



PRIMARY PE LESSON PLAN

YEAR	LESSON	TOPIC	LEARNING OUTCOMES
5	1	Dribbling - Hockey	Controlling and moving the ball with stick to avoid obstacles/opponents, Ball manipulation

	LAYOUT	ACTIVITY	TEACHING POINTS	LESSON 2 PROGRESSIONS
WARM UP	Large Area 1 Ball /Stick each	CONE HOME – Scatter cones randomly around area and children with a stick and ball each dribble around area avoiding cones. On teacher's shout of 'CONE' children must race to nearest cone, only 3 allowed on each cone.	Safety/Behaviour. Stick handling.	Give children 3 lives each and last children to cones lose a life.
LESSON	Large Area 1 Ball/Stick each Cones	CHICKEN OR HERO – Children line up at one end of area with ball and stick each. Teacher asks a child 'Chicken or Hero', if they respond 'Hero' they attempt to get to other side on their own. If 'Chicken' all children go. Anyone caught swaps and becomes the defender in middle area. 3v2 – In groups of 5, 3 attacking players have a ball and stick each whilst 2 defenders just have sticks. Attackers try and get from one side of area to another avoiding their defender. If defender touches ball with their stick they swap with attacker. 3v3+Neutral - In groups of 7, split into 2 teams and play a match where players score points for team by dribbling through a goal. The neutral player helps whichever team have the ball and wears different coloured bib. Each team can select a GK for each goal.	Keep ball close. Head up. Look for gaps/spaces Accelerate/ decelerate with control. Change direction or speed to avoid. Disguise. Turn & shield if no space to travel into. Decide when to dribble, when to pass	Accumulate defenders as game progresses Reduce size of area.
COOL DOWN	Large Area	Static Stretches	Body Changes	

“I CAN” STATEMENTS:

Control a ball whilst moving

Understand/use principles of warm up & why exercise is good for health

Take part in conditioned games with understanding of tactics/rules

Move with a ball in opposed situations

EXTRA HELP	GIFTED/TALENTED
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first class sport
SPECIALISTS IN YOUTH DEVELOPMENT

PRIMARY PE LESSON PLAN

YEAR	LESSON	TOPIC	LEARNING OUTCOMES
5	2	Passing - Hockey	Improved accuracy and power of passing whilst moving, effective decision making

	LAYOUT	ACTIVITY	TEACHING POINTS	LESSON 2 PROGRESSIONS
WARM UP	Large Area 1 Stick each Ball each	COMPASS – Children with a stick and a ball each dribble around and when teacher calls out a compass point they move to that cone/area.	Safety/Behaviour. Review dribbling.	
LESSON	Large Area 1 Stick each Ball per pair	<p>PAIR SHARE – In pairs, with stick each & ball per pair, children dribble/pass around area trying to ensure their ball does not hit anyone else. Encourage movement after each pass & to find space when needed. Each pair has 5 lives, they lose a life each time they hit someone else with ball.</p> <p>CROSS THE SWAMP – In pairs with ball per pair, children start at one end. They dribble & pass ball between them to get to other side avoiding defender. Both players must touch the ball each turn to score a point. Choose a couple of defenders who work alone & try to tackle/intercept passes. If defender wins ball attacking pair lose a point.</p> <p>4v1 – In groups of 5, 4 attacking players have a ball between them and a stick each whilst 1 defender just has a stick. Attackers try and get from one side of area to another avoiding their defender. If defender touches ball with their stick they swap with attacker.</p>	<p>Look up for options. Pass to stick when target static and in front when target moving. Supporting player finds space (front/side/behind) Decide when to pass or dribble. Decide which pass to use & execute well. Balanced support (in front & side/back).</p>	<p>Add obstacles such as cones.</p> <p>Add more defenders.</p> <p>Change to 3v2</p>

COOL DOWN	Large Area	Static Stretches	Body Changes
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“I CAN” STATEMENTS:

Accurately pass a ball whilst moving	Understand/use principles of warm up & why exercise is good for health
Take part in conditioned games with understanding of tactics/rules	Move with a ball in opposed situations

EXTRA HELP	GIFTED/TALENTED



first class sport
SPECIALISTS IN YOUTH DEVELOPMENT

PRIMARY PE LESSON PLAN

YEAR	LESSON	TOPIC	LEARNING OUTCOMES
5	3	Control - Hockey	Stopping & Controlling the hockey ball whilst moving, Decision Making

	LAYOUT	ACTIVITY	TEACHING POINTS	LESSON 2 PROGRESSIONS
WARM UP	Large Area 1 Stick each Ball per pair	PAIR SHARE – In pairs, with stick each and ball per pair, children dribble and pass around area trying to ensure their ball does not hit anyone else. Encourage movement after each pass and to find space when needed.	Safety/Behaviour. Review dribbling.	Give pairs 5 lives each and each time they hit someone else with ball they lose a life.
LESSON	Large Area 1 Stick each 15 Balls Cones	FETCH – In pairs, children line up with partner at one end of area. 1 player passes the ball forward and partner chases the ball before stopping it and dribbling it back. Swap roles and repeat. Ensure balls are not hit too hard. 2 v 2 – In pairs, children line up on lines facing another pair. Take turns to pass the ball towards other pair who attempt to stop the ball crossing their line before passing to teammate who passes back. If ball crosses a line, the passing pair score a point. Ensure pairs are sharing the roles. 3v2 – In groups of 5, 3 attacking players have a ball between	Judge speed of ball - Slow – Head on ball Med – Head in front Fast – Handle in front. Communication – who will stop ball? Move to ball. Low and set position. Decide on technique. Ask players to think	Lay down cones as obstacles (balls may pop up in air for an added challenge) Reduce the distance between pairs. Progress to just 1 or 2 balls.

		<p>them and a stick each whilst 2 defenders just have sticks. Attackers try and get from one side of area to another avoiding their defenders. If defender touches ball with their stick they swap with attacker.</p>	<p>and discuss tactics (attack/defence/formation)</p>	
COOL DOWN	Large Area	Static Stretches	Body Changes	

“I CAN” STATEMENTS:

**Control a ball & accurately pass whilst moving
 Move with a ball in opposed situations**

**Take part in conditioned games with understanding of tactics/rules
 Understand & use principles of warm up & why exercise is good for health**

EXTRA HELP	GIFTED/TALENTED