



*Physical Education Knowledge Organiser

Hockey – Year 4 – Summer 1



Dribbling	Lowering my centre of gravity , I can keep the ball close and under control while moving. I use my awareness skills to decide whether to keep dribbling or pass.
Passing	I place my opposite leg forward (left if right-handed) and in the direction of the target and slide the ball, using the inside of the stick, along the ground thinking about weighting . I follow through but keep my stick low to avoid hurting other players.
Shooting	I use the same technique as passing to shoot at goal. I keep my stick low to avoid hurting other players.
Defending	I can intercept passes by placing my stick in the way and I can tackle safely, keeping my stick low at all times. Marking – I take responsibility to defend against specific players.
Attacking	I can move into space to receive passes and use fast accurate passes to my teammates to help my team attack. I can use dummies , such as pretending to pass, to outwit my opponents.
Teamwork	I follow sporting values to work effectively in a group and respect the opinions of teammates. I can discuss attacking and defending strategies with my team.
Leadership	I share my opinions with my team and show good effort and determination to perform well.

Rules

ALWAYS KEEP THE STICK LOW AND SANCTION PLAYERS WHO LIFT THEIR STICK HIGH. 2 teams aim to get the ball in their opponents net and score a point if they do. Teams attack by dribbling, passing and shooting, and defend by tackling, intercepting and forcing their opponents into a mistake. If the ball goes out of bounds, possession is passed to the opposite team – side-lines, corners and goal-line passes. For safety, the ball must remain on the ground.

