

SCHOOL GAMES CONTENT

Key Stage 2



**ENGLAND
HOCKEY**

The Set Up And Games

Playing space (playground / pitch etc) should be divided to allow for 6/8 stations depending on the number of children and the length of your event. We would recommend a maximum of 8 players per station.

The following slides share games / activities that can be used at each station. There are 10 provided to allow you to choose the ones you like best.

Optional Scoring

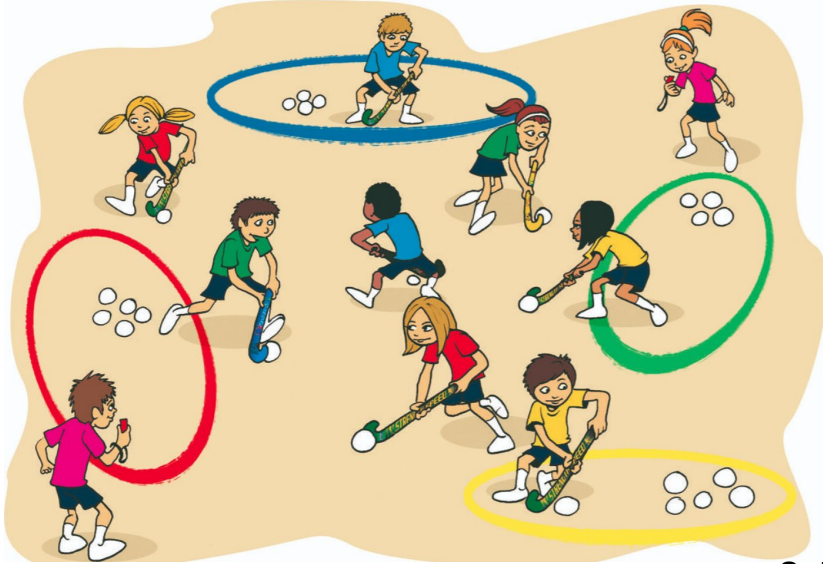
Each game has a method of points scoring – some based on performance, and some based on School Games values.

For final calculations, we suggest that teams are awarded points based on their comparative scores in each station - e.g. If they finish with the most goals in a game, and there are 8 teams competing, they would be awarded 8 points. 2nd place gets 7 points etc

Challenge 1 x6-8 Players Helper 1	Challenge 2 x6-8 Players Helper 2	Challenge 3 x6-8 Players Helper 5	Challenge 4 x6-8 Players Helper 6
Challenge 8 x6-8 Players Helper 3	Challenge 7 x6-8 Players Helper 4	Challenge 6 x6-8 Players Helper 7	Challenge 5 x6-8 Players Helper 8



1. Great Goal Robbery



Spirit of the Games



How can you show respect to the other team, even if you win?
How can we show respect to our teammates who might be struggling or having a bad day?



How can honesty help build trust between teammates?
What should you do if you accidentally break a rule during a game?

Equipment

Something to mark the islands, Large Quicksticks Balls, Hockey stick per player

Space Required

Any surface, existing markings can be used for islands

Set up Time

2 minutes

How to Play



Activity Description

Mark out 4 - 8 islands. Place a set number of balls on each island. Ask players to split evenly over the islands. When the game starts, the players need to go to a different island, get a ball, and dribble it back to their own island.

Only one ball can be taken at a time. Islands cannot be guarded to stop others from stealing balls. Players must visit a new island each time (i.e. they can't keep stealing from the same island)

Aim is to get the most balls in your island. Play for between 1-2 minutes each round

Scoring

Points to be awarded for demonstrating the **Honesty** School Games Value (max.10)

Difficulty Level



Safety

Head of the stick must always be on the floor.

Encourage players to keep looking up to ensure they don't bump into each other.

