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| ***Class:*** Year 4 (Week 4) |
| ***Lesson: Hockey*** |
| ***Lesson Objective****:*Understanding the game of Hockey including rules, regulations and skill components Including: Shooting/Defending/Teamwork  |
| ***Resources*** Hockey Sticks/Tennis Ball/Cones/Discs |

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| ***Warm Up:***Children will be asked to move around the hall using all the skill components that we have worked on such as Agility, Balance, Co-ordination and reactions. These will include Jumping/Hopping/Skipping.**Coaching Points:**AgilityBalanceCo-ordination Reaction Skills***Safety Points:***AwarenessGood Behaviour Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)**** All children will now be put into pairs each pair will take it in turns to be a Goalkeeper we will then rotate so both pairs get to complete the practice
* The children will now be split and we will have 4x Gk’s in and around the hall. Each child will have to see how many goals they can score.
* We will now add 4x defenders into the practice- The children will now see how many they can score
* The children will now progress this by working on the passing technique including body position/Weight of pass/Movement

**Coaching points:*** Technique
* Movement with the ball
* Hand to stick co-ordination
* Balance
* Shooting

***Safety Points:***AwarenessGood Behaviour Awareness of surroundings  |
| ***Warm Down***:Gentle JoggingUnderstanding the importance of a warm down Question time with Mr Jarvis**Coaching Points:**Breathing TechniquesSlowing the heart rate down***Safety Points***:AwarenessGood behaviour Awareness of surroundings |
| ***Plenary:*** |

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| RED:Break down session such as passing routines |
| AMBER:All children adequate at movement |
| GREEN:Adjust session to suit  |