



PE – Hockey – Year 3/4

Key Learning

1. To know how to link skills and actions to suit the games activity.
2. To know how to use skills with coordination and control.
3. To know how to take part in competitive games.
4. To know how to work well in teams to develop games of hockey.
5. To know the rules of hockey.
6. To know how to cause challenges for the opposition.

Vocabulary

Dribble	Controlled movement of the ball using small, repeated touches with the stick while running to maintain possession and beat defenders.
Pass	Transferring the ball to a teammate using a push, slap, or sweep technique to maintain team possession and advance play.
Tackle	A defensive move to legally dispossess an opponent of the ball using precise stick placement, often timed to intercept without fouling.
Goal	A successful attempt to score by hitting or pushing the ball completely over the goal line and under the crossbar, inside the goalposts.
Stick	The curved, flat-sided piece of equipment used to control, pass, shoot, and tackle; only the flat side can legally touch the ball.
Ball	A hard, plastic, dimpled ball designed for speed and smooth movement on artificial turf; typically white or coloured for visibility.
Pitch	The rectangular field where the game is played, 91.4 meters long and 55 meters wide, with specific zones like the shooting circle.
Goalkeeper	The only player allowed to use body, pads, and stick to block shots inside the circle.
Push	A short, accurate pass made by pushing the ball along the ground with both hands on the stick, without a backswing.

Key Athletes



Maddie Hinch

British Olympic gold medallist and world-class field hockey goalkeeper, renowned for fearless saves, leadership, and inspiring dedication on and off the pitch.

Kate Richardson-Walsh

Olympic gold medallist and former hockey captain, known for leadership, resilience, and championing equality and LGBTQ+ representation in sport.



SCHOOL GAMES

