

Scheme of Work

Hockey

Phase 3
Tackling
(The Block Tackle)

Objective

I want the pupils to be able to confidently perform with accuracy, the block tackle and adapt ideas and techniques in response to changing circumstances
To have an understanding of when to use this tackle in a game. *i.e. When an opponent is dribbling directly at you*
To develop their mental determination to succeed when Tackling.
To be able develop their physical strength, stamina, speed and flexibility to cope with the demands of tackling in Hockey
To comprehend and grasp what needs to be achieved for the tackle to be successful
To be able to outwit opponents with passing and dribbling skills.

Assessment

- Use sheets to highlight these and enable them to plan, evaluate and implement ways to enhance performances
- Assess the mistakes made when using the stick
- Assess why they did not hit the target area
- Q & A** : Are they performing the tackles with speed and power to gain possession
- Assess why they were not successful when attacking the ball to dispossess the attacker
- Assess the mistakes made when in 2V1 positions
- Pupils state, identify and reflect on the strength and weaknesses of Tackling performances.

Activities

Pairs or small group practices – to emphasize technique and control
No opposition, concentration on positioning & stance.
Aim to touch the ball of the opponent.
Aim to dispossess an opponent.
2 V 1
2 V 1 V 1
1 V 1

Theoretical PE

Students should be taught to understand and justify appropriate elements of a warm up for different sporting activities.
Throughout the lesson, identify the components of fitness used in the skills of the lesson i.e. strength when performing the block tackle. Other examples should be identified.
Look at how the skeleton provides a point of attachment for muscles so when the muscles contract they pull the bone
Students should be taught to understand and justify appropriate elements of a cool down for different sporting activities

Testing / Competition

3 V 3.

Resilience

Reward hard work
Praise, reward, certificate resilience
Be able to tackle the stresses when coaching.

Maths

Laws of probability regarding tackling

English

Using different media (newspaper, twitter, facebook, radio, TV, etc) read/ watch 2 reports about a hockey event. Then create 2 of your own reports using the different media available.

Science

Forces in tackling

Equipment

Astroturf Pitch, Hockey sticks, Hockey balls, Light small balls, bibs, Cones / Markers, Goals, Peer evaluation sheets