

www.swordfencingforschools.co.uk

FREE TEACHING RESOURCE COVER SHEET

Thank you for downloading this resource from
www.swordfencingforschools.co.uk.

This is just one of the many FREE PE lesson plans and resources, planned by an experienced teacher and offered as a goodwill gesture for visiting our website.

Feel free to visit our site for many more free resources, or print this document, choosing "PAGE 2 .." onwards to omit this page in your printed copy.



Subject: Hockey **Year Group:** KS2

Aim(s): play games with some fluency and accuracy, using a range of throwing and catching techniques; find ways of attacking successfully when using other skills; use a variety of simple tactics for attacking well, keeping possession of the ball as a team, and getting into positions to score; know the rules of the games; understand that they need to defend as well as attack; understand how strength, stamina and speed can be improved by playing invasion games; lead a partner through short warm-up routines; watch and describe others' performances, as well as their own, and suggest practices that will help them and others to play better

Objective(s) (For each session)	Activities	Resources	Assessment-Can the children:
<p>1</p> <ul style="list-style-type: none"> • To learn how to hold the hockey stick correctly To be able to pass the ball accurately in a variety of ways • To recognise which activities help their speed, strength and stamina 	<p>WARM UP <i>familiarisation game</i> Each child with Hockey stick, walking around and interacting with stick on command e.g. “high” = hold stick high swapping between hands, “low” = hold low and pass through legs, “floor” = everyone sticks on floor and run around jumping over as many as poss, return to own stick “hurdles” = hold out for partner to step over</p> <p>MAIN GAME Demonstrate correct grip and move with ball around area. Extend to passing ball between partners focussing on eye contact and verbal communication</p> <p><i>Bridges game</i> – 2 outside 1 in middle, passing through middle’s legs and taking step out each time. If someone hits the mid child or misses completely they swap.</p> <p>Cool down – Mime correct grip and ways of passing the ball, Stretch out, march on the spot.</p>	<p>Hockey sticks, balls, cones etc. as required</p>	<ul style="list-style-type: none"> • Pass the ball accurately – using correct grip • Recognise the effect of exercise on their bodies and the need to warm up and cool down?



Fun and safe sword fencing in your school

No.	Objective(s) (For each session)	Activities	Resources	Assessment-Can the children:
2	<ul style="list-style-type: none"> To be able to pass the ball effectively To be able to travel with the ball accurately in a variety of ways 	<p>WARM UP <i>Time bomb game</i> – passing balls around – you have to receive a pass when called but also get rid of it as quickly as possible – when coach shouts “Boom” the people with the ball have to do a forfeit – Distribute cones on area and play again</p> <p>MAIN GAME <i>Duos game</i> – players progress through two parallel slaloms towards net, passing ball – player with ball at end passes ball to partner who shoots Extend to mini small sided game with one central goal – players can score from either side</p>	Hockey sticks, balls, cones etc. as required	<ul style="list-style-type: none"> Travel accurately with the ball – with stick control
3	<ul style="list-style-type: none"> To be able to Mark and dodge the opposing team 	<p>Warm up Any tig game designed to raise pulse rates</p> <p>Main activity – in pairs, one partner approaches other with ball and points a direction for the to go in. Child with stick and ball follows this direction, then swap. 2 attackers, 1 defender piggy in middle game – signal to partner, defender tries to block – which way should they face? Why? Discuss successful tactics used e.g. signalling. Why were they successful?</p> <p>Game - “proper” game 5 vs 5 or 6 vs 6</p> <p>Cool down – Walk around the playground, Stretch out.</p>		<ul style="list-style-type: none"> Mark the opposing player preventing them from gaining possession? Dodge their opponent thus maintaining possession?



No.	Objective(s) (For each session)	Activities	Resources	Assessment-Can the children:
4	<ul style="list-style-type: none"> • To develop the range and consistency of their skills • To learn to use space and keep possession 	<p>Warm up – stick in the mud with hockey sticks, children “defrosted” by partner passing stick through legs – extend to 1 people doing the unfreezing if time</p> <p>Main activity – Discuss possible tactics to maintain control, use ideas from earlier weeks. In pairs, children try to maintain control of the ball – again dribbling, while their partner tries to gain control. Ext groups of 3, ch get 5 points if they maintain possession past both opponents.</p> <p>Groups of 6, 3 attack, 3 defend, relay type game, each person has to get past the opposition. 5 points per win. Swap roles. +</p> <p>Game - “proper” game 5 vs 5 or 6 vs 6</p> <p>Cool down – Run on spot, jog, march, Stretch out.</p>	Hockey sticks, balls, cones etc. as required	<ul style="list-style-type: none"> • Use the available space and use tactics taught to keep possession?
5	<ul style="list-style-type: none"> • To devise and use rules • To use and adapt tactics in different situations • to explain their ideas and plans • To use and adapt tactics in different situations <p>to recognise aspects of their work that need improving</p>	Last 2 weeks to revisit skills and play “proper” hockey mini-tournament		<ul style="list-style-type: none"> • Devise some simple rules to suit a simple invasion game? • Use the tactics taught to suit a small game? • explain and evaluate their ideas and plans? • Use the tactics taught to suit a small game?

