



PE - Knowledge Organiser



Children will be taught to:

- Travel with the ball keeping it under control when dribbling with increased consistency.
- Link movements such as dribbling, passing and shooting together fluently while on the move.
- Receive and stop the ball using different parts of the hockey stick.
- Make shots and passes with reasonable accuracy and consistency.
- Make tactical decisions within their performances and as a team.

Things to think about:

- Make sure you have good control of the ball.
- Keep the ball close to your stick at all times.
- Think about the position of your hands on the stick when dribbling, shooting and passing.



Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Complete a warm-up and cool-down.

Inspiring Athlete

Nicola White



Unit: Hockey

Key Vocabulary

Balance	To stay still and steady in a position or shape.
Control	To perform movements and skills without losing your balance, change speed and direction you move.
Travelling	Movement across the pitch during game situations.
Attack	Movement made towards the oppositions goal within a game to score points.
Defend	Movements made to protect the home team goal, preventing the opposition from scoring.
Defence	The position, whose job it is to stop the opposition from scoring.
Weave	When dribbling be able to move in a side to side motion.
Receive	When the ball is passed to a player. They are able to stop it and move on with it.
Accuracy	Being able to make passes and shots making sure they get to the location the player is aiming for.
Dribbling	Travelling within a game, keeping the ball close to you stick.
Passing	Sending the ball to another member of your team.
Send	When you send the ball to a location through shooting and passing.