


<p>Prior Knowledge & Skills—Year 4 Invasion Games</p> <p>Use a range of changes in speed, direction or height effectively.</p> <p>Accelerates quickly from a stationary position in response to movement challenges e.g. moves quickly to close down opponent.</p> <p>Work as part of a team to create space.</p> <p>Use a range of tactics to keep possession.</p> <p>Work effectively as part of a team, communicating to gain advantages.</p> <p>Choose effective tactics to attack or defend.</p>	<table border="1"> <thead> <tr> <th colspan="2">Key Vocabulary</th> </tr> <tr> <th>Word</th> <th>Definition</th> </tr> </thead> <tbody> <tr> <td>Stick</td> <td>The equipment used to hit and move the ball.</td> </tr> <tr> <td>Side in</td> <td>Free hit awarded to a team after the opponent hits the ball out of bounds over the side line. Also called a “hit-in” or “push-in.”</td> </tr> <tr> <td>Free Hit</td> <td>Awarded after most penalties Defenders must stand five yards from the ball until it is played.</td> </tr> <tr> <td>Control</td> <td>Keeping the ball as close to the stick as possible. When receiving or dribbling the ball.</td> </tr> <tr> <td>Receive</td> <td>When a teammate passes to you, you receive the ball.</td> </tr> <tr> <td>Block tackle</td> <td>Knees bent, straight back, stick flat on the floor, left fist on the ground, stick slightly tilted forward.</td> </tr> <tr> <td>Jab tackle</td> <td>Standing on the left of an opponent, stick in left hand on reverse, jabbing motion to knock ball away from opponent.</td> </tr> <tr> <td>Foot Foul</td> <td>Occurs any time an out-field player’s foot is hit by the ball, even if unintentional.</td> </tr> <tr> <td></td> <td></td> </tr> </tbody> </table>	Key Vocabulary		Word	Definition	Stick	The equipment used to hit and move the ball.	Side in	Free hit awarded to a team after the opponent hits the ball out of bounds over the side line. Also called a “hit-in” or “push-in.”	Free Hit	Awarded after most penalties Defenders must stand five yards from the ball until it is played.	Control	Keeping the ball as close to the stick as possible. When receiving or dribbling the ball.	Receive	When a teammate passes to you, you receive the ball.	Block tackle	Knees bent, straight back, stick flat on the floor, left fist on the ground, stick slightly tilted forward.	Jab tackle	Standing on the left of an opponent, stick in left hand on reverse, jabbing motion to knock ball away from opponent.	Foot Foul	Occurs any time an out-field player’s foot is hit by the ball, even if unintentional.			<p>Famous Sportsperson— Maddie Hinch</p> <p>Maddie Hinch is a hockey goalkeeper who won a gold medal at the Rio Olympics in 2016 with Great Britain. She started playing hockey after her PE teacher noticed her ducking and diving in a game of rounders, and suggested she should try hockey. She has gone on to be widely regarded as one of the best hockey goalkeepers in the world, winning the ‘goalkeeper of the year’ award for 3 years in a row. She was a standout star in the Olympic final in 2016 when Great Britain won their gold medal.</p> 
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<p>Key Knowledge & Skills</p> <p><u>Year 5:</u></p> <p>Use a wide range of changes in speed, direction or height effectively and with control.</p> <p>Consistently accelerates quickly from a stationary position to contribute to successful performance.</p> <p>Work individually or as part of a team to exploit space and gain an advantage.</p> <p>Choose effective tactics to keep possession.</p> <p>Show consistency and control in team games: play with greater speed and flow.</p> <p>Choose different tactics to attack or defend accurately.</p> <p><u>Year 6:</u></p> <p>Staying in control, change speed, height or direction to maintain advantage.</p> <p>Adopt tactics to create space and exploit space individually and as part of teams.</p> <p>Use a variety of tactics to keep possession and progress towards eg. a goal.</p> <p>Use a range of tactics as part of a team to gain an advantage.</p> <p>Devise own tactics to attack or defend effectively.</p>	<p>Local Clubs</p> <p><u>Norwich Dragons Hockey Club</u> have a youth team setup and welcome players. Find out more at http://norwichdragonshc.co.uk/</p>	<p>Future Learning—KS3 PE</p> <p>Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Take part in competitive sports and activities outside school through community links or sports clubs.</p>																						