How to make Easier

- Start the game with no sticks just balls
- Make islands bigger
- Move islands closer together
- Extend the time
- Use larger balls
- Create islands with balls in, but no team.
- Only allow one player per team to go at once

How to make Harder

- Add a stick
- Make islands smaller
- Move islands further apart
- Shorten the time
- Have fewer balls across the pitch
- Have different numbers of players per team

2. Jack, Queen, King



VIDEO



Equipment

Large Quicksticks Balls, Hockey sticks for Kings and Queens, Cones

Space Required

Any surface, appropriate size for group

Set up Time

1 minute



Why is it important to keep going, even if you lose a game?

What does determination mean to you, and how can it help you play hockey?



What does it mean to be kind to your teammates?
Why is it important to respect the rules of the game?

How to Play



Activity Description

Split your players in to 3 groups - Jacks, Queens and Kings

- Jacks have no stick or ball,
- Queens have a stick only
- Kings have a stick and a ball

Aim of the game is to be a King for as long as you can

- Jacks must tag a Queen to take their stick, to become a Queen.
- Queens use their stick to steel the ball from the King, to become a King
- Kings must protect the ball from Queens
- Jacks cannot become Kings

Play for 60 seconds per round and rotate roles each round.

Scoring

Points to be awarded for demonstrating the **Respect** School Games Value (max. 10)

Difficulty Level



Safety

Sticks must be carefully handed over after being tagged

Head of the stick must always be on the floor

When the King has the ball, they must be encouraged to keep their head up.
If a Jack is tagged they cannot tag the same person back immediately

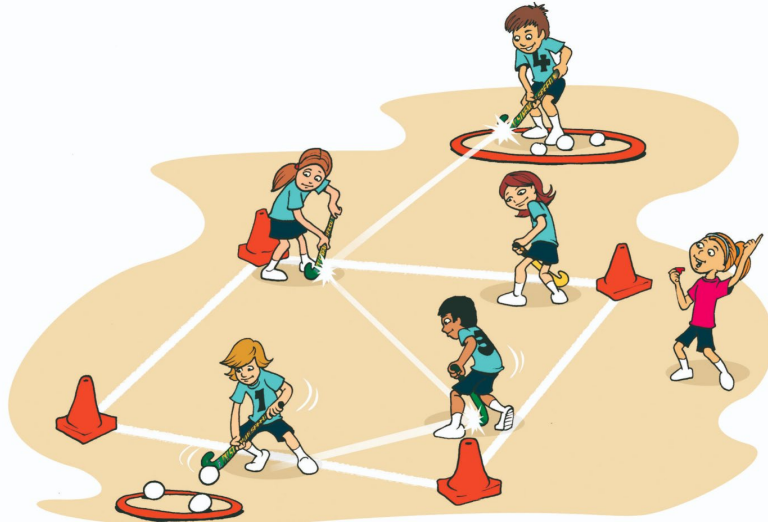
How to make Easier

Have a higher number of Kings
Make space bigger

How to make Harder

Reduce the number of Kings
Make the space smaller

3. Team Treasure Chest



Equipment

Large Quicksticks Balls,
Cones, Hoops, Hockey stick per player

Space Required

Any surface, adaptable based on group experience, A square 3 metre per side to start.

Set up Time

2 minutes



Why is teamwork important in hockey?
How can you help a teammate who is feeling sad or upset?



How do you feel when you try something new in hockey?
How can believing in yourself help you improve your hockey skills?

How to Play



Activity Description

Split the group into teams, and assign a number, e.g. if there are 5 in the group then number players 1-5. Each team marks out a playing area with cones and adds a 'Treasure Chest' (circle/hoop) at the bottom, and a hoop with lots of hockey balls in it at the top. The aim of the game is to move the balls from the hoop to the 'Treasure Chest'.

Players move around in their playing area until the person in charge calls out a number. If they call out number 3, then player number 3 moves to the hoop and collects a ball. They must pass the ball from the hoop to a teammate in the playing area.

The player who has been passed the ball receives it with their hockey stick. If another teammate is closer to the 'Treasure Chest', the ball can be passed to them, before being dribbled into the 'Treasure Chest'.

