

Lesson 3	Subject: Hockey	Year: 7	Group:	Total No.:	M:	F:
	Lesson: Passing the ball NCPE Location 1.3b; 2.1a; 2.1b; 2.2c; 2.2 a; 2.2b; 2.2c; 2.2d; 2.3a; 2.3b; 2.4a; 2.4b; 2.4c; 2.4d; 3.b; 3.c; 3.d; 4a; 4b; 4c; 4d; 4e; 4f; 4g	Ability:	Period:	SEN:		
		Duration:	w/c			

Objectives: To be able to propel the ball using the push pass.
 To be able to receive the ball under control through adapting to a widening range of familiar and unfamiliar scenarios and situations
 To have an understanding, knowledge, awareness and mental capacity of when to use the push pass in a game and to have the basic knowledge of the rules that affect the push pass.

Activity	Description	Objectives	Teaching Points	Evaluation / Performance	Differentiation and Creativity
Student Warm Up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Observe pupils performances	Ⓛ Ask students how they could make warm up easy / harder / intense
Student Stretches	Students arranged in a circle. Students lead through series of stretches	To understand the importance of stretching at the start of the session. To be able to demonstrate stretches relevant to Hockey	- Hold stretches for 8 seconds. - No bouncing.	Q & A on benefits of stretching and their warm ups	⬆ Get pupils to incorporate stretching with Ball / Stick / Objects being used within the lesson
Passing the ball <i>The Push Pass</i>	- Pairs or small group practices – to emphasize technique & control.	To be able to propel the ball using the push pass. To be able to receive the ball under control through adapting to a widening range of familiar and unfamiliar scenarios and situations	<u>Push pass</u> - Left foot and shoulder point at target - weight balanced over balls of feet with head steady - transfer weight and push ball by right hand exerting pressure and direction	Peer evaluation sessions – Pupils state, identify and reflect on the strength and weaknesses of passing and performances.	⬆ Pupils have to pass the ball through a gate ⬇ Increase gate size ⬆ decrease size of gates
	- Reduce or increase no' of touches	To have an understanding, knowledge, awareness and mental capacity of when to use the push pass in a game and to have the basic knowledge of the rules that affect the push pass.	<u>Receiving</u> - Get in line quickly	Use sheets to highlight these and enable them to plan, evaluate and implement ways to enhance performances M/C - Evaluate performances of outwitting opponents using the skills	⬆ Use reverse stick ⬆ Pass to weak side.
	- Reduce or increase distance of pass	To know and understand what needs to be achieved for the pass to be successful	- Bottom of stick on ground and allow the ball to come to stick - cushion ball on left side of body		⬆ Allow tackling. ⬆ Increase number of defender (i.e. 3 v 2) ⬇ No tackling.
	- Single and multiple ball practices	To be able to make adjustments and adaptations for when passing the ball under pressure			
- Introduce passive opposition in 4 V 1					
Games	4 V 2 Games. - Discuss the skills used to beat / outwit an opponent	To incorporate and accurately replicate and perform the skills of passing into small sided game of Hockey. To use knowledge and understanding of strategies and passing skills to outwit opponents	- Everyone must touch the ball before scoring - To score : - the ball must be stopped directly on the line	M/C - Evaluate performances of outwitting opponents using the skills M/C - Discuss and listen to strategies that are used to beat opponents	⬇ 4 v1 ⬇ Have to pass the ball over the line to a player ⚡ - Refine attacking skill
	- The pupils are to Play 4 v 4 games with small goals on half court	To use their knowledge / understanding of the skills and game to play to the laws and to the best of their ability. To understand how you score in Hockey and the laws that govern this skill e.g. Scoring within D	- To score : - the ball must be passed through the goal - No GK's - Keep sticks down - No tackling		⬆ Limit number of touches ⬆ Everyone must touch ball before they can score - Ask pupils for feedback and analysis of passing within games

Cool Down	The 2 students chosen to lead the cool down do so	To understand why you Cool Down and do rhythmical movement after exercise	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Q & A on the teaching points and objectives of the skill, activity and lesson	<ul style="list-style-type: none"> ⬆ Increase duration ⬆ Incorporate skills performed into cool down
Informed Choices and Lifestyle	Discuss how we become and stay healthy Discuss the positive effects of a balanced diet for a Hockey players Discuss the benefits of a pre match and post match meal in Hockey. Describe what should be included in a Hockey players pre and post match meals				
Equipment	Astroturf Pitch, Hockey sticks, Hockey balls, Light small balls, bibs, Cones / Markers, Goals, Peer evaluation sheets				

ICT	Assessment	Citizenship	Peer Evaluation	Literacy	Numeracy	Pupil planning		
Analysis of perf.	Evaluation	Feedback	Q & A	Mathematics	Art	English	Science	Technology

Comments / Notes:

HEALTH AND SAFETY THROUGHOUT THIS LESSON

- Regular breaks in activity and emphasize correct stance to limit back injuries. - Check pitch for any potential dangers. - Ensure that all pupils are in correct kit, - no jewellery or watches. - All pupils must wear shin guards. - All long hair should be tied back.
Emphasize rules of dangerous play. - Stick height, during the push - Raised / lifted ball - Safety of other players
 Body position during the tackle in safe. The timing of the tackle must be safe. When a player is dispossessed the ball should be kept under control by the tackler.
 - Re-emphasize the rules of dangerous play. - Height of the stick during the hit. Ensure safety through awareness of other players.

ADDITIONAL COMMENTS FOR LESSON, SCHEME AND PLANNING DEVELOPMENT

Competence	Performance	Creativity	Health and Active Lifestyle
Developing Skills	Making and Applying	Physical and Mental Capacity	Evaluating and Improving