

This is a preview!



**I am a National Board Certified Teacher
with a Master of Education Degree and I have
experience teaching Elementary, Jr. High, and
High School P.E. and Health.**

Experience
is the best
teacher!



Program is standards-based:

Aligned to National and State Standards!

Moving into the Future: National Standards for Physical Education, 2nd Edition

<http://www.aahperd.org/naspe/standards/nationalStandards/PEstandards.cfm>

Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3 - The physically literate individual maintains a health-enhancing level of participation in physical activity.

Standard 4 - The physically literate individual respects self and others.

Standard 5 - The physically literate individual enjoys physical activity, challenge, self-expression and cooperation.

Physical Literacy Unit Check List



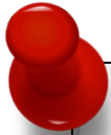
***How Did This _____ Unit
Do Meeting National P.E. Standards?***



National P.E. Standards:	Activities in this unit that meet these standards:	Check Here if Completed:
Standard 1 - The physically literate individual demonstrates competency in a variety of <u>motor skills and movement patterns</u>.		
Standard 2 - The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to <u>movement and performance</u>.		



Here is an Overview of the Program:



Field Hockey	
Name	
	00 Field Hockey Teacher Directions.docx
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> 	01 BONUS Floor Hockey
> 	02 Warm Ups and Stretching
	03 Peer Grading Sheet.docx
	03 Peer Grading Sheet.pdf
	04 Play Score Sheet.pdf
	05 Physical Literacy Unit Check List.docx



What is Included in this Program:

1

Teacher Directions

2

**Skills, drills, instruction
cues, technique, rules**

3

Warm Ups/Stretching



4

**Peer Grading and
Physical Literacy Check Off**

1

Step-by-Step Teacher Directions:

FIELD HOCKEY SKILLS OVERVIEW: (Photos and more detailed drills are in Day 1)

1. Bully - used to start the game or used when you don't know who last hit a ball that goes out-of-bounds. Stand facing with sticks out, and ball in between the two sticks. Tap the ground, and each other's sticks, 3 times, then hit the ball. Player who takes bully cannot hit the ball again until someone else has touched it. All players must be 5 yards away.

2. Dribbling - used to move the ball up the field. Use short taps, keep ball just in front of right foot, shoulders square. You can also keep the ball in constant contact with your stick.

3. Push pass - used for short distance passing. Left hand stays high on the stick, while the right hand moves down lower. No backswing.

