



## KS3 Hockey

### Hockey Written task

#### **Complete the list of rules by filling in the missing words....**

1. Hockey players can only hit the ball with the \_\_\_\_\_ side of their stick.
2. Hockey players (other than the goalkeeper) are not allowed to use their \_\_\_\_\_, or any other parts of the body, to control the ball at any time.
3. A goal is a goal scored from open play, and can only be scored from \_\_\_\_\_ the 'striking circle'/'D'. If the hockey ball is hit from outside the circle and goes into the goal, it does not count as a goal. It is a \_\_\_\_\_ to the opponents.
4. A short corner/penalty is when the defensive team hit the ball off the backline purposefully or cause a foul in the 'D'.
5. A 'hit out is when the \_\_\_\_\_ team hit the ball of the back line and the defence restart at the top of the D.

#### **Research task...**

1. How successful were the England women's hockey team in last Olympics Rio 2016?
2. Name 5 female England hockey players
3. Name the England male GK
4. Find the contact details of the two local clubs linked to RHS. (Huddersfield dragons and Halifax hockey club).

Website: <http://www.englishockey.co.uk/>

**Challenge task:** Select one player and create a fact file on their sporting achievements to date.

## GCSE Theory link- Socio cultural influences: Participation in sport

Why people participate in sport/physical activity	Barriers to participation
<ul style="list-style-type: none"> <li>• Health and fitness benefits</li> <li>• Mental well being</li> <li>• Manage stress</li> <li>• Learn a new skill</li> <li>• Meeting new people</li> </ul>	<ul style="list-style-type: none"> <li>• Family influence</li> <li>• Age and Gender</li> <li>• Ethnicity</li> <li>• Disability</li> <li>• Transport and Access</li> </ul>

1. What sport/physical activity do you participate in and why?
2. What sport/physical activity does your best friend participate in and why?
3. What sport/physical activity does your parent/carer participate in and why?

## Hockey practical

Inside your house	In the garden
<p><b>Warm up:</b></p> <ul style="list-style-type: none"> <li>• Shuttle runs, sofa to bed x5</li> <li>• 20 star jumps</li> <li>• 20 squats</li> <li>• 20 high knees</li> <li>• 20 heel kicks</li> </ul> <p><b>Circuit:</b> (40seconds on 20 seconds rest, repeat x5)</p> <ol style="list-style-type: none"> <li>1. Plank</li> <li>2. Bicep curls with tin of beans</li> <li>3. Mountain climbers</li> <li>4. Running on the spot while punching</li> <li>5. Balance a ball on three fingers</li> </ol>	<p><b>Warm up:</b></p> <ul style="list-style-type: none"> <li>• Shuttle runs, fence to fence x5</li> <li>• 20 star jumps</li> <li>• 20 squats</li> <li>• 20 high knees</li> <li>• 20 heel kicks</li> </ul> <p><b>Using a bat and ball or stick and ball:</b></p> <ol style="list-style-type: none"> <li>1. Keepie up challenge</li> <li>2. Flick against the fence/wall</li> <li>3. Reverse stick around plant pots/ any obstacles in the garden.</li> <li>4. Push pass, hit, sweep against the wall</li> </ol>

**PE Staff Video Challenge:** If you are off school your PE teacher will send you a video challenge to complete through MS Teams. Remember to share how you do with your teacher so praise/achievement points can be given out.