

## St John's Senior School



**Subject: Physical Education (Girls' hockey)**

**Form: 2 & 3**

**Term: Autumn**

WEEK	TOPIC
8	Ball skills – ball handling and basic control. Stance, body positioning and stick handling. Dribbling. Basic rules.  Extension: Ball skills – controlled ball handling. Reverse stick dribbling.
9	Passing and receiving - open stick (push pass).  Extension: Dribbling, passing and receiving with accuracy (push pass and hit) – open and reverse stick.  Passing and receiving with accuracy in advanced situations.
10	Passing and receiving (hit). Reverse stick receiving. Tackling (attack and defence).  Extension: Introduction of slap hit and flick.
11	Attacking and defending principles. 2 Vs 1  Extension: Small sided, pressurised situations.
12	Shooting/goal keeping  Extension: Short corner attack and defence tactics.
13	Skills catch up/assessment.