





















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

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

|          |   |   |   |   |  |
|----------|---|---|---|---|--|
| <b>5</b> | I can apply power to my pass to move the ball over short and moderate distances |  |  |  |  |
|----------|---|---|---|---|--|

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

## 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 9 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 improve in response to constructive criticism        |  |
| Is highly competitive however does not demonstrate gamesmanship |  |
| Able to support others of differing abilities                   |  |
| Is gracious when winning or in defeat                           |  |
| Is able to manage frustration effectively in competition        |  |

## 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.englishockey.co.uk/page.asp?section=1146&sectionTitle=Rules+of+Hockey>

|           | <b>Rule</b> |
|-----------|-------------|
| <b>1</b>  |             |
| <b>2</b>  |             |
| <b>3</b>  |             |
| <b>4</b>  |             |
| <b>5</b>  |             |
| <b>6</b>  |             |
| <b>7</b>  |             |
| <b>8</b>  |             |
| <b>9</b>  |             |
| <b>10</b> |             |

## Design your own hockey lesson

You need to design a lesson for teaching the rest of the class. Below are the skill which you will have covered this year. Pick any skill that you wish to teach to the rest of your peers. You need to ensure that the session includes everyone in the class and you are aware of all the teaching point you are teaching your peers.

Skills that you may want to teach: **Short/Corners, Stick handling, Ability change grip/stick position to receive/pass/defend that ball, Stopping the ball, Passing. Reverse stick skills, Dribbling to beat opponents, Indian dribble, tackle: block and jab**

Main Activity – You need to describe the activity that you are going to do. Use bullet points and ensure that you include a lot of detail.

Teaching points – Include all of the technique points that you are looking for. For example using the flat side of the hockey stick.

| Session section | Main Activity | Teaching Points |
|-----------------|---------------|-----------------|
| Warm-up         |               |                 |
| Main Activity   |               |                 |

**Cool  
Down**

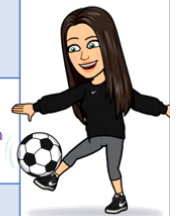
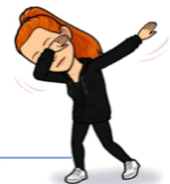
If you would like to take part in extra-curricular activities within the PE department - please see our timetable of activities below.

## Extra Curricular PE - 2022

Wednesday lunchtime – Boys Dance Company

Afterschool clubs 3pm – 4pm.

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



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