Organiser calls another number, and the process is repeated.

Scoring

A point is awarded for every ball moved from the hoop to the treasure chest, within the allotted time (e.g. 2 mins).

Difficulty Level



Safety

Head of stick near floor at all times.
Players to look up when moving around and receiving the ball.
Players should be encouraged to move into space.

How to make Easier

Player in hoop could roll the ball in by hand to help teammates control easier.
Make the playing area smaller

How to make Harder

Make the space larger so the passes are longer.
Call two numbers together to bring more balls, and players, in to play at the same time

4. Sharks & Fishes



Equipment

Large Quicksticks balls, Markers for the area and stick per player

Space Required

Any surface, appropriate size for group.

Set up Time

2 minutes



How do you cheer yourself up when you make a mistake in a game?

What do you do when you feel like giving up during a tough practice or game?



What should you do if you start to doubt yourself during a game?

What can you say to yourself if you start to feel nervous before a game?

How to Play



Activity Description

Split group into two. Teams start at opposite ends of pitch. On one side the players have a ball each, they are the 'fishes' and the players on the other side don't have balls, they are the 'sharks'. The shark's aim is to steal the balls from the fishes and win possession before they reach the other side of the playing area. When a fish loses their ball, they become either a 'Shark' or seaweed. Seaweed is stuck on the spot and their job is to support the sharks in winning possession of the ball from the fishes left in the game.

Scoring

Points to be awarded for demonstrating the **Self-belief** School Games Value (max.10)



Difficulty Level

Safety

Focus is on stealing, so players must always keep head of stick near the floor. Look up when carrying ball.

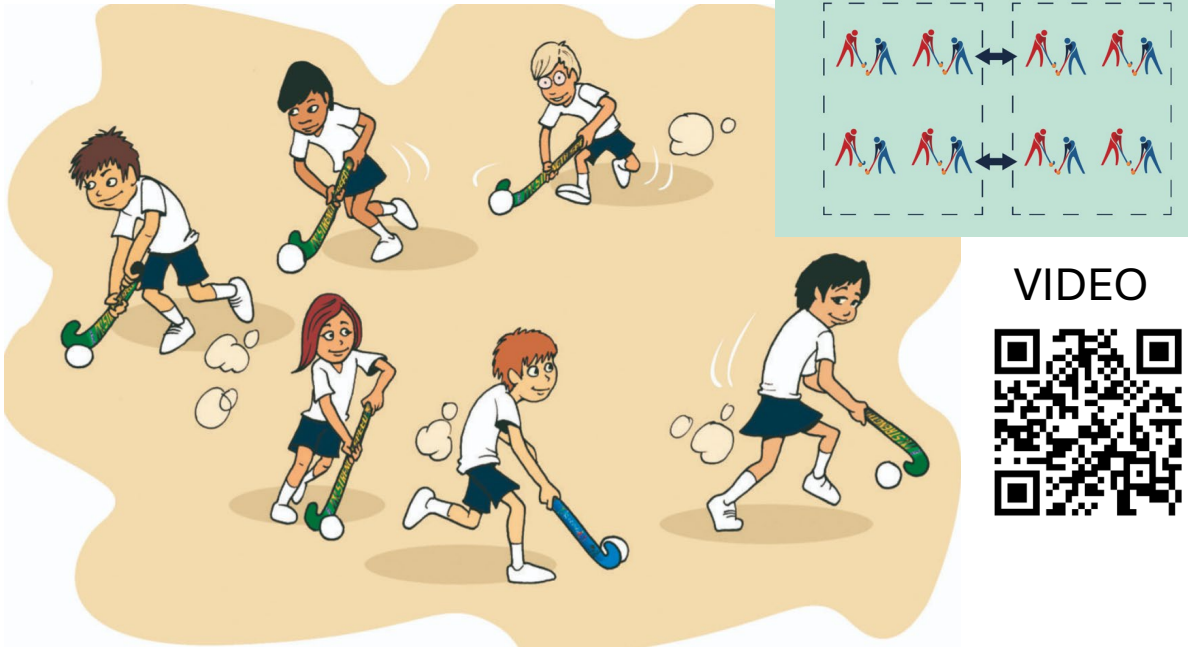
How to make Easier

Remove all sticks and balls, so players just need get to the other side without being tagged
Have fewer sharks
Make the playing space bigger
No stealing by the sharks, they must shadow and force fishes out the playing area

