

St Ninian's High School S1 Hockey Course Timeline

Lesson	Lesson Intention	Skill application	Capacity focus		
1 & 2	<p>Intro to grip, body position, movement and control of the ball</p> <ul style="list-style-type: none"> • Networking • Gates <p>Introduce dribbling</p> <ul style="list-style-type: none"> • In space • Around cones • Through gates • Dribbling games 	<p>Apply skills with accuracy and control (HWB 3-21a)</p>	<p>Successful learners - learning the correct protocol and safety issues associated with hockey</p> <p>Responsible citizens - bringing out equipment safely</p>	<p><u>Kinaesthetic Awareness</u></p> <p>Takes calculated risks showing an awareness of self, others and safety in practice and performance environments.</p> <p><u>Gross and Fine Motor Skills</u></p> <p>Consistently performs specialised movement skills/techniques with precision in practice and performance environments.</p> <p>Consistently uses eye/hand and eye/foot coordination as part of a skillful performance</p>	<p><u>I can...</u></p> <p>> make a decision about where I need to be with regards to my position and the position of the ball.</p> <p>> perform movement skills e.g. creating space in hockey confidently and consistently.</p> <p>> consistently use a variety of complex skills with confidence, to improve my level of performance.</p>
3	<p>Intro to Speed and agility</p> <ul style="list-style-type: none"> • Why important to Hockey? <p>35m shuttle run & Illinois test</p>	<p>Develop levels of fitness and understanding of fitness testing procedures (HWB 3-22a)</p>	<p>Confident individuals - developing confidence within the skill</p>	<p><u>Stamina</u></p> <p>Makes informed choices and decisions for sustaining moderate to vigorous physical activity.</p> <p><u>Core Stability and Strength</u></p> <p>Consistently demonstrates precision through the use of balance, postural control and the links to core stability.</p> <p>Consistently applies core stability and strength in physical activities for successful performance.</p>	<p>> understand how, why and when to work at a level of activity that consistently provides my body with an appropriate level of challenge.</p> <p>> demonstrate precision by using balance, postural control and core stability.</p> <p>> consistently use core stability and strength to improve my overall performance in a game situation.</p>
4	<p>Introduce passing</p> <ul style="list-style-type: none"> • Lifted push pass <p>Recap on grip, body positioning, movement and control</p>	<p>Modify, adapt and refine previously learned skills (HWB 3-22a)</p> <p>Apply skills with accuracy and control (HWB 3-21a)</p>	<p>Confident individuals - developing confidence within the skill</p> <p>Successful learners - learning the correct techniques</p>	<p><u>Determination and Resilience</u></p> <p>Understands and demonstrates the positive link between effort, perseverance and personal achievement.</p> <p>Develops the ability to manage emotions to enhance performance.</p>	<p>know how and show how increased effort and not giving up can lead to improved performance.</p> <p>> recognise the variety of emotions associated with physical performance and the impact that they</p>

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				<p>Recognises the variety of emotions that are associated with performing and the impact they have on behavior and performance.</p> <p>Initiates and adopts coping strategies in response to the outcomes of competition.</p> <p><u>Communication</u></p> <p>Demonstrates knowledge and understanding of a range of verbal and non-verbal communication skills and applies them appropriately and confidently in practice and performance environments</p>	<p><i>can have on behavior and performance.</i></p> <p><i>> adopt a variety of strategies to deal with situations related to managing my emotions.</i></p> <p><i>> demonstrate knowledge and understanding of verbal and non-verbal communication skills and can apply them in practice and performance environments.</i></p>
5	<p>Develop Passing (2v1)</p> <p>Develop Passing in small sided games (3v3)</p> <p>Introduce positions and zones</p>	<p>Engage in challenging physical experiences (HWB 3-22a)</p> <p>Apply skills with accuracy and control (HWB 3-21a)</p> <p>Select and apply movement skills and strategies (HWB 3-21a)</p>	<p>Confident individuals - developing confidence within the skill</p> <p>Successful learners - learning the correct techniques</p>	<p><u>Decision Making</u></p> <p>Makes decisions when presented with a greater variety of options and can explain why.</p> <p><u>Multi-processing</u></p> <p>Takes in and makes sense of several pieces of information at the same time, from a number of different sources which will contribute to successful performance.</p>	<p><i>> make informed decisions when presented with a variety of options.</i></p> <p><i>> take on some information in a game situation and try to play the ball to a teammate or exploit space.</i></p>
6	<p>Continue with small sided games</p> <p>Introduce rules:</p> <ul style="list-style-type: none"> Fouling Re-starting play Stick height No 'chopping' 	<p>Select and apply movement skills and strategies (HWB 3-21a)</p> <p>Engage in challenging physical experiences (HWB 3-22a)</p>	<p>Successful learners - develop technique under pressure</p>		
	Speed work (moving	Select and apply	Successful learners -		

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7	<p>quickly into space / away from defender)</p> <ul style="list-style-type: none"> • Benefits of improving speed • Effects of improved speed on performance • Slalom races • 2v1 / 3v2 sprint challenges 	<p>movement skills and strategies (HWB 3-21a)</p> <p>Engage in challenging physical experiences (HWB 3-22a)</p>	<p>develop technique under pressure</p>	
8	<p>Introduce right hand dodging</p> <p>Introduce lifting the ball into space</p>	<p>Apply skills with accuracy and control (HWB 3-21a)</p> <p>Engage in challenging physical experiences (HWB 3-22a)</p>	<p>Confident individuals - developing confidence within the skill</p> <p>Successful learners - learning the correct techniques</p>	
9 & 10	<p>Develop skills in 3v3 games</p> <p>Introduce specific positions for players</p>	<p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p> <p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p>	<p>Successful learners - correct techniques performed in games</p> <p>Effective contributors - working together as part of a team</p>	
11 & 12	<p>Develop skills in small sided conditioned games (3v3) e.g. 2 right hand dodges must be used by every player, 2 drag lifts must be used by every player</p>	<p>Understand how to work effectively with a partner or a group (HWB 3-23a)</p> <p>Understand and undertake a variety of</p>	<p>Effective contributors - contribute own strengths to performance</p> <p>Confident individuals - performing strengths which benefit the team</p>	

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	Recap on rules	roles and responsibilities (HWB 3-23a)		
13	Begin class tournament	<p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p> <p>Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>Effective contributors - work as part of a team</p> <p>Confident individuals - develop individual performance</p> <p>Successful learners - perform all skills in competitive environment</p> <p>Responsible citizens - work as part of a team</p>	
14	Continue class tournament	<p>Understand and undertake a variety of roles and responsibilities (HWB 3-23a)</p> <p>Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>Effective contributors - contribute own strengths to the team</p> <p>Confident individuals - develop individual performance</p> <p>Successful learners - perform all skills in competitive environment</p> <p>Responsible citizens - work as part of a team</p>	

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15	<p>Complete class tournament</p> <p>Assessment of hockey performance</p> <p>Teacher should encourage</p> <ul style="list-style-type: none"> • Team work <p>Accuracy & control of skills</p>	<p>Appreciate and celebrate personal success and that of others (HWB 3-24a)</p> <p>Develop appropriate decision making and problem solving skills through analyzing, evaluating and applying (HWB 3-21a)</p> <p>Engage in physical challenging experiences (HWB 3-22a)</p>	<p>Effective contributors - contribute own strengths to the team, work together</p> <p>Successful learners - perform all skills in competitive environment</p> <p>Responsible citizens - work as part of a team</p>	
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