

St John's Senior School



Subject: Physical Education (Girls' hockey)

Form: 2 & 3

Term: Autumn

WEEK	TOPIC
8	<p>Ball skills – ball handling and basic control. Stance, body positioning and stick handling. Dribbling. Basic rules.</p> <p>Extension: Ball skills – controlled ball handling. Reverse stick dribbling.</p>
9	<p>Passing and receiving - open stick (push pass).</p> <p>Extension: Dribbling, passing and receiving with accuracy (push pass and hit) – open and reverse stick.</p> <p>Passing and receiving with accuracy in advanced situations.</p>
10	<p>Passing and receiving (hit). Reverse stick receiving. Tackling (attack and defence).</p> <p>Extension: Introduction of slap hit and flick.</p>
11	<p>Attacking and defending principles. 2 Vs 1</p> <p>Extension: Small sided, pressurised situations.</p>
12	<p>Shooting/goal keeping</p> <p>Extension: Short corner attack and defence tactics.</p>
13	EXAMS
14	Skills catch up/assessment.