



Year 4 Physical Education - Autumn Term: Hockey



1. Performing a left/right drag

- Ball and stick in front of body, 2 o'clock
- Ball on stick
- Use of reverse stick

2. Push pass

- Ball on stick at all times
- Stand sideways onto the ball
- Follow through with stick in direction of pass

Slap pass

- Stick on the ground at all times
- Ball in front, 2 o'clock
- Use middle of stick to hit the ball



3. Hit shot

- Ball in front 2 o'clock
- Stick starts and finishes at hip height
- Both hands at the top of the stick

Shooting

- Stick finish pointing in the direction of the shot
- Aim for corners of the goal

4. Dribbling

- Keep stick and ball close to the body
- Change direction
- When in space



What skills, rules and tactics are used in hockey?

5. Tactics

- Support team-mates
- Communication
- Trial and improvement



6. Keeping possession

- Moving into space
- Passing to teammates open stick
- Head up

Hockey stick	Push Pass	Hit Shot	Dribbling	Space	Possession
Ball	Slap Pass	Shooting	Direction	Corners	Moving



Year 4 Physical Education - Autumn Term: Football



1. Moving with the ball

- Use different parts of your feet
- Recognise when to take big and small touches of the ball
- To change direction



4. Beating an opponent (2v1)

- Identify the desired target to reach
- Team-mate to create space and an angle for partner on the ball
- Person on ball to make decision to move into space or pass to team-mate to reach target

2. Evade an opponent

- Identify space to travel into away from opponent
- Vary the type of touch (big and small) and the speed
- Change direction of the ball

What skills, rules and tactics are used in football?

5. Defending in a 1v1 situation

- Track opponent who has the ball and move towards them (press)
- Watch the ball at opponent's feet and keep a metre away (delay)
- When ball is out of control, (away from feet) take it (win)



3. Striking a ball

- Place non-kicking foot by side of ball (accuracy)
- Lock ankle and strike centre of the ball
- Head and knee over the ball, following through (to create power)

6. Moving with the ball

- Identify space to travel into away from opponent
- Vary type of touch (big and small) and the speed
- Change direction of ball

Touch	Travel	Defend	Direction	Strike	Power
Opponent	Space	Attack	Track	Move	Control