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PROGRESSION OF KEY SKILLS

Hockey (Quicksticks)

Early Years (progressions through first PE unit/Enjoy-a-ball)

EY

Ball Awareness—moving the ball along the floor using hands

Pushing/Patting the ball to a partner using one hand

Move around safely in a variety of ways and negotiating space

Trying to get the magic ball from another player—holding a throw down strip (magic wand) in hand

Scoring into a target in a variety of ways

Play adapted games—beginning to score into a goal

1

Year 1 (progressions through Ball Games, tennis)

Ball Awareness—moving a ball along the floor using a tennis racket

Pushing a ball to a partner using a hand paddle/tennis racket

Begin to move into a space in a 'Hand hockey' game holding throw down strips (in hand)

Hand hockey—beginning to tackle, holding a throw down strip as extension to hand

Introduce scoring into a goal, using various types of equipment

Small-sided adapted games 3v3. Begin to develop tactics for attacking and defending.

2

Year 2 (progressions through Ball games, tennis)

Ball Awareness—moving a ball along the floor with control, using a tennis racket

Pushing a ball to a partner when using a tennis racket, developing control

Pass and begin to move forward into a space in a 'Hand hockey' game, holding a throw down strip (in hand)

Hand Hockey—beginning to anticipate when to tackle, using throw down strips (as hand extension)

Scoring into goals/targets using various types of equipment e.g. tennis racket to hit a ball through cones

Small-sided games using various types of equipment. Develop tactics for attacking and defending

3

Year 3

Dribble the ball holding the stick in correct position

Pass and receive a ball with some control

Perform a pass and look for a space in an adapted game to receive the ball

Begin to tackle a player safely—when stationary and moving

Score whilst the ball is stationary. Adapted games to focus on accuracy

Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending

4

Year 4

Dribble and stop the ball with control

Pass the ball over a longer distance with accuracy and power

Perform a short pass and begin to move into a space and receive the ball with some control

Tackle a player beginning to use the correct grip and positioning—bend knees, low to the ground.

Develop shooting—at targets/goals. Beginning to score whilst the ball is moving

Play adapted games, Children encouraged to think of tactics when attacking and defending

5

Year 5

Dribbling the ball in different directions, keeping head up

Pass the ball over a variety of distances with some accuracy and power, in a game situation

Perform a pass with some control, accuracy and with movement into a space

Begin to defend against an opponent in a game situation—tackling and marking

Hit a moving ball with some accuracy and control into a goal

Begin to use techniques learned in a game situation and to have an understanding of key rules

6

Year 6

Dribble the ball at various speeds—both in isolation and a game situation

Pass the ball over a variety of distances in attacking or defensive situations

Pass and move into a space with accuracy, control and speed (in isolation/game situation)

Begin to defend as an individual and communicate to defend as a team (marking and tackling)

Hit a moving ball into a goal from different angles and sometimes with different levels of power

Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending

