hear you shout 'stop'. They must then stop the ball by lifting their stick over showing control • When the children stop, check that they have stopped the ball with the correct side of the stick. <p>Ask the children to stop and stand still. Set up the playing area with cones dotted out across the playing area. Once you have done that explain to the children that they are going to travel around this area 'tap tap' dribbling the ball, trying to dribble around avoiding as many cones as they can before you ask them to stop.</p>	<ul style="list-style-type: none"> • Cones • Hockey Sticks • Tennis Balls • Bibs <p>Space available</p>	<ul style="list-style-type: none"> • Children learn dribbling and stopping techniques, showing consistency and control • Children can recognize what makes good performances and can describe them. • Children start to recognise and describe good technique in an individual's performance. <p>Contingency Plan/Wet Weather if applicable</p>

Indian Dribbling and Turning

After a few minutes explain to the children that they are going to work on another method of dribbling.

Explain to the children that they will be working on **Indian dribbling** during the lesson and that this type of dribbling is quite different to the tap tap dribble.

Indian Dribble

- The ball is positioned in front of the body and not to the side like the tap- tap dribble.
- The position of the hands is the same as for the push pass and the tap- tap dribble (The hand you write with in the middle and the other hand at the top).
- The ball is passed from side to side using the inside and outside of the flat head of the stick.
- As the ball is moving from side to side your body position stays straight on.
- With every pass from one side to the other, you should take a step.
- This dribble is usefully when in a one and one situation and is an effective way to beat a defender (See Hockey section of coaching tips manual).

Give the children a ball each and tell them to find their own space within the playing area. Remind the children that it is important to keep the ball close when dribbling as this will help them keep control of the ball and enable them to travel around avoiding others.

Duration: 35mins

Key Point / Key Words

- Pick one or two children to demonstrate good dribbling and control.
- Remind the children how important it is to look up after they have stopped the ball.
- Remind the children when dribbling it is important to keep the ball close when dribbling as this will help them keep control of the ball and enable them to travel around avoiding cones and other children.
- Explain to the children when dribbling that they must keep the ball close to the hockey stick and they need to make gently touches to enable control of the ball.

Progression

Dribbling and Passing

Set out pairs of cones, one to two metres apart, around the playing area. Break the group down into pairs and make sure each pair has one ball between two. Explain to the children that with their partner they must travel around the playing area, with one of them dribbling the ball using the tap-tap dribble and Indian dribble. When they reach a pair of cones, they should perform one pass through the cones to their partner, who then dribbles to another pair of cones.

	<p>The pairs should continue to dribble and perform the push pass between them trying to find a different pair of cones each time. Duration : 35mins</p> <p>SUMMARY (OR Points for next week)</p> <ul style="list-style-type: none">• Ask the children when dribbling is it best to take small touches or big touches and why? (More control with small touches)• Ask the children when dribbling around after how many taps they should take before they look up.• Tell the children to improve their dribbling skills they must keep the ball under control.• Ask the children why they turn in hockey and when would they therefore use it ?(When they want to change direction to pass to someone or get away from a defender) <p>Duration : 5mins</p> <p>Cool Down</p> <p>Explain to the children that they must dribble through each of the pairs of cones twice before dribbling to a point designated by you, where they should stand still with their ball stationary and still. Once the children have finished ask them to put their ball away and then line up.</p> <p>Duration: 5 mins</p>		
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Aims of the Activity/Overview	Activity	Resources (Equipment)	Assessment Opportunities
<p>CHILDREN ARE WORKING AT P.E LEVEL (3) 1.3 NATIONAL CURRICULUM STANDARD</p> <p>Health & Safety Implications</p> <ul style="list-style-type: none"> • Are the children wearing footwear and clothing that are safe and help their learning? • Is there enough space to play the games, so that the chance of collisions is reduced? • Is the equipment the right size and weight for the children? • Have all the children warmed up and cooled down properly? • Do they know the rules and what they are supposed to do? 	<p>WARM UP</p> <p>Re – cap on the previous lesson. Tell the children that they will be working on dribbling, passing and turning during the lesson.</p> <p>Consist Relay races</p> <p>Children are put into four different colour:</p> <p>Red Blue Green Red</p> <p>Two children are on one red cone and two children are on the opposite red cone. This is the same for the other 3 colours. One child runs to the opposite side of the colour they are representing and tags the child on the opposite side that child then runs to the opposite side and so on.</p> <p>(Add different ways of moving such as side ways, feet up at the back etc). Add other instructions such as 5 star jumps in the middle etc.</p> <p>Duration: 15 mins</p> <p>MAIN ACTIVITY (OVERVIEW)</p> <p>Indian Dribbling and Turning</p> <p>Re-Cap on the previous lesson, pick two children to demonstrate the Indian dribble.</p> <p>Indian Dribble</p> <ul style="list-style-type: none"> • The ball is positioned in front of the body and not to the side like the tap- tap dribble. • The position of the hands is the same as for the push pass and the tap- tap dribble (The hand you write with in the middle and the other hand at the top). • The ball is passed from side to side using the inside and outside of the flat head of the stick. • As the ball is moving from side to side your body position stays straight on. • With every pass from one side to the other, you should take a step. • This dribble is useful when in a one and one situation and is an effective way to beat a defender (See Hockey section of coaching tips manual). <p>Dribbling And turning</p> <p>Give children a ball each and explain to them that they are going to travel around the same area but when you shout out change direction they must do so. Make sure children are in space and can see you demonstrate.</p>	<p>Space available</p>	<p>Contingency Plan/Wet Weather if applicable</p> <ul style="list-style-type: none"> • Children are able to change directions and speed when dribbling the ball. • Children learn dribbling and stopping techniques, showing consistency and control. • Children are aware when to pass or dribble, so that they keep control and progress towards target.

