

Knowledge Organiser – Year 4 – Autumn 2 – Hockey (P.E.)

Hockey is a well-liked sport for both men and women. It is played in many countries around the world, and can be played on multiple surfaces.

Hockey is an invasion game in which two teams play against each other. The aim is to try and manoeuvre the ball into the opposition goal using a hockey stick.

The game is played over a set time period, after which the team with the highest number of goals wins.

There are several different types of hockey, for example field hockey and ice hockey.

Key Vocabulary

Goal – The area in which your team needs to get the ball in order to earn points.

Referee – The person in charge of making sure that the rules of the game are followed.

Possession – Having control of the ball.

Opposition – The players on the opposite team.

Substitution – To swap the players who are on the pitch.



Success in hockey is about **using the space** available to your advantage.

Make sure that you keep your **head up when in possession**, and that you **pass to team mates** who are in a better position than you are.

When others have the ball, don't switch off! **Move into space** to help your teammates, and **mark the opposition** to stop them from getting into space and attacking.

Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Keep hockey stick below waist height.

Hard objects, like hockey sticks and balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down after exercising.

Remove jewellery and wear suitable clothing/ equipment.

Social and Emotional

Cooperation

Cooperating is about working together and helping others. Strong teams need each individual to cooperate with teammates. Remember to pass to teammates and not keep the ball for too long.

Communication

We need to communicate to give and receive information from our teammates. We can do this through speaking, listening and body language. This can help us to become a more effective and cohesive team.

Supporting and Encouraging
Encouraging and supporting others can help them to feel good and perform well. Try to help everyone stay positive.



Respect and Kindness
Respect is the act of giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.

Honesty and Fair Play

Fair play is about learning the rules of the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly.








Managing Emotions

Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat.



Physical

Skill	Definition	How do I do this?
Open Stick Dribbling 	To move the ball with the stick, keeping it in your possession.	-Right hand half way down, left hand on top of the stick. -Left hand helps rotation. Right hand gives control. -Keep the stick close to the floor, bend your knees and keep your head up. -Avoid defenders to stay in possession of the ball.
Push Pass 	To send the ball to a teammate by pushing (rather than hitting) the ball.	-Look for an opponent who is in space. -Stick on the ball, no back swing. -Stepping action with opposite foot coming forward. -Push the ball using the flat side of the stick. -Follow through leading with left elbow.
Receiving the Ball 	To receive and hold possession of the ball.	-Move into space away from others. -Move your feet to get in line with the ball. -Stick low to the ground to create a barrier. -Cushion the ball by moving the stick backwards.
Reverse Stick Dribbling 	To avoid the opposition using movement.	-Keep your head up to avoid bumping into others. -Rotate the stick fully over the ball then pull the ball back to where it has come from. Keep both feet on the floor and transfer your weight from right to left.
Open Stick Tackle 	To stay close to an opposition player.	-Widen grip and place the stick towards the ground in a crouched position, creating a barrier. Move to stay in line with the attacker. When you think you can make a tackle, place the stick to the floor to attempt a tackle.