





















Hockey













Work Booklet
























Hockey Teaching Points

Using the knowledge that you have gained from lessons and information you can find on the internet complete this teaching skills card to evaluate your own ability. You need to break down the skill into small chunks and different elements you need to check for.

<u>Dribbling</u>					
Step	Can you	Self-Assessment			How can I improve?
1	I can use the correct grip				
2	I keep a straight back, bend at the knees and am able to look up when dribbling				
3	I can dribble with the ball whilst moving slowly and keep it "glued" to the end of my stick.				
4	I can increase my speed by "tapping" the ball in front of me a short distance whilst maintaining control				
5	I can use the Indian dribble in practices.				
6	I can use the Indian dribble in match play.				

<u>Push Pass</u>					
Step	Can you.....	Self-Assessment			How can I improve?
1	I can use the correct grip				
2	I keep a straight back, bend at the knees				
3	I keep the ball in contact with the stick from the start of the pass and follow through on release				
4	There is no audible knocking/slapping noise of the stick on ball				

5	I can apply power to my pass to move the ball over short and moderate distances				
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Dribbling					
Step	Can you	Self-Assessment			How can I improve?
1	I can use the correct grip				
2	I keep a straight back, bend at the knees and am able to look up when dribbling				
3	I can dribble with the ball whilst moving slowly and keep it "glued" to the end of my stick.				
4	I can increase my speed by "tapping" the ball in front of me a short distance whilst maintaining control				
5	I can use the Indian dribble in practices.				
6	I can use the Indian dribble in match play.				

Rules of Hockey

Name 10 different rules for hockey, using information that you have learnt in lesson or information you have found on the internet.

<https://www.playquicksticks.co.uk/how-to-play/rules-of-quicksticks/>

<https://www.englishhockey.co.uk/page.asp?section=1146§ionTitle=Rules+of+Hockey>

	Rule
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Research information about the female hockey England team and about their Rio 2016 Olympics success and write 5 key facts about them.



Research some more information online:-

<https://www.youtube.com/watch?v=mEywEHcrRAU>

<https://www.youtube.com/watch?v=ZaiyfEvHRuA>

<http://www.englishhockey.co.uk/playerint.asp?section=44§ionTitle=Current+International+Players>

<https://www.standard.co.uk/sport/women-s-hockey-world-cup-2018-england-squad-guide-for-london-a3892646.html>

Write five key facts about the Women's hockey team

1.

2.

3.

4.

5.

Self regulation

This term you have had a focus on improving the Montsaye's value of Resilience. You have done this by learning about developing self-regulation. Below is what is expected from a Year 7 student in relation to self-regulation – Take time to reflect and give an example of how you have demonstrated each of these in your Hockey lessons this term.

Example of self regulation	Example you have demonstrate in hockey
is able to maintain educational focus during all activities.	
Demonstration of excellent sportsmanship behaviour	
Is able to take on board constructive criticism	
Is highly competitive but also considerate to others in competition	
Is gracious when winning or in defeat on most occasions	

If you would like to take part in extra-curricular activities within the PE department – please see our timetable of activities below.

Extra Curricular PE - 2022

Wednesday lunchtime – Boys Dance Company

Afterschool clubs 3pm – 4pm.

Monday	Tuesday	Wednesday	Thursday	Friday
All year groups Netball club Mrs Hodges	Y10 – Y13 Basketball club Mr Wing Fortnightly	Y7, Y8 and Y9 Football club Mr Levett and Mr Jordan	Girls football club All years Miss Lauder	Y9 – 13 MDC Mrs George
Y7 and 8 + Sixth form Fitness suite Sports centre staff	Y9 - Y13 Fitness suite Sports centre staff	Y7-9 Basketball Miss Lauder	Y7 – Y11 Coached gym Mr Siddons	Free swim session Pool time: 3pm – 3.35pm Year 7 and 8
Y7 – 11 Musical rehearsals (dance) Mrs George	Y10 – 13 Dance rehearsal Space Dance Studio Mrs George	Y7 – 11 Dance club Dance studio Mrs George	All years Dodgeball Club (Old gym) Mr Garner	Sixth Form Fitness Suite Sports Centre Staff
		Learn to Swim Lessons Please speak to Mr Wing to sign up 2.50 – 3.40 Sports centre Staff	All Years Badminton club Mr Beet	



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Excellence Resilience Aspiration

