

#### What should I already know?

- Move the ball, keeping it under control while changing direction.
- Pass, shoot and receive a ball with increasing accuracy.
- Apply basic attacking and defending principles.
- Explain simple tactics in game situations.
- Recognise what you do well and what you find difficult.

#### Gems of Knowledge



##### Procedural Knowledge -

- Participate in competitive games.
- Work well as a team.
- Perform skills with accuracy, confidence and control, whilst developing technique.
- Show principles of attacking - choosing when to pass or to dribble to keep possession of the ball.
- Show principles of defence - Marking, covering and tracking opponents.

##### Declarative Knowledge -

- Choose different formations to suit the needs of the game.
- Learn how to evaluate and recognise success.
- Understand the importance of being physically fit.

Field hockey is a team sport that is played on grass. It involves two teams of 11 players, including a goalkeeper. Players must use a curved stick to dribble, pass and shoot the ball.



#### Vocabulary

#### FOCUS -

- Hockey - Passing and Shooting.
- Applying skills to games.

<p><b>Possession -</b> Having control of/taking the ball.</p>		<p><b>Evaluate -</b> Consider the strengths and improvement points in your performance.</p>	
<p><b>Marking -</b> Make it difficult for the other team to pass.</p>		<p><b>Covering -</b> Blocking and intercepting passes.</p>	
<p><b>Tracking -</b> Follow the position of your opponent.</p>		<p><b>Accuracy -</b> Performing with control and precision.</p>	