

Clapgate Primary School
Curriculum weekly plan - PE

Theme: Hockey

Class: Year 3

Term: Autumn 1

Previous Learning	Learning Objective/Skill	Learning Activities and differentiation	Resources
<p>Children can perform different skills such as agility, balance and coordination. They can follow instructions well.</p> <p>Team work skills have been developed also in previous units. Strong emphasis needed on communication and social skills involved in team games.</p>	<p>I can dribble with technique</p> <p>I can reflect upon my performance</p>	<p><u>Intro</u>- discuss unit and what we already know about hockey. What equipment is involved in the game? What physical skills will we need? What social skills will we need?</p> <p><u>Warm up</u>- coloured lines played. When the different colours are called out, children must run in a straight line to that coloured line. Increase speed at which colours are called out as game continues. Can call 2 colours out quickly one after the other to try and trick children and test their agility. Stretches done down the body</p> <p><u>Dribbling</u>- demonstrate to children how to hold the hockey stick- left hand half way down, right hand towards the top. All children hold same way regardless of left or right handed. Children are given a hockey stick and ball each. Encourage them to dribble the ball around the area hands in correct position on the stick, head up. Allow time for exploring. Progression- dribble and change direction.</p> <p><u>Colour Gates</u>- Chn have a ball each. They must dribble the ball around the area and through different coloured gates that are placed and are different sizes. Each gate colour is worth different points. Blue = 2 points, Red = 2 points, Yellow = 1 point. Chn play for a minute and add up their score. Repeat and challenge to beat personal best. Progression- add in a defender</p> <p><u>Plenary</u>- discuss what we have learnt this lesson. Tell me 2 things you have discovered and 1 thing you are excited to learn next? Share stars of the day and give general feedback for the lesson. Equipment away, children selected to help if needed. Line up ready to return to class</p>	<p>Tennis balls, hockey sticks, coloured cones, plastic balls, medium sized balls</p>

	<p>LO1- I can continue to improve my dribbling</p> <p>Level 1- keep control of the ball</p> <p>Level 2- keep control of the ball, head up</p> <p>Level 3- keep control when faced with a defender</p> <p>LO2- I can encourage others</p> <p><u>Teaching points for dribbling-</u> bent knees and feet apart, left hand at top of stick (loose grip as though could flick wrist to look at their watch, right hand lower down (where they feel comfortable), head up, small, controlled touches of the ball</p>	<p><u>Intro-</u> Explain that today we will be continuing to focus upon dribbling. How do we hold the hockey stick? How do we stand with the hockey stick? Why do we need to bend our knees when holding it? (to have more control and so we don't hurt our backs) Share today's LO's</p> <p><u>Warm up-</u> Take Cover- children move around the area in a set way. When the whistle is blown, children must crouch down as quickly as they can. Change ways they move each time.</p> <p><u>Dribbling Relay Races-</u> split class into teams. Each child needs own stick and one ball per team. Set out cones for each team with a starting cone to line up at and a finish cone opposite. First team to finish and be lined up ready is awarded 5 points. 2nd=4 points, 3rd=3 points, 4th= 2 points Race 1- dribble to end cone and dribble back to the start cone. Race 2- dribble to end cone, dribble back half-way and try pass the ball to teammate waiting at starting cone Race 3- set out cones spread out between start and end cone for each team. Ch must dribble around the cones to the end cone and back again Race 4- dribble to end cone, dribble half way back to team then pass to the next person in their teams line Share scores of relay races for which team is the winner</p> <p><u>Island hopping-</u> All children have a ball and dribble around the area. Cones laid out in area to act as islands. When whistle blows, all children dribble their ball to an island as quickly as they can. Progression- Introduce defenders- attackers dribble to islands when whistle blown. Defenders who just have a stick try to tackle attackers. Progression- Only allow a set number of attackers at islands</p> <p><u>Plenary-</u> discuss how we have improved our control when dribbling today. What level did you get to today? Why do we need to keep our head up? How can we use our body to protect our ball? Share and celebrate star of the day</p>	<p>Tennis balls, hockey sticks, coloured cones, plastic balls, medium sized balls</p>
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	<p>I can learn how to perform the push pass</p> <p>Level 1- push pass in isolation roughly on target</p> <p>Level 2- can direct the push pass with accuracy</p> <p>Level 3- can perform a push pass with accuracy and link this with dribbling</p>	<p><u>Intro</u>- review what we have done so far in hockey. What skill have we looked at? (dribbling) How do we dribble? (knees bent, head up, left hand top of stick, right hand towards middle of stick). Show video of a hockey game. https://www.youtube.com/watch?v=qThnZM8SsdM</p> <p><i>What do the goalies wear? What skills did you see happening?</i> Passing, dribbling, shooting, tackling, corners. <i>What type of game is it?</i> Invasion, team game. Trying to score goals against other teams. Explain that field players wear gum guards and the goalies wear padding as the ball is very hard and they are playing with wooden sticks.</p> <p>Share that this lesson we will be looking at passing and focusing on the push pass. Show the video of the push pass. https://www.youtube.com/watch?v=xeduShlEFnI</p> <p><u>Warm up</u>- Group Number- moving around space in different ways. When call out a number they must get into that sized group</p> <p><u>Hockey stuck in the mud</u>- all children have a ball. Dribblers must try and dribble their ball around the area trying to keep their heads up to look for the tiggers. If they get tug, dribblers must pick up their ball and stick safely in each hand and put feet apart. To be freed, another dribbler must pass their ball through the tug person legs. Progression- add gates that dribblers must dribble through before can free a tug dribbler</p> <p><u>Skittles</u>- children work in groups of 5. Place 10 cones in a triangular shape at one side of the marked area. Line up 10m approx. away from cones. Aim- one at a time in their teams push pass the ball towards the cones. If ball hits a cone, they can collect that cone. First team to collect all the cones first are the winners. Teaching points- hand position on stick, bent knees, push ball, follow through</p> <p><u>Plenary</u>- What skill have we concentrated on today? What are the steps to doing this? What have you done well today? What could you improve upon? Share and celebrate star of the day.</p>	<p>Tennis balls, hockey sticks, coloured cones, plastic balls, medium sized balls</p>
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I can continue to develop my passing skills in hockey

