

KS2 HOCKEY– SKILLS PROGRESSIONS

	Hockey Skills	Movement Skills (FMS)	PE Concepts	OTHER SKILLS
Year 3 Exploring individual skills	<ul style="list-style-type: none"> • Explore basic dribbling • The basic grip • Travelling with the ball • Changing direction • Explore evading defender • Explore changing speed • Shooting at goal from a short distance (sweep shot) • Basic passing over a short distance (push Pass) 	<ul style="list-style-type: none"> • Agility • Balance • Coordination • Running • Turning • Twisting • Stretching • Striking • Dribbling 	<ul style="list-style-type: none"> • Use of disguise • Keeping individual possession • Creating Space as an individual • Invasion Games • Directional Play • Attacking & Defending • Playing by the rules • Good Sportsmanship 	<ul style="list-style-type: none"> • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Vocabulary • Creative solutions
Year 4 Developing individual skills	<ul style="list-style-type: none"> • Developing dribbling to keep possession • Exploring combining changes of direction and speed • Getting past a defender in a 1v1 • Slalom dribble • Shooting with power • Passing & receiving over short distances whilst on the move • Basic defending (Jab Tackle) 	<ul style="list-style-type: none"> • Agility • Balance • Coordination • Running • Turning • Twisting • Stretching • Striking • Dribbling 	<ul style="list-style-type: none"> • Creativity • Scanning • Creating Space • Support Play • Attacking & Defending • Playing by the rules • Good Sportsmanship 	<ul style="list-style-type: none"> • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions
Year 5 Connecting and combining with others	<ul style="list-style-type: none"> • Develop and refine controlled dribbling techniques including the 'Indian Dribble' • Dribbling at speed in to space • Refine the push pass over medium distances • Keeping possession as a team • Receiving from various angles • Receiving to shoot from different angles 	<ul style="list-style-type: none"> • Agility • Balance • Coordination • Running • Turning • Twisting • Stretching • Striking • Dribbling 	<ul style="list-style-type: none"> • Support play • Scanning • Adding disguise when shooting • Movement to create space • Developing teamwork 	<ul style="list-style-type: none"> • Solving problems • Collaborating with others • Social Skills • Health and Fitness • Keeping Score • Vocabulary • Creative solutions
Year 6 Developing game understanding	<ul style="list-style-type: none"> • Dribbling whilst under pressure from an opponent • Eliminate an opponent in a 1v1 situation using a forehand drag technique • Regain possession using the jab tackle and the block tackle • Develop long range passing • Shooting whilst under pressure from an opponent • Create and exploit space as a team whilst in possession 	<ul style="list-style-type: none"> • Agility • Balance • Coordination • Running • Turning • Twisting • Stretching • Striking • Dribbling 	<ul style="list-style-type: none"> • Awareness • Timing of movement • Speed of play • Team tactics • Attacking and defending principles • Teamwork • Leadership 	<ul style="list-style-type: none"> • Resilience • Competition • Roles and responsibilities • Social Skills • Respect • Communication • Vocabulary