



## Curriculum Objectives

### Strand Unit: Sending, receiving and travelling

- Develop and practise a range of carrying and striking skills:
  - Striking and dribbling a ball using a stick.

### Strand Unit: Creating and playing games

- Create and develop games with a partner and in groups:
  - Discuss and agree on the rules necessary.

### Strand Unit: Understanding and appreciation of games

- Discuss and improve control of movement skills relevant to games.

Move up a level

## Venue

- Yard/hall

PSSI Homepage

## Equipment

- Tennis balls or balls slightly larger, hurleys or hockey sticks or unihoc sticks for indoors.  
**ALL TEACHERS PLEASE NOTE: IF USING HURLEYS CHILDREN MUST WEAR HELMETS.**

## Reference

- Primary School Curriculum (1999) Physical Education, page 43.



## ORGANISATION

Divide the class into groups of six.  
Each child has a stick.

Consider grouping children of similar ability.

Mark out grids ten metres square – one group to each grid.

Place another set of three cones in each grid for Activity 1.



Remove the middle set of cones.

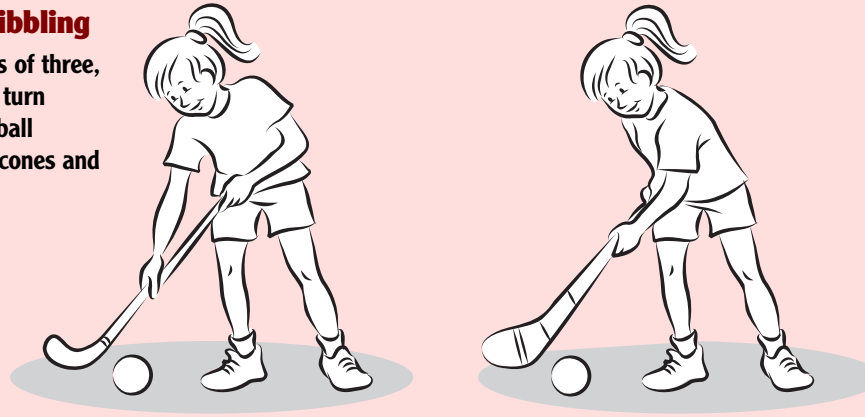


## ACTIVITY

**Warm up and stretching: Visit your warm up bank.**

### 1 Slalom dribbling

In two groups of three, each child in turn dribbles the ball between the cones and back.



### 2 Passing in twos on the move

The partners should be five paces apart.

While walking side by side across the grid, they pass the ball to each other.

When the children reach the end of the grid they return by the sides.

After three or four turns ask the children to practise this activity while jogging.

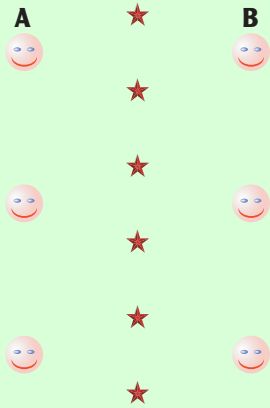
## TEACHING POINTS

- Bend the knees.
- Remind the children to use the correct grip:
  - if using a hockey/uni-hoc stick, the strong hand is the lower hand;
  - if using a hurley, the strong hand is at the top of the stick.
- Encourage the children to slow down and emphasise control of the ball.
- Control the ball before passing back to your partner.

- Q** Where do you think you should place the ball when passing to your partner?
- R** Place the ball slightly in front of the receiver.
- Q** Why do you think you should remember this?

**ORGANISATION**

Place two beanbags between each pair.



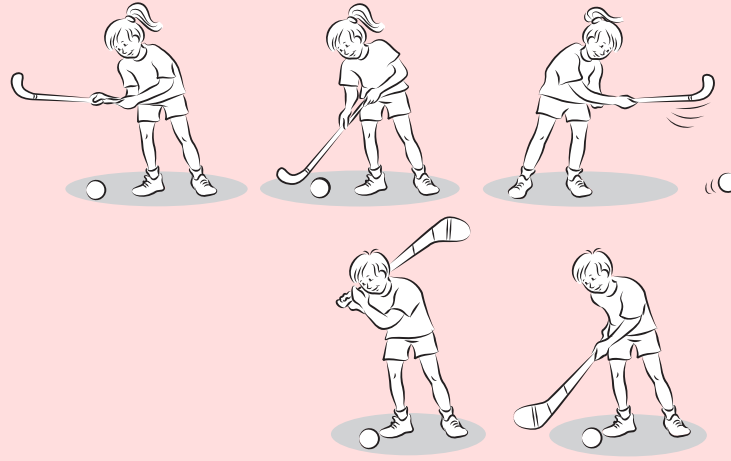
Each child has a stick – one ball per pair.