- Explain to the children when turning they must turn forward. (So they can see where they are going).
- If the child is right handed when they turn they must turn to the left so that they are turning forward.
- Ask the children if they are left handed in which direction should they turn to ensure that they are turning forward?

Split the class up. Organize the children into 8 different teams each coach is allocated 4 teams each. Each team is given a cone and must line up on the line one behind each other. Explain to the children that they have to Indian dribble up to the opposite cone and dribble around the cone the correct way making sure that they turn forwards. E.g. If the child is right handed they must dribble around the cone on the right hand side of it. As the children are dribbling around shout out 'tap tap dribble' encourage children if they make a mistake and show them the difference between going forwards and backwards.

Duration: 35mins

Key Point / Key Words

- Pick one or two children to demonstrate good dribbling and control.
- Remind the children when turning and changing direction they should stop the ball first or have it moving very slowly to start with.
- Explain to the children when dribbling that they must keep the ball close to the hockey stick and they need to make gently touches to enable control of the ball.

Progression

Passing and dribbling

Ask the children to stop and sit down. Explain to the children that within their small groups of four they are going to work on dribbling, turning and passing. Explain to them that they are working on the same skills as before but after they have turned they must push pass the ball back to the next person in their team and walk back making sure they do not collide with the oncoming child dribbling.

SUMMARY (OR Points for next week)

- Ask the children what type of dribbling they have been working on during the lesson. Choose a child to stand up and demonstrate.
- Ask the children why they turn in hockey and when would they therefore use it ?(When they want to change direction to pass to someone or get away from a defender)
- Remind the children that when dribbling they must look up every so often.
- Ask the children why it is important to do a cool down at the end of ever lesson.

Duration: 5mins

Cool Down

Ask the children to jog sensibly and slowly around. Tell the children to 'stop'. Now ask them to start jogging slowly again. On your command of 'freeze', the children should stop and stand still. Ask them to gently shake their arms and legs.

Duration: 5 mins

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<p>CHILDREN ARE WORKING AT P.A.E LEVEL (3) 1.3 NATIONAL CURRICULUM STANDARD</p> <ul style="list-style-type: none"> Children choose different ways of practising skills and tactics 	<p>WARM UP</p> <p>Re – cap on the previous lesson. Ask the children what different types of skills they have learnt so far in football. Ask the children why they warm up and prepare for different activities.</p> <p>Consist Relay races</p> <p>Children are put into four different colour:</p> <p>Red Blue Green Red</p> <p>Two children are on one red cone and two children are on the opposite red cone. This is the same for the other 3 colours. One child runs to the opposite side of the colour they are representing and tags the child on the opposite side that child then runs to the opposite side and so on. (Add different ways of moving such as side- ways, feet up at the back etc). Add other instructions such as 5 star jumps in the middle etc.</p> <p>Duration : 15 mins</p> <p>MAIN ACTIVITY (OVERVIEW)</p> <p>Creating Space</p> <p>Ask children to get into groups of fours. Give each child a cone and ask them, in their groups of four, to make a square that is ten paces by ten paces in size.</p> <ul style="list-style-type: none"> Explain to the children that they are going to pass the ball amongst themselves. Do this for two or three minutes and then ask the children to stop. (The person with the ball should control it with the flat head of the hockey stick either with the shot blocker or long stick control.) Explain that this time when they pass the ball they must follow their pass and stand behind the person who receives the ball. The receiver controls the ball and then passes it to someone else; again following their pass do this for 5 minutes. <p>Key Point / Key Words</p> <ul style="list-style-type: none"> Remind them of the need to keep control of the ball when passing and receiving so that the ball stays inside their square. Explain to the children that they need to pass the ball accurately to each other using the push pass. Remind the children that they must get their body in line with the ball when passing, and be facing the child they are aiming to pass to. Make sure when doing the passing and moving drill that you allow enough space in between the markers for children to be able to move affectively and always to space. 	<ul style="list-style-type: none"> Cones Hockey sticks Tennis Balls Bibs <p>Space available</p>	<ul style="list-style-type: none"> Children understand the importance of creating space and communication with each other. Children use a range of techniques and tactics when trying to keep possession of the ball and when defending. Children choose when to pass, dribble or shoot, so that they keep possession and progress towards a goal. <p>Contingency Plan/Wet Weather if applicable</p>
<p>Health & Safety Implications</p> <ul style="list-style-type: none"> Are the children wearing footwear and clothing that are safe and help their learning? Is there enough space to play the games, so that the chance of collisions is reduced? Is the equipment the right size and weight for the children? Have all the children warmed up and cooled down properly? Do they know the rules and what they are supposed to do? 			