Level 1- push pass to a teammate with some accuracy

Level 2- link passing and dribbling

Level 3- pass and dribble with control and accuracy and add the correct power

Intro- What skills have we now developed in hockey? How do we dribble? How do we perform the push pass? What can we use to protect the ball from a defender when dribbling? Share LO's for today- that we will develop our passing and look at the slap pass.

Show children video of the slap pass <https://www.youtube.com/watch?v=IAPNbPqz9L4>

Warm up- Evolution played. All children start as a frog. If they win a game of rock, paper, scissors they can move up 1 level. If they lose they go down a level (if lose when a frog they stay as a frog). If challenged for a game, must accept. Any cheating, they are out of the game

Level 1- frog- hopping, jumping, frog jumping around

Level 2- royalty- move around mimicking the royal wave

Level 3- superhero- run around with arm out as though flying in the air

Level 4- Wizard/ Witch- moving around waving wand

Level 5- must win 3 times in a row, if lose 1 game they go back down to being a superhero-

Ultimate sorcerer- moving around with wand in each hand

Give children a while to play the game then call them in. Who finished that game as a frog?

As royalty? Etc

Golden Gate- children to be in pairs each with a stick and have a ball 1 between 2. Gates spread around the area. Pairs must travel around the area- 1 dribbling and 1 following the dribbler. When get to a gate, they must pass the ball through to one another. Swap over who is the dribbler. Each gate that they dribble through is a point. Progression- add in different coloured gates which are smaller in size- these are worth 2 points each.

Number order pass- split class into 5 groups. In their groups the children must number themselves 1-6 and must pass the ball in that order. The children are encouraged to be moving around the area whilst playing. Progression- every time a pass has been made a child must touch a coloured cone in their corner to encourage movement. Have a race against the other teams to see which team can be the quickest. Number 1 can become a defender to progression the practise more to try and intercept the passes

Slap pass- get children lined up on the side line facing the green fence on the basketball court.

Remind children this has a low stance, is used over short distance and is a powerful pass.

Label children 1 or 2 in the line as they are stood side by side. On your command, 1's perform the slap pass aiming to hit the fence. They wait where they are and do NOT collect their ball.

On your command, 2's perform the slap pass. On your command, all children collect a ball.

Repeat as desired

Tennis balls, hockey sticks, coloured cones, plastic balls, medium sized balls

		<p><u>Plenary</u>- what types of passing did we look at today? When do we use the push pass? When do we use the slap pass? How do we perform the passes? Award and celebrate PE star of the day</p>	
	<p>I can participate in a modified game with spatial awareness</p> <p>I can work with a partner to attack</p>	<p><u>Intro</u>- What have we learnt in our unit so far? What skills have we focused upon? Passing and dribbling. How can we protect our ball from a defender? Remind ch about turning their body away from the defender to protect the ball. Inform children that only allowed to do 2 defenders to 1 attacker. Can only touch the ball with their stick of it is a foul to the other team.</p> <p>Share LO's of the lesson.</p> <p><u>Warm up</u>- Toilet tug. Set tiggers, rest are runners. If runners get tug, they must stand with one arm out for another free runner to "flush" and push their arm down to free them.</p> <p><u>King/ Queen of the court</u>- children each have a ball dribbling around. Whilst dribbling around, they can also try tackle other players to knock their ball out of the area. If children's balls are knocked out, they are out or can become defenders. King/ Queen of the court is the last player to keep possession of their ball. Progression- decrease size of the area, have set defenders from the start of the round</p> <p><u>Zone champions</u>- split area into 3 zones. Have two zones set up. Have a defender/s in each zone. Dribblers start at starting cone in pairs. In their pairs, dribblers aim to get through each zone without getting tackled by the defenders. If defender knocks the dribblers ball out of the area/ touch dribblers ball, dribblers are out and must go back to start cone/ back of the line. If dribblers get through all the zones then they are zone champions.</p> <p>Explain to children that they should work with their partner. If the defender is coming towards them they should pass to their partner who should be in a space. Swap defenders around.</p> <p><u>Plenary</u>- What skills have we looked at today? How do we protect our ball? What did you do if you had space? (dribble) What do you do if you are struggling for space? (pass to teammate who is in a space). Award and celebrate stars of the day</p>	<p>Tennis balls, hockey sticks, coloured cones, plastic balls, medium sized balls</p>

	<p>I can dribble, pass and shoot at goal in a small sided game with technique</p> <p>I can describe the different areas of the playing area and positions</p> <p>I can see the difference between my performance and others</p>	<p><u>Intro-</u> discuss what we have done so far in the unit. What skills have we learnt? How is a game of hockey played? What do you do when your team has the ball? (find a space, dribble, pass, use body to protect your ball) What do you do if the other team have the ball? (tackle, find a player to mark)</p> <p>Share LO's for today's lesson</p> <p><u>Sharks-</u> 2-4 children as sharks. Rest are swimmers. Level 1- sharks try and get as many touches of balls (bites) as possible in a minute. Swimmers try turn away from sharks to protect ball. Level 2- swimmers have 3 lives. If sharks get bite of ball they lose a life. If lose all 3 they must kneel down and put hand in air and freed by another swimmer giving them a high 5.</p> <p><u>Modified games-</u> split class into 4 equal teams. Use bibs for 3 of the 4 teams. Split the playing area into two pitches with goals at either end of each pitch (like a football pitch). Use a different colour cones, make a semi-circle (D) around each goal- children are only allowed to score a goal from inside this semi-circle area.</p> <p>Rules- if ball goes out of area, the other team have a sideline pass or a backline pass. Only 1 person allowed to tackle another person. Cannot use feet to move the ball- can only use the stick. Cannot use stick in an aggressive way or purposefully touch another player with the stick. To start a game it is a centre pass to the team who won rock paper scissors. After a goal is scored, it is the other teams centre pass. Can only attempt to score a goal from inside the semi-circle (D) area- goal not counted if from outside of the area.</p> <p>Any rule breaking- free pass to the other team. If serious misconduct- players are sinbinned (sat out for set amount of time appropriate to the rule breaking).</p> <p>Play games for set amount of time (4-5mins). Bring teams in after each game, encourage teams to sit one behind the other with captain at front. Award 3 points for a win, 1 for draw. Bonus points for good social skills- teamwork, encouragement, being first team sat ready. Swap teams around to play a tournament if have time.</p> <p><u>Plenary-</u> What skills have we worked on today? What should you have been doing when your team had the ball? When the other team had the ball? What passes could we have used? What did your team do well? What could they do better next time?</p>	<p>Tennis balls, hockey sticks, coloured cones, plastic balls, medium sized balls, bibs</p>
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