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| ***Class:*** Year 5 |
| ***Lesson: Hockey*** |
| ***Lesson Objective****:*  Understanding the game of Hockey including rules, regulations and skill components |
| ***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:**  Agility  Balance  Co-ordination  Reaction Skills  ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***   * All children will be put into groups of 4 * They will have a hockey stick each * Before we get the ball the groups will learn the correct grip for holding a hockey stick and they will begin to move around the hall. Ensuring the safety points have been covered. * Each group will then get a ball (Tennis ball to begin with) then start working on ball manipulation (Where to make good contact of the ball/When to take big strokes and small strokes   **Coaching points:**  ***Safety Points:***  Awareness  Good Behaviour  Awareness of surroundings |
| ***Warm Down***:  Gentle Jogging  Understanding the importance of a warm down  Question time with Mr Jarvis  **Coaching Points:**  Breathing Techniques  Slowing the heart rate down  ***Safety Points***:  Awareness  Good 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 |