

|  |
| --- |
| ***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 |

|  |
| --- |
| ***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 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:***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:*** |

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