

Physical Education (P.E.)

Please help your child with their learning by going through this fact sheet with them. They will be quizzed on this at the end of half term. We appreciate your support.

When holding a hockey stick, the left hand should be at the top.

Dribbling is keeping the ball close to the stick while moving.

When a player tries to take the ball from another, it is called tackling.

If the ball hits a player's foot, the other team gets the ball for a pass.

Goalkeepers wear protective clothes such as helmets and padded kit.

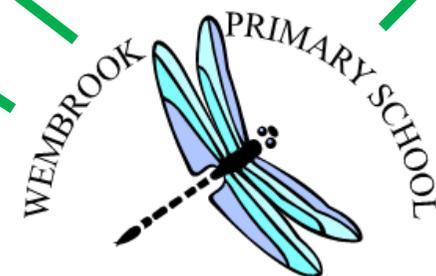
Exercise makes our muscles stronger.

Attacking is trying to score a goal.

Hockey can be dangerous as you can get hit by a hard hockey ball or stick.

Defending means trying to stop a goal.

Exercise makes our heart beat faster.



WEMBITES

Key Vocabulary

- ⇒ **Dribbling** - Moving the ball with a stick.
- ⇒ **Push Pass** - To send a ball to a teammate by pushing (not hitting) the ball.
- ⇒ **Possession** - Having control of the ball.
- ⇒ **Opposition** - The players on the opposite team.
- ⇒ **Substitution** - To swap the players who are on the pitch.