

Example Key Stage 3 Unit: Teaching Health, Fitness and Activity through Invasion Games

Year 9 Hockey	National Curriculum Links	
Objectives To enable pupils to: - refine passing and shooting skills, develop marking and dodging skills and know how to support team members in attack and defence - develop knowledge of and perform contrasting team positions - demonstrate their understanding of safe exercise practice and plan and perform warm up and cool down routines relevant to the game of hockey	Competitive Activities Pupils should be given opportunities to: develop their techniques, skills, strategies and tactics applicable to a variety of competitive activities; refine, adapt and apply their skills with consistent control and accuracy under competitive conditions; analyse and evaluate the effectiveness of increasingly complex strategies and tactics against a background of changing situations; use the information to modify, develop and try out their plans and identify other strategies and tactics that might have been effective; adopt an alternative role in their chosen activity, while working with others to apply the rules of an activity and ensure the conventions of fair play, honest competition, good sporting behaviour and informed spectatorship. Health, Fitness and Well-Being Pupils should be given opportunities to: engage in frequent and regular physical activity beneficial to their health, fitness and well-being; investigate and plan for participation in a range of daily activity opportunities at school, home and in the local community, and find ways of incorporating exercise into their lifestyles; try different activities that affect their fitness and find out how appropriate training can improve fitness and health; identify how to eat and drink healthily in order to meet the energy requirements of different activities and levels of performance.	
Learning Outcomes (LOs)	Learning Activities	Resources
Pupils should be able to: - refine passing and shooting skills and develop marking and dodging skills, including how and when to provide support to team members in attack and defence - play two contrasting team positions (e.g. defender and attacker), showing an understanding of relevant rules and roles in attack and defence - demonstrate understanding of safe exercise practice, and plan and perform an appropriate warm-up and cool-down for hockey	Opportunities for pupils to: - explain safe exercise practices (e.g. tying long hair back and removing jewellery to avoid injury; wearing adequate protection such as hockey boots, shin pads and goalkeeping gloves and pads) - experience and understand then plan and perform safe and effective warm up and cool down activities which mobilise joints, warm the body and stretch muscles relevant to the game of hockey (i.e. involve actions, skills, joints and muscles used when playing hockey) - practise and refine accurate passing and shooting skills, varying distance and speed and showing awareness of others' strengths and limitations - develop and practise marking and dodging skills in small-sided modified games (e.g. 3v1; 3v2, 4v3; 4v4; 5v5) and be involved in decision-making both in attack (e.g. how and when to pass, dodge, shoot) and in defence (e.g. how and when to tackle, intercept) - select two contrasting positions to develop over time within a game (e.g. goalkeeper, right wing), know the role requirements both in attack and in defence, refine the skills required by the particular roles selected (e.g. passing, shooting, kicking, marking, dodging skills) and the rules of hockey particularly as they apply to those positions	- protective equipment (e.g. goalkeeping gloves and leg pads) - equipment as appropriate for the activities (e.g. balls, hockey sticks, cones) - goals, bibs or bands - task cards