



Knowledge Organiser KS3 PE

Year
KS3
Activity
Hockey

| Skills | Fitness | Rules |
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| <ul style="list-style-type: none"> • Dribbling – maintaining control of the ball at pace and using flat side of the stick • Passing – using different types of pass over short and long distance. Push pass for shorter distance, drag pass, slap pass or hit for longer distance. • Tackling – timing the tackle so you dispossess your opponent without committing a foul by tripping them up or hitting their stick • Shooting – able to accurately direct shots into the correct part of the goal, including drag and hit shots. | <p>You need excellent muscular endurance for hockey to maintain a low body position which is needed to keep control of the ball.</p> <p>You need speed to make breaks away from opponents.</p> <p>You need excellent cardiovascular endurance to maintain your intensity over the course of a whole game on a large pitch.</p> <p>You need great co-ordination to keep control of the ball on the stick.</p> | <ul style="list-style-type: none"> • Tackles must win the ball cleanly, taking the ball and not the stick. • Not allowed to contact the ball with your feet, even if accidental. • When you are awarded a foul, self-pass is allowed • From a foul, ball must travel 5 metres before entering the 'D'. • Short corners are awarded for infringements in the D, such as ball contacting a defenders foot, unintentional fouls, or a defender putting the ball behind the goal intentionally • Long corners are awarded for ball going behind the goal line accidentally. |

Pitch and positions

