

Knowledge Organiser Get Set 4 Hockey Year 4

About this Unit

Hockey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

The name 'hockey' is thought to come from a French word 'hoquet' which means 'shepherd's stave'. Stick and ball games can be traced back thousands of years to ancient civilisations in China, Persia, Egypt and Greece.

In modern times, there are different versions of hockey, these include field hockey, ice hockey, roller hockey, and indoor hockey.

Field hockey first appeared in the Olympics in 1908 in London.

Invasion Games Key Principles attackina defendina score goals stop goals create space deny space maintain possession gain possession move the ball towards goal



Key Vocabulary

accelerate: speed up

control: being able to perform a skill with good technique

cushion: take the power out of an object

decision: select an outcome delay: to slow an object or player **gain:** get possession of the ball

invasion: a game of two teams who invade each other's space to score goals

opposition: the other team option: possible choices **possession:** to have

receive: to collect or stop a ball that is sent to you referee: the person who makes sure the rules are followed

tackle: to stop an opposing player with the ball

tournament: a competition of more than two teams



Sending & receiving:

Cushioning the ball will help you to control it when receiving it.

Using changes of direction and speed when you dribble will help you to maintain

possession.

Dribbling:

Movina into space will help uour team keep possession and score goals.

Space:

Attacking and defending:

As an attacker shoot when close to goal or if there is a clear path, Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement

- dribble
- pass
- receive
- intercept
- run
- shoot

This unit will also help you to develop other important skills.

Social communication, collaboration, work safely, respect

Emotional honesty, perseverance, determination

decision making, select and apply, comprehension, identifying strengths and areas for development

• You cannot kick the ball. Try not to let the ball touch your feet. If feet are intentionally used, a free pass is awarded.

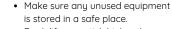
- The stick cannot be lifted higher than waist height, and you can only use the flat side.
- You cannot intentionally interfere with another person's stick.
- If these rules are broken, a free pass is awarded.

Free pass:

- If a rule is broken, a free pass is awarded to
- · All players must be three big steps away from the person taking the free pass.

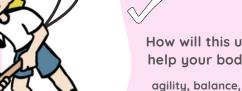
Using tactics will help your team to maintain possession and score goals or deny space. gain possession and stop goals..

Participation



- Don't lift your stick higher than
- Ensure you are working in a safe space away from others.

If you enjoy this unit why not see if there is a hockeu club in your local area.



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Hockey Obstacle



What you need: Markers, stopwatch, a tupperware lid and rolled up socks

How to play:

- · Create an obstacle course using markers e.g. cushions to go around, chairs to push the ball through the chair leas etc.
- · Using the tupperware lid as your stick and the socks as your ball, time yourself to see how long it takes you to complete the obstacle course.
- · Can you beat your time?
- · Make this harder by only using one side of the tupperware box just like when using a hockey

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit.



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