



# HOCKEY



## LEVEL 3

- I can select and use skills appropriately, applying them with control and coordination.
- I can understand tactics by starting to vary how I respond.
- I can give reasons why warming up before an activity is important.
- I can see how my basic skills are similar to and different from others', and use this understanding to improve my own performance.
- I am able to take the lead in pairs and small groups when carrying out practices.

## LEVEL 4

- I am able to link skills such as stopping and hitting a ball, showing precision, control and fluency.
- I can show that I understand the tactics to win a game.
- I can explain and apply basic safety principles when preparing for exercise.
- I can compare and comment on my own skills and others' techniques, and use this understanding to improve my game.
- I can work with others to plan and lead simple hockey practices.

## LEVEL 5

- I can select and combine skills to deal with a moving ball and apply them accurately and appropriately. When performing in hockey my passes show precision and control.
- I can draw on what they know about strategy and tactics to produce effective outcomes. I can adapt my actions in response to changing circumstances.
- I can explain how the body reacts during hockey.
- I can analyse and comment on skills and techniques and how these are applied in my own and others' work.
- I can plan, organise and lead hockey practices safely.

## LEVEL 6

- I can select and combine a range of skills performing them with consistent precision, control and fluency.
- I use imaginative ways to outwit my opponents and entertain audiences.
- I understand how the different components of fitness affect performance.
- I can analyse and comment on the skills that have been used in my own and others' games.
- I can describe my involvement in regular, safe physical activity for the benefit of my health and wellbeing. When leading practices, I am able to apply basic rules consistently.

## LEVEL 7

- I can select and combine advanced skills and techniques, adapting them accurately and appropriately to meet the demands of increasingly difficult situations.
- I can apply the principles of advanced strategies and tactics in games, and modify them in response to a changing game.
- I can explain the principles of practice and training, and apply them effectively in hockey.
- I can analyse and comment on my own and others' game plans showing that I understand how skills, tactics and fitness relate to the quality of my performance. I can plan ways to improve.
- I can take on different roles within hockey, showing an ability to organize and communicate effectively, and applying rules fairly and consistently.

## LEVEL 8

- I can consistently distinguish between and apply advanced skills and techniques, always showing high standards of precision, control and fluency.
- Drawing on what I know of the principles of advanced strategies and tactics, I can apply them with proficiency, flair and originality in my own and others' play.
- I use my knowledge of health, fitness and social wellbeing to plan and evaluate my own and others' exercise and physical activity programmes.
- I can critically evaluate and monitor my own and others' performance showing that I understand the impact of skills, strategy, tactics and fitness on the quality and effectiveness of my performance.
- I can take on different roles within hockey and plan pathways into performance, leadership, coaching or officiating.

## EXCEPTIONAL PERFORMANCE

- I can consistently use advanced skills and techniques with precision, control and fluency.
- Drawing on what I know of the principles of advanced strategies and tactics, I consistently apply these principles with originality, proficiency and flair in my own and others' work. I am increasingly independent in finding imaginative, novel and different ways to outwit my opponents.
- I can consistently apply appropriate knowledge and understanding of health and fitness in all aspects of my work.
- I can critically analyse and judge my own and others' game plan, showing that I understand how skills, strategy, tactics and fitness relate to and affect the quality of my performance in hockey. I can reach judgements independently about how my own and others' performance could be improved, prioritizing aspects for further development.
- I understand the contribution physical activity makes to my physical, mental and social wellbeing and participate regularly in hockey both in and out of school for the benefit of my health and wellbeing.