

# Year 5 - QuickSticks - HT2



**Prior Learning:** In year 4 children continued to develop their dribbling skills their own and in a game situation. They experimented with different ways of passing and practiced aiming towards various targets to help with precision. They were learned to shoot into a target. They played small sided games bringing in the key Quickstick rules.

## Physical Me

- Running**     **Agility**
- Speed**     **Balance**
- Strength**   **Co-ordination**
- Reaction**   **Power**
- Passing**   **Reactions**

## Key Skills

### Thinking Me

- Select and apply my skills
- Evaluate performance
- Decision making

### Value Me

- Passion
- Self Belief

### Social Me

- Helping others
- Accepting and embracing rules



## Quicksticks Rules:

### Start of Game:

One team being given a centre pass

### Restart the game:

Centre pass is taken by the team who has not scored

A free pass (the ball must be taken from where the offence took place)

If a ball crosses the sideline, a push-in is taken from the team that did not touch the ball last.

-You can pass or dribble onto the court from a sideline

### FREE PASS to the other team:

- If a ball crosses the back line off an attacker, a free push is taken by the defending team from the top of the shooting circle/area

- If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner

- If sticks raised above waist/knee height
- If uses rounded side of the hockey stick
- If you obstructs attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball

## Key Vocabulary

Indian Dribble

Demonstrate

Block Tackle

Marking

Interception

Precision

Opponent

Possession

Slap Pass

## Key Knowledge

**Indian Dribble:** dribbling the ball quickly to the left and right, moving forward as you do so

**Block tackle:** this tackle requires you to get closer to the ground, make sure to always keep the opponents on your right, so the front of the stick is blocking the ball.



Anything else you have learnt? What have you enjoyed?

I can statements	✓ X
Dribbling the ball in different directions, keeping head up	
Begin to use techniques learned in a game situation and to have an understanding of key rules	
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	