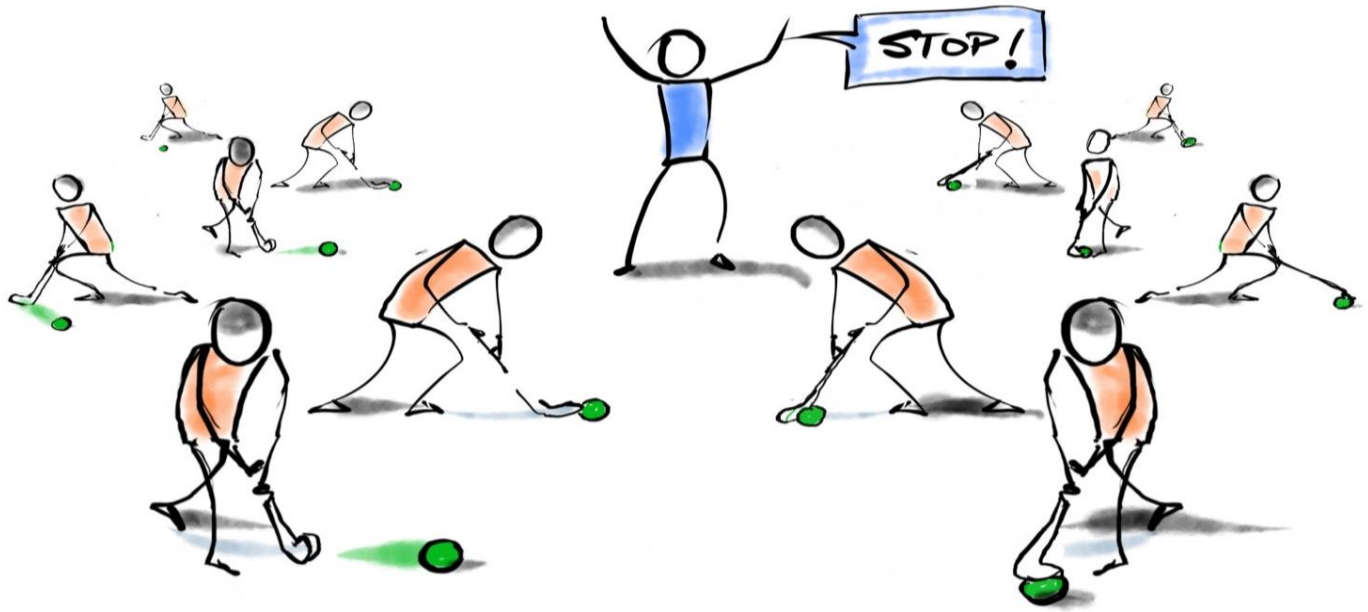
warm up // control the ball



equipment:

- One hockey stick and ball per child.

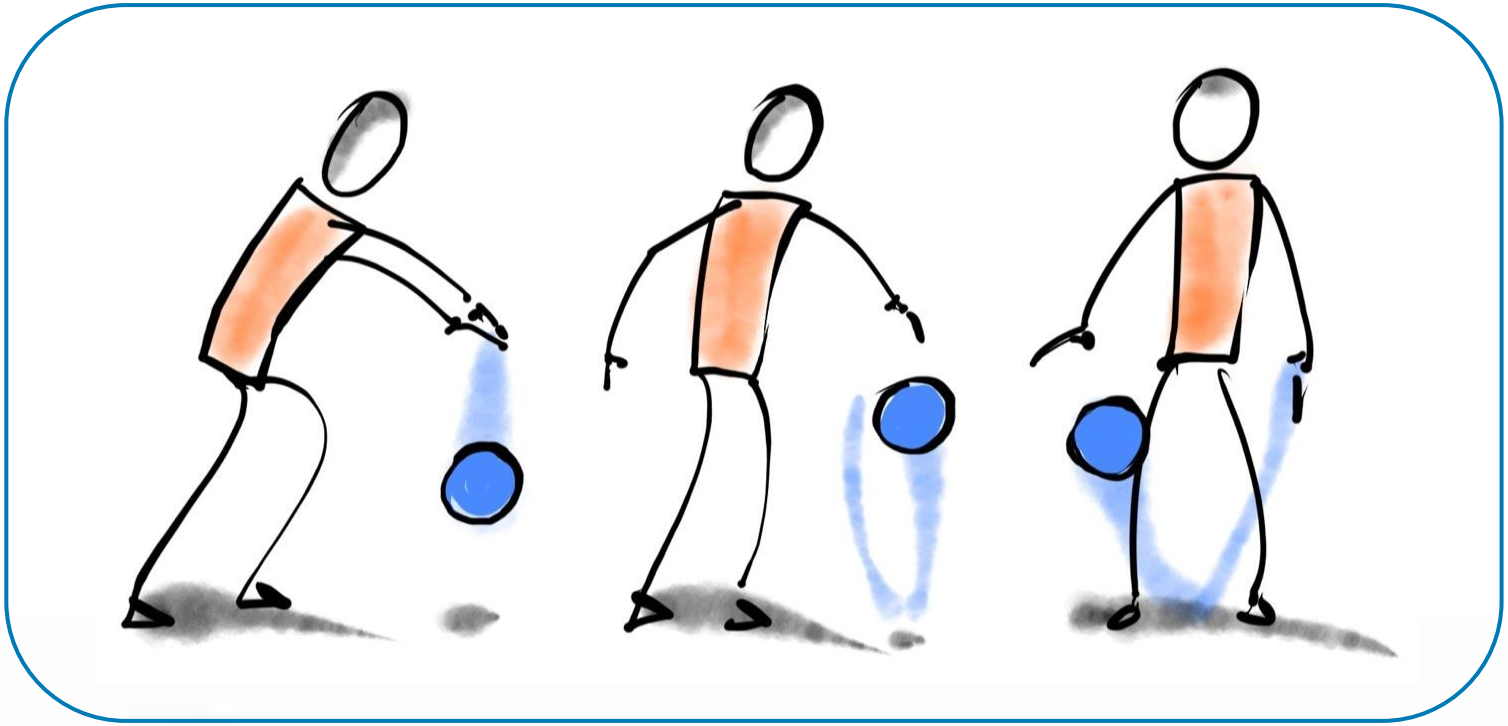
how to play:

- Ask the children to move around the area with their ball under control.
- On the signal 'Stop' children must stop immediately with the ball on the end of their stick.
- Gradually encourage the children to increase speed but keep the ball under control.

This is a summary of a full plan available at www.PEplanning.org.uk.
Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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coordination and movement // know the ball



equipment:

- Each child requires a ball that will bounce.

how to play:

- Show the children different ways on bouncing the ball on the spot:
  - With two hands
  - With one hand
  - One hand to the other
- Show children different ways to catch the ball e.g. two hands, high above head, low to the ground, with one hand.
- Repeat the activity whilst moving.

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skill development // follow your leader



equipment:

- One hockey stick per child.
- One ball per group.

how to play:

- Split the class into groups of 3/4.
- Ask the children to get themselves in a line within their groups and the child at the front should have the ball.
- The child at the front sets off dribbling the ball in any direction with the rest of the group following.
- On the signal 'Change' the child at the front leaves the ball and goes to the back of the line.
- The next child in line takes over dribbling the ball.
- Keep changing the child at the front of the line.

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game // key skills game

how to set up:

- Lay out 4-8 cones in a playing area that is 5 to 10 steps by 5 to 10 steps.

equipment:

- Cones.
- One ball per group.



how to score:

- Touch the cones with the ball as many times as possible.
- Can touch the cones in any order but must not touch the same cone twice in a row.

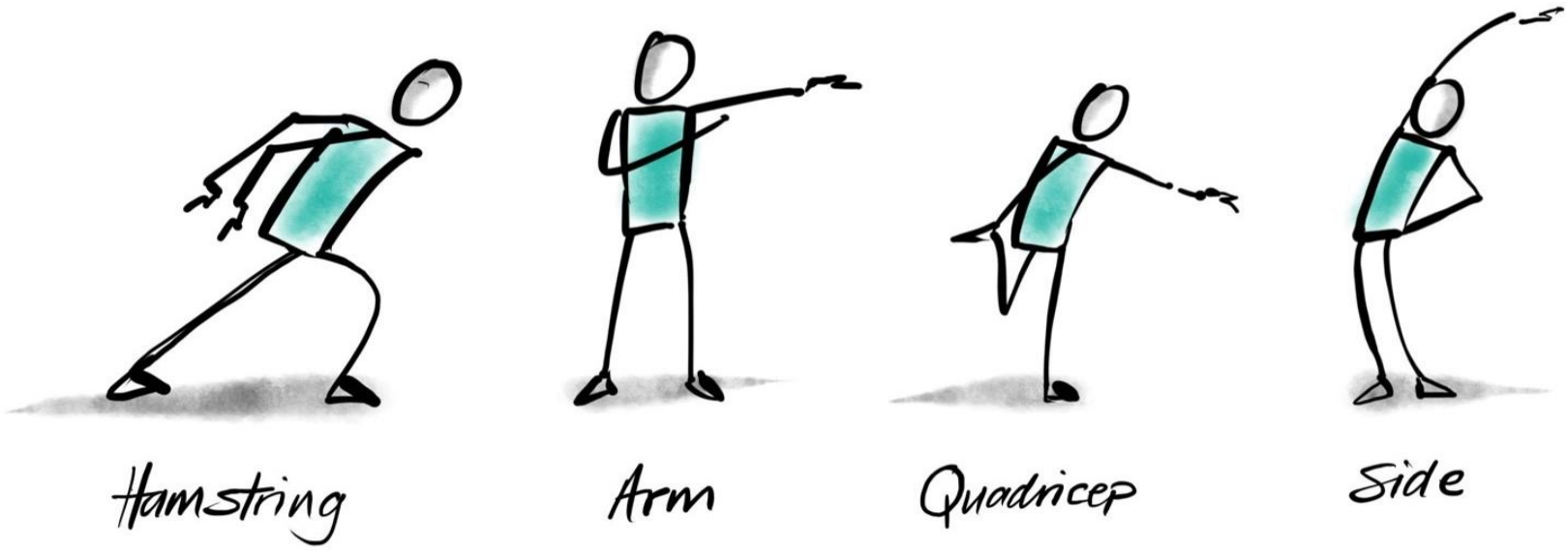
how to play:

- Play with a team of three attackers and one defender.
- Three attackers must use throwing and catching skills to pass the ball and cannot move when the ball is in their hands.
- The aim is to score points by touching the cones with the ball as many times as they can.
- Defender tries to intercept the ball as it is being passed between attackers.
- Keep changing roles.

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cool down // stretches



how to play:

- Ask the children to stand in a semi-circle around the teacher.
- Ask the children to come to the front and show a stretch to the class.
- Start at the top of the body and work all the way down the body stretching the major body parts.

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