4. Flick - is a pass raising downward, reach with s

5. Drive - is used for free on right side of body, lo

6. Stick stop - lift blade s
TO STOP THE BALL!



wikiHow to Be a Better Field Hockey Player



How to Play Field Hockey

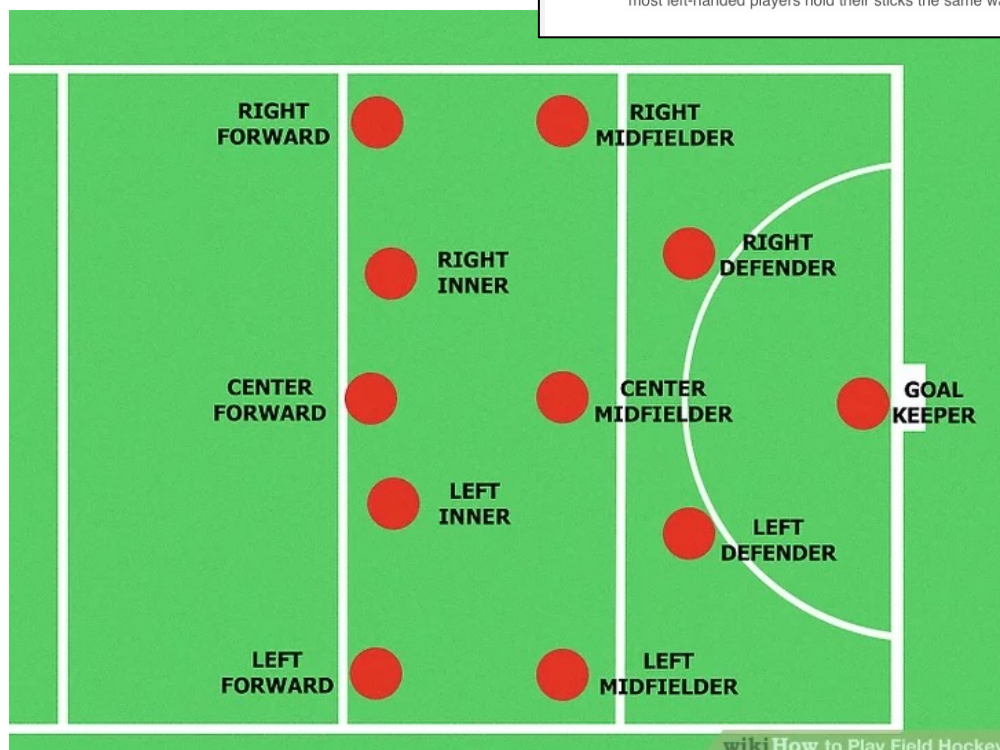
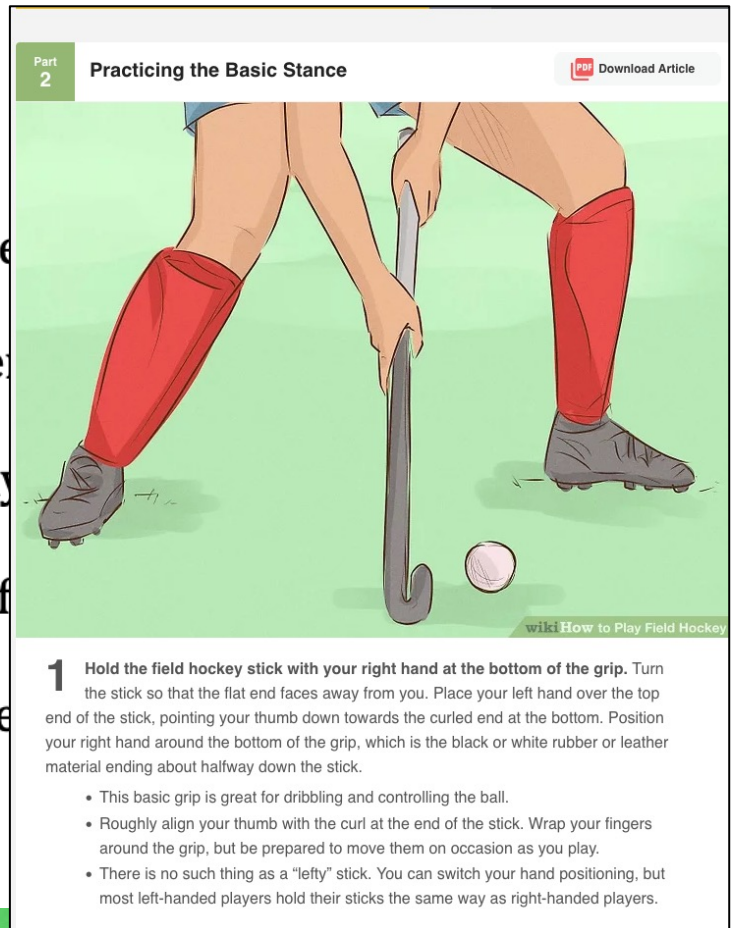
2

Skills, drills, instruction cues, technique, rules

FIELD HOCKEY POSITIONS:

- FORWARDS forwards can go full field
- HALFBACKS (also called "Midfielders")
- FULLBACKS/DEFENDERS must stay in defensive half
- GOALIE must stay on defensive half

(There are usually 11 players on a team)



Rules and Positions for Field Hockey:

RULES:

1. Fouls which result in a direct free hit for the opposite goal for a score). All must be 5 yards away):

-High sticking: must do 25 push-ups out-of-bounds, a sticking occurred.

-Touching the ball with feet or body (hands can be used)

-Personal fouls: shoving, pushing, tripping.

-Using round side of stick

-Holding or striking opponent's stick

-Ball hit over endline by the offense-goalie hit at edge

-Ball hit over endline by defense-corner hit. Offense

-If a foul occurs in the penalty box by the defense, the out and is 1 on 1 between an offensive player and the penalty box.

2. If a foul occurs in the penalty box by the offense, the

Part 2

Practicing the Basic Stance

Download Article



2 Crouch down with your knees bent and your back straight. Crouching is the normal position you hold while playing field hockey. Bend your body at the waist, pushing your stick out in front of you. Keep the curled end of the stick firmly on the ground with the flat end facing outwards. Make sure you keep your chest up so you are able to see the field ahead of you.

