

Prior Learning: In year 3, children were introduced to Quicksticks, they were taught how to dribble the ball on their own and in a game situation. They experimented with different ways of passing. They learned to shoot into a target. They played small sided games, bringing in the key Quickstick rules.

Physical Me

Running **Agility**
Speed **Balance**
Strength **Co-ordination**
Reaction **Power**

Key Skills

Thinking Me

- Select and apply my skills
- Evaluate performance
- Decision making

Value Me:

- Fairness
- Resilience

Social Me

- Helping others
- Accepting and embracing rules



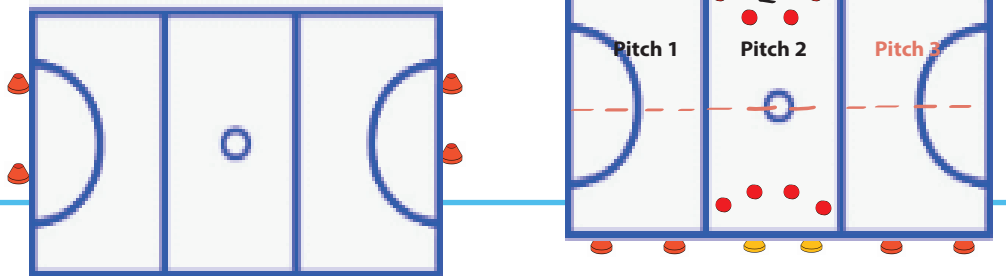
Key Knowledge

Attacking :

1. Spread out when starting attack – use width of the pitch.
2. Support the player with the ball.
3. Dribble the ball if you have space – be positive

Defending:

1. Nearest player to the ball, go to try and tackle.
2. Work as a team to win back possession.
3. Fair tackles only.



Quicksticks Rules:

Start of Game:

One team is given a centre pass

Restart the game:

Centre pass is taken by the team who has not scored

A free pass (the ball must be taken from where the offence took place)

If a ball crosses the sideline, a free pass is taken by the team that did not touch the ball last.

-You can pass or dribble onto the pitch from a sideline

FREE PASS to the other team:

- If a ball crosses the back line off an attacker, a free pass is taken by the defending team from the top of the shooting circle/area

- If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner

- If a stick is raised above waist/knee height
- If rounded side of the hockey stick is used
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball

Key Vocabulary

Rules

Warm up

Shooting

Accuracy

Safety

Direction

Receive

Attacking

Defending