How to make Harder

Make the playing space smaller
Have a time limit for fishes to get across to the other side
Have more sharks

5. Catch me if you can



VIDEO



Spirit of the Games



How do you encourage your teammates to keep trying when things are tough?
Why is it important to keep practicing, even if you're already good at something?



How can you help your teammates believe in themselves?
What does it mean to believe in yourself?

Equipment

Large Quicksticks balls (or any ball),
Hockey stick per player, Cones

Space Required

Any surface, appropriate size for group.

Set up Time

1 minute

How to Play

Activity Description

Set up two playing areas side by side.

Players divided into pairs, and each player has a stick and a ball.

One player is in front of the other and begins to dribble the ball away from their partner. The second player also dribbles the ball, following the first player and trying to tag / catch them. Once tagged, both players move into the other playing area and switch roles.

Scoring

Points to be awarded for demonstrating the **Determination** School Games Value (max.10)



Difficulty Level

Safety

Head of the stick must always be on the floor.
Encourage players to keep looking up to ensure that they don't bump into each other.

How to make Easier

Start as a mirroring game - follow the leader but no tagging.
Progress to tagging, but first player gets a 5 second headstart.
Keep the same number of pairs in the playing area (do not swap pitches when tagged).

How to make Harder

Have two players chasing the leader.
Reduce the size of the playing area.
Add in extra cones to carry the ball around



6. Skittles



Equipment

Large Quicksticks balls (or any ball), Hockey stick per player, Skittles, (or cones with a ball balanced on top)

Space Required

Adaptable based on numbers of players but A square approx. 10m per side

Set up Time

3 minutes

Spirit of the Games

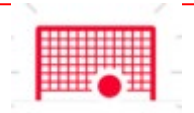


Why is it important to communicate with your teammates when playing?
How do you feel when you help your team score a goal?



What do you do to stay positive when things aren't going well in a game or practice?
Why is it important to believe in yourself, even when others might doubt you?

How to Play



Activity Description

Get a target (eg. skittles, or cones with a ball balanced on top) and set them up in a line with a space between each one.

Get into pairs (one stick per person, one ball per pair) and stand opposite each other so that the target is in the middle.

Mark out two scoring lines, one closer, and one further away - players choose which line they'd like to shoot from.

One player pushes the ball to try and hit the target. If they miss, their partner can retrieve the ball and pass it back to them.

After 5 attempts, switch over and count how many times your team hits the target

Scoring

Points to be awarded for each time the player hits the skittle (one point from closer scoring line, and two points from the further scoring line) , within the allotted time (e.g. 2 mins)

Difficulty Level



Safety

Head of the stick must always be on the floor when aiming for the target

How to make Easier

Increase the size of the target (a football or make a gate with two cones to shoot through.

Move the shooting position closer to the target

Use larger balls

How to make Harder

Make the target smaller in size
Only use the further scoring line.

7. Gain Ball



Spirit of the Games

Equipment

Large Quicksticks balls (or any ball), Hockey stick per player, cones

Space Required

Adaptable based on numbers of players but a square approx. 10m per side

Set up Time

1 minute



How do you stay motivated when you're tired or things aren't going well?
How do you feel when you achieve a goal you've worked really hard for?



Why is it fun to practice and get better at hockey?
What can you do to help a teammate who might be feeling less passionate about hockey?

How to Play

Activity Description

Mark out a playing area.

Each player needs a hockey stick but only 2 or 3 within the group have a ball.