**ACTIVITY**

**3 Striking and blocking the ball**

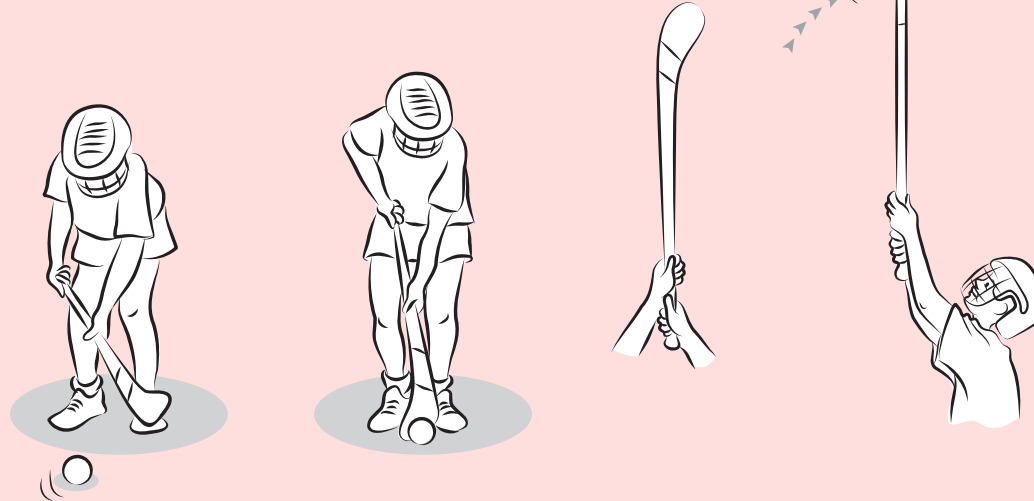
The pairs stand 10 metres apart.

- (a) **A** strikes the ball along the ground to **B** who blocks it and strikes it back to **A**.
- (b) Now place two beanbags between each pair. Aim to strike the ball between the beanbags.



- (c) If using hurleys one partner leaves the hurley to one side. **A** throws the ball above head height to **B**. **B** blocks the ball in the air, and strikes it back to **A**.

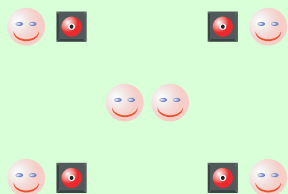
After five turns switch roles.



**TEACHING POINTS**

- Remind the children of the correct grip suitable to the stick being used.
- Swing the stick back and then forward to hit the ball.
- If using a hurley, the striker stands sideways to the ball and swings the hurley to connect with the ball.
- Control the ball before passing back to your partner.

## ORGANISATION

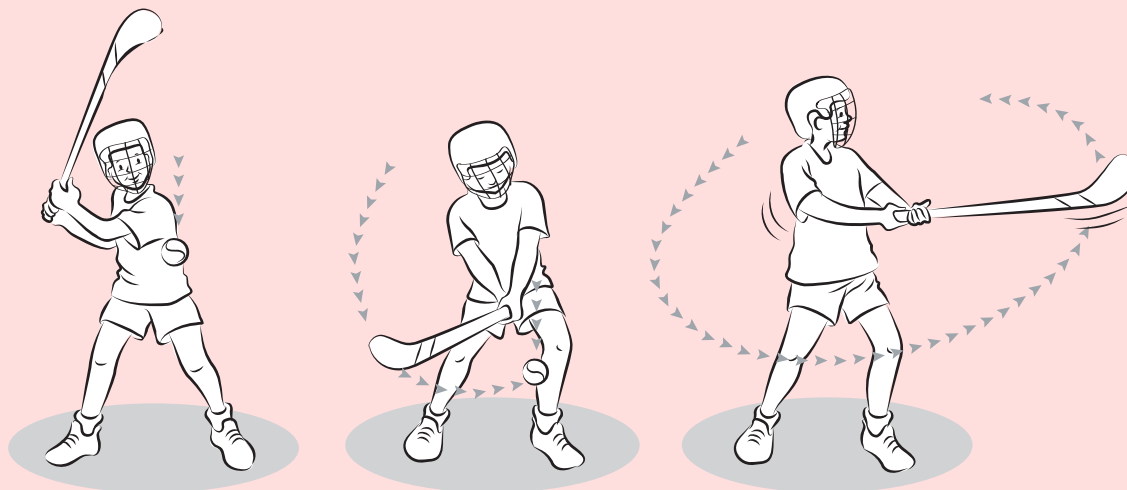


## ACTIVITY

**4 Striking from the hand (only for use with hurleys)**

Place the children in pairs – one ball per pair.

The children practise striking the ball from the hand.

**5 Games****(a) 4 v 2**

The players pass the ball round the grid area. The players in the middle try to intercept the passes. Once either of them touches the ball s/he changes places with the player whose pass was intercepted.

**b) 3 v 3: Team A and Team B**

Team **A** is given possession of the ball and tries to make four or five passes without interception by team **B**. If successful they earn one point. Now Team **B** have possession and try to do the same.

**Rules:**

- Play must remain within the grid.
- If the ball goes outside the grid or if the ball is intercepted possession is given to the other team
- No pushing, pulling or dragging

**6 Cool down**

Visit your cool down bank.

## TEACHING POINTS

- Encourage the children to concentrate on the accuracy of the pass rather than the distance.

## DEVELOPMENT FOR FOURTH CLASS

## ORGANISATION

Mark out an appropriate number of pitches.

Place cones for goals.

## ACTIVITY

**1 Games: 6 v 6 – Outdoors**

Encourage the children to:

- move into space to receive a pass;
- mark a player.

This game can be played with hockey sticks or hurleys and an olympic sized ball.

**ALL TEACHERS PLEASE NOTE: IF USING HURLEYS THE CHILDREN MUST WEAR HELMETS. IF USING HOCKEY STICKS (i.e. outdoor hockey sticks) ONLY USE THE BALLS DESCRIBED ABOVE. DO NOT USE A STANDARD HOCKEY BALL.**

**2 Games: 5 v 5 – Indoors**

If playing indoors play five a side and use uni-hoc sticks. Rotate the teams quickly and often.

Indoor hurleys can also be used but the same regulation pertains.

**ALL CHILDREN MUST WEAR HELMETS.**

## TEACHING POINTS

- Q How will we start the games and restart after a goal?
- Q Will tackling be allowed?
- Q What happens if the ball goes out at the end line?
- Q What does **mark a player** mean?
- Q How can we avoid bunching together?