- Avoid leaning forward. Bend at the waist and keep your knees bent a little so you don't injure your back.
- You keep this crouched position most of the time on the field. The only time you stand up straight is if you're sprinting after a ball or standing in place.

ADVERTISEMENT



Stand with your left foot forward, pointing towards the ball. Aim for the ball, aligning your left foot with it. Place your right foot behind you for support. Keep the about a stick's length away from your body.

- Try to keep the ball in the same position relative to your body at all times. Avoid letting the ball get too close or too far from your body, or else it will be hard to control. If it gets away from you, move towards it instead of bending your back.

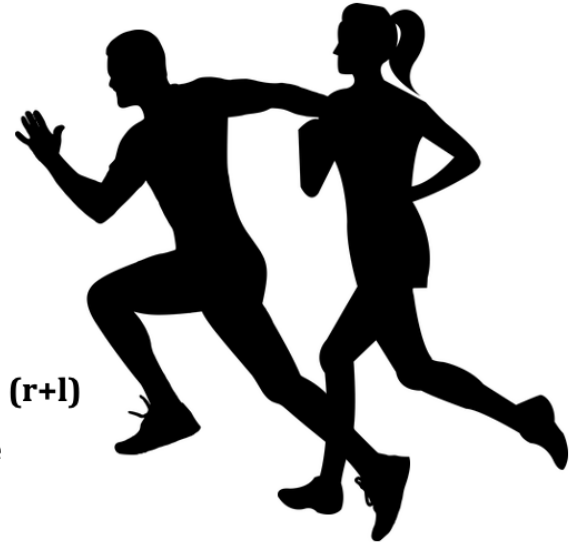


3

Warm Ups/Stretching

Warm Up Before Jogging:

1. heel forw., head to knee
2. point and flex
3. back leg go straight, heel down



8-Down Warm Up: Add as many as you can

- 8 jumping jacks
- 8 crunchies

pull across (r+l)

head to knee

down

back

runner's stretch

back, pull forw.



#1: Move It Warm Up:

1. Step to side, tap and back 8x
2. Opp hand pulls knee 4x
3. Other side opp. hand pull 4x
4. Grapevine right with a clap 5x
5. Break a stick on knees forward 4x
6. Grapevine left with a clap 5x
7. 4x step right jump up, step back
8. 4x step left jump up, step back
9. 4x side right leg lifts (arms out to side)
10. 4x side right leg lifts (arms out to side)
11. Repeat if you don't feel warm yet!



Jogging Warm Up Stretches:

1. heel forward., head to knee-switch sides
2. point and flex foot-switch sides
3. back leg go straight, lean on a wall, back heel
4. arm straight forward use opposite hand to pull
5. grab both hands behind back and lean forward
6. turn L. and be centered-put head to both knees
7. stand it up-still centered, hands behind back
8. quad stretch legs-bend knee and grasp foot



Stretching #1:

1. Heel forw., head to knee
2. Point and flex
3. Back leg go straight, heel down
4. Arm straight forward and pull across (r+l)
5. Repeat other heel forw., head to knee
6. Point and flex
7. Back leg go straight, heel down
8. Grab both hands behind back
9. Turn L. and be centered-runner's stretch both ways
10. Stand it up-hands behind back, pull forw.
11. Quad stretch legs

4

Peer Grading and Physical Literacy Check Off

Play Score Sheet

Student Assessment Form:

Student Name: _____

Period: _____

Date: _____

Class: _____

Skill Assessing: _____

Comments/Observations: _____



Circle Score: Grade:

A	A-	B	C	D
10	9	8	7	6
Excellent	Very Good	Good	Adequate	Acceptable could improve

Physical Literacy Unit Check List



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Do Meeting National P.E. Standards?***



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Works Cited:

About the Author:

- ◆ I am a certified K-12 Physical Education and Language Arts teacher and I also have my Health certification. Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

Standards:

<https://www.k12.wa.us/sites/default/files/public/healthfitness/standards/healtheducationk-12learningstandards.pdf>
<http://www.cdc.gov/healthyyouth/sher/standards/>

Graphics:

<https://pixabay.com/>

<https://openclipart.org>

<http://www.clker.com>

Stay Safe Move More symbol:

<https://content.govdelivery.com/accounts/AKDHSS/bulletins/261df70>