Those without a ball are 'catchers' and they must steal the ball with their stick from one of the players with a ball.

Those with a ball are 'chasers' and they must try to keep their ball and stop a 'catcher' from stealing it.

If a 'chaser' loses the ball, they then become a 'catcher.'

All players must remain inside the playing area.

Play for 60 seconds and change roles each time.

Scoring

Points to be awarded for demonstrating the **Passion** School Games Value (max.10)

Difficulty Level



Safety

Head of the stick must always remain on the floor when carrying and stealing.
Encourage players to keep looking up to ensure that they don't bump into each other.

How to make Easier

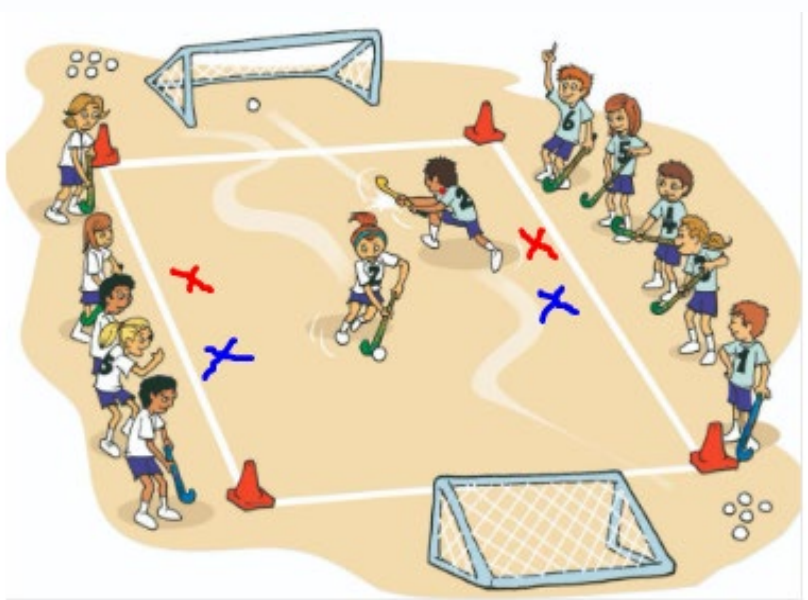
Make the playing area larger.
Introduce safe zones (no stealing).
Have fewer chasers.
Play at a slower pace (e.g. walking)



How to make Harder

Make the playing area smaller
Have more chasers

8. Rapid Fire



Spirit of the Games

Equipment

4 cones, or 8 if using for goals, 12 Large Quicksticks balls and one stick per player

Space Required

Adaptable but approx. square 10m per side

Set up Time

2 minutes

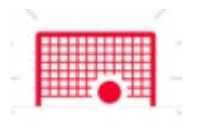


What are some ways you can practice determination? What does it mean to try your best in hockey?



How do you feel when you achieve a goal that you worked hard for and believed you could reach? How does self-belief help you overcome challenges

How to Play



Activity Description

Create two even teams and position players along each side of the playing area. Create two goals and a ball zone at each end of the playing area. Number players from both teams (number 1 from both teams should be nearest to their ball zone), so the two numbers ones should be at the opposite ends of the pitch. Organiser calls a number and the players from each team with that number run to their ball zone, dribble to the shooting area and then shoot at goal. They then retrieve their ball and return it to the ball zone, and another number is called.

Scoring

Points awarded for the total of combined goals scored within the allotted time (e.g. 2 mins).

Difficulty Level



Safety

Encourage players to keep looking up to ensure that they don't bump into each other.