Progression

Slap Hit

Slit the class into two. One teacher should take a group each. Explain to the children that when shooting in hockey this is called the **slap hit**. The slap hit can be used quickly without changing your grip. It's great for shots on goal from close or long range.

- Keep your hands apart in the dribbling or trapping position rather than bring them both to the top of the stick.
- The backswing should be short and flat, with stick parallel to the ground.
- Keep the follow through low and your stick on the ground.
- If you want to lift the ball, angle the head of the stick upwards.

Passing and Moving

Children need to work in partners. Mark out a Zig Zag line of 5 cones over 25 metres. Explain to children that they are working on passing and moving.

- Children start on the line facing their partners 1 metre apart.
- Children have one ball between two and should be lining up in straight lines.
- The children need to label themselves **A** and **B**. Child **A** should start with the ball and passes the ball across to child **B**, as the ball is travelling child **A** should move to the next cone along the course.
- Child **B** then controls the ball and passes the ball to child **A** as the ball is travelling child **B** moves to the next cone within the course.
- The children are constantly moving forward within the zig zag, once they have reached the far end the child who was last to control the ball should shoot at the goal which is marked out on the line at the end of the playing area.
- The goal should be no bigger than one metre in length (so no need for a goalkeeper)
- Explain to the children that once they have shot they should walk back around the outside of the playing area and join the back of the line (They should not walk back through the practice).
- Make sure you tell the children to swap over their positions once they joined the back of their line.

Duration: 35mins

SUMMARY (OR Points for next week)

- Ask the children the three things they must do before they pass (**stop the ball so that it is stationary, look up to see where their team mate is and make sure they are in line with the person they are looking to pass to.**)
- Remind the children that when passing the next thing they should always do is move. Explain to the children that by passing and then moving this encourages good attacking tactics to use in game situations.
- Children who have performed well ask them to demonstrate to the rest of the class and comment on their good points.
- As the children what is the name of the shooting technique in uni-hoc (slap hit)

	<ul style="list-style-type: none">• Ask the children when using the slap hit should the stick stay parallel to the floor, or lift off the floor. <p>Duration: 5mins</p> <p>Cool Down</p> <p>Ask the children to jog sensibly and slowly around. Tell the children to 'stop'. Now ask them to start jogging slowly again. On your command of 'freeze', the children should stop and stand still. Ask them to gently shake their arms and legs.</p> <p>Duration: 5 mins</p>		
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	<p>Space available</p>		<p>Contingency Plan/Wet Weather if applicable</p>

	<p>focus on quality and accurate performance.</p> <ul style="list-style-type: none"> • Make sure children are sitting back with their legs crossed during numbers Hockey to avoid any collisions or accidents. <p>Progression</p> <p>Small Sided Game</p> <p>Explain to the children that they are going to play some small-sided games and organise the children into threes.</p> <p>Remind the children of all the skills that they have been practicing over the last few lessons and ask them to try to use them in these games.</p> <p>Set up a 2 playing pitches 15 by 15 with two goals one metre apart so that there is no need for goalkeepers.</p> <p>Let the children play for six to eight minutes then rotate the teams that are playing against each other.</p> <p>Develop the game by adding certain restrictions such as goals will only count if the scoring team has first made three successful passes, you must be in the opposing teams half before you can shoot etc.</p> <p>Duration : 35mins</p> <p>SUMMARY (OR Points for next week)</p> <ul style="list-style-type: none"> • Ask the children if they want to receive the ball in Uni Hoc where should they be standing best to do so. • Ask the children why it is important to warm up. • Ask the children why was the winning team so successful, get the children to describe others performances. <p>Duration : 5mins</p> <p>Cool Down</p> <p>Groups</p> <p>Ask the children to jog around the space you are working in, in all directions. When you call out a number, the children must get into groups of that number, and start jogging around the space again in random directions. Do this four or five times, finishing by calling out two.</p> <p>Duration : 5 mins</p>		
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