



Physical Education

Ball Skills Sticks

Year 1

Unit Purpose

The unit of work will develop pupils' **sending** and **receiving** skills, applying and developing an understanding of how to **control** the ball.

Pupils will develop their ability to **dribble** with the ball. Pupils will explore **stopping** the ball.

Inspire Me

Did you know ... that during a real game of hockey, each player must wear shin guards and a mouth guard, to protect their shins and their teeth.



Key Success Criteria

- P** Pupils will be able to send and dribble a ball with control, applying the correct technique and aiming carefully. Pupils will be able to receive and stop the ball.
- C** Pupils will develop their concentration skills as they focus on holding the stick safely. Pupils will understand why they need to hold the stick safely.
- S** Pupils will develop life skills such as respect, fairness and empathy as they work with others and play by the rules.
- W** Pupils will develop and apply life skills such as self belief, courage and honesty as they strive to improve their own performance and keep the score fairly.

Vocabulary for Learning

Dribbling: is a method of moving with the ball using our stick. When we dribble, we can only use the flat side of our stick.

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. The attacker in possession of the ball needs to identify open spaces to move into, in order to keep the ball away from the defenders.

Passing: is a method of sending the ball to our partner or another member of our team, in order to keep possession of the ball.

Control: means keeping the ball close to us, preventing the defenders from gaining possession.

Attackers: We are considered an 'attacker' (referred to as a 'Hero' in this unit) when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to score a goal or a point.

Defenders: We are considered a 'defender' (referred to as 'Villains' throughout this unit) when we are not in possession of the ball. The aim of the game for the defenders is to try and prevent the attackers from scoring.

Honesty

Introduce blocking or intercepting

Fairness

Introduce sending a ball accurately (shooting) to score points

Transition to Year 2

Develop passing and dribbling

Explore moving into space

Introduce dribbling with the ball

Year 1 Learning Journey

Empathy

Creativity

Self Belief

Introducing sticks: Using sticks safely

Introduce stopping the ball

Introduce sending (passing) a ball



Physical Education

Ball Skills Sticks

Year 2

Unit Purpose

The unit of work will challenge pupils to combine their **dribbling**, **passing** and **receiving** skills in order to keep possession, understanding when and why.

Pupils will develop ways of **intercepting** and stopping a ball. Pupils will also develop ways of **shooting** towards a target.

Inspire Me

Did you know ... hockey is played in over 125 countries around the world and is the second most popular sport in the world behind football.



Key Success Criteria

- P** Pupils will be able to dribble and move with control. Pupils will develop passing with power and accuracy, whilst being able to stop and intercept the ball.
- C** Pupils will develop an understanding of when and why to dribble or pass the ball around a defender, knowing that if they make a mistake there will be a consequence.
- S** Pupils will develop communication and cooperation as they listen to their partner and team members, working collaboratively together.
- W** Pupils will continue to effectively apply life skills such as self belief and resilience as they strive to improve their own performance whilst playing fairly.



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Blocking: A block occurs when an attacker takes a shot and a defender uses their stick to prevent the ball from going towards the goal.