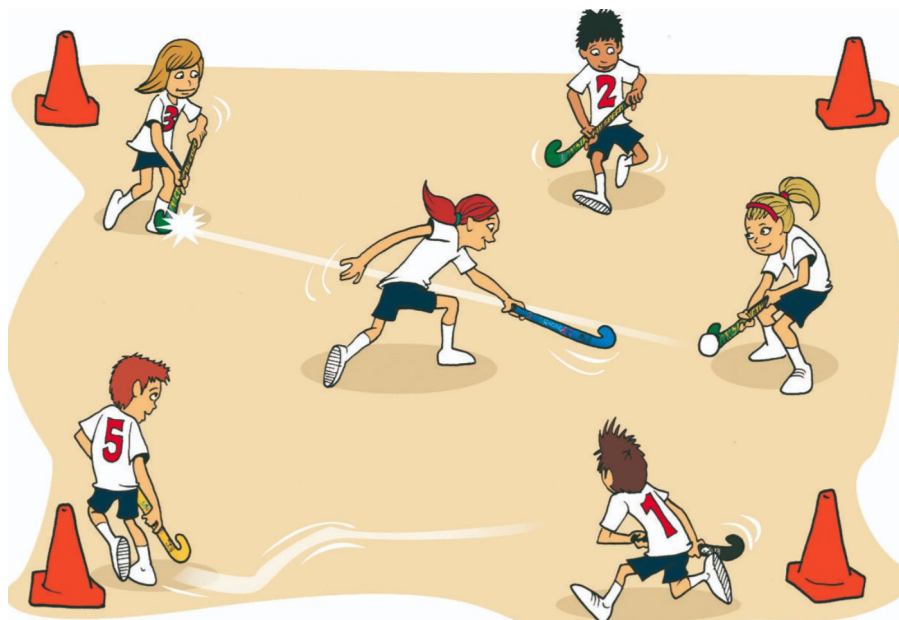
How to make Easier

Make the pitch smaller.
Move the shooting area closer
Walk through the pitch.
Make the goals bigger.

How to make Harder

Make the pitch larger.
Introduce a time limit to score.
Make the goals smaller
Add cones in the middle of the goal as a goal keeper - if the shot hits cones, the ball is saved

9. The Interceptor



How to Play

Activity Description

Put the players into small groups (3 or more) and chose one person to be an Interceptor. The other players need to pass the ball from player to player, whilst moving as they play. The Interceptor must try to steal the ball by intercepting a pass (this means stopping the ball from getting to the player it was meant for). When the Interceptor gains control of the ball, they should swap roles with the person who made the pass.



Scoring

Points to be awarded for demonstrating the **Teamwork** School Games Value (max.10)

Difficulty Level



Safety

Encourage players to keep looking up to ensure that they don't bump into each other. No tackling / stealing – only intercepting!

Equipment

Large Quicksticks ball, 4 cones, Hockey stick per player

Space Required

A square about 5 metres per side

Set up Time

1 minute



Spirit of the Games

How do you feel when you keep practicing something hard and finally get it right?
What do you think is more important in hockey: talent or determination? Why?



What should you do if you see a teammate making a mistake?
What are some nice things you can say to your teammates during a game?

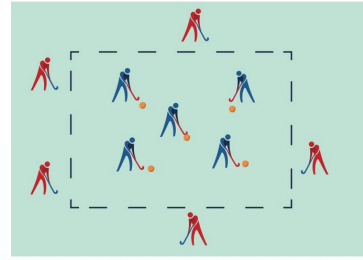
How to make Easier

Reduce the playing area
Have no order in passing,
The interceptor may touch the ball to intercept

How to make Harder

Make the area larger
Create an order for the passes
Use two balls
The interceptor must win and control the ball
Add a second player in middle

10. Bounce



VIDEO



Equipment

Hockey stick per player, 4 cones to mark the area, Large Quicksticks balls

Space Required

Adaptable but approx. square 15m per side

Set up Time

1 minute



Spirit of the Games

How do you share your love of hockey with your teammates and friends?

How do you feel when you see your teammates playing with a lot of passion?

What should you do if you see a teammate being dishonest?



How to Play

Activity Description

Mark a playing area. Half the group stand inside the area and the other players stand outside the area. Players inside the area dribble the ball around and pass to one of the players on the outside of the area. They get the ball passed back to them from the same player and continue to dribble around the area, to then pass to a different player on the outside.

