



'Curriculum is the Progression Model'

FUNDamental movement skills > Hockey



I know how and when to use dribbling and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops)

I know the strengths and weaknesses of defensive/offensive tactics in Hockey—also when and why to select these tactics (low block, width in attack, high press)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I can use open/closed stick whilst maintaining control of the football whilst maintaining balance

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to change techniques

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.

I know how to use the stick to push the ball with increasing accuracy to stationary targets from a stationary position (increase size of ball/target/ distance for differentiation)

I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto)