At an agreed point, players on the inside swap with those on the outside and repeat.

Scoring

A point is awarded for every time a player in the middle successfully makes a pass and receives it back in the allotted time (e.g. 1 minute). Players must count out loud as they complete their passes.

Difficulty Level



Safety

Encourage players to keep looking up to ensure that they don't bump into each other.

Players to make sure the person receiving has made eye contact with them before the ball is passed

How to make Easier

Make the area larger.

Reduce the number of players inside the area.

Pass to same person on the outside each time

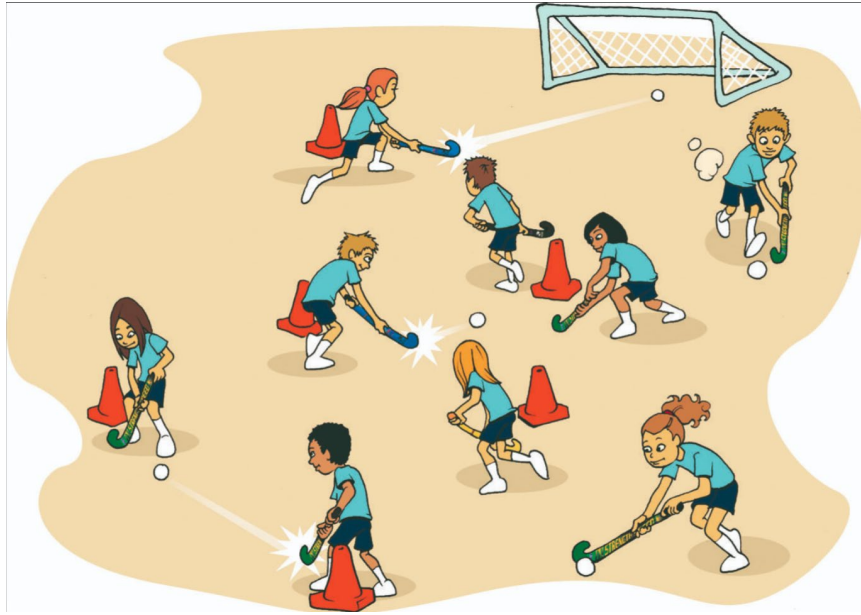


How to make Harder

When the players outside receive the ball and pass back to the player inside, they then swap roles.

Add a defender or interceptor into the area

11.Snakes



Equipment

Hockey stick per player, cones to mark the stations, Large Quicksticks balls x 10, Goal

Space Required

Adaptable but approx. square 15m per side

Set up Time

1 minute



Spirit of the Games

How does working well with your teammates make the game more fun?

How can your team improve its teamwork skills?



Can you think of a situation where showing respect can make a big difference in a game?

How can you show respect to your teammates during practice and game?

How to Play



Activity Description

Mark out a path to follow with cones (stations) Use six to start with.

Make sure the distances are different between each station and that the last station is positioned in front of a goal.

At the start, have one player near each station and at least two players, with balls, at the first station.

Player 1 at first station will pass the ball to the player on the next station and follow the pass. Players continue passing and following the ball from station to station until the ball reaches the last player who should shoot at the goal, pick up ball and dribble back to the first station. As soon as the player at station 2 is ready to receive, the process starts again, so with more players on station 1, there should be a continuous 'snake' movement with multiple balls in play.

Scoring

A point is awarded for each goal scored within the allotted time (e.g. 2 mins).

Difficulty Level



Safety

Encourage players to keep looking up to ensure that they don't bump into each other.

Players to make sure the person receiving has made eye contact with them before the ball is passed

How to make Easier

Complete fewer passes/stations

Walk through stations

Scoring zone closer to the goal

Have two players on each station (one as a back up)

How to make Harder

More passes/longer passes/more stations

Move scoring zone further away from the goal

Get rid of cones and choose where to stand

Add more balls at the beginning (station 3 and 5)