



Reepham High School and College PE Can Do Hockey Ladder



	AO1 Recall, select and communicate knowledge and understanding of hockey.	AO2 Apply skills, knowledge and understanding in hockey.	AO3 Analyse and evaluate performances and identify actions for improvement In hockey.
	Isolated skills outfield: <ul style="list-style-type: none"> • passing (drive, push, flick, drag flick, reverse hit). • receiving the ball (from right, left, behind). • running with the ball (dribbling, feints, close control). • tackling (block, lunge, jab). • dodging (stick side, non-stick side). • shooting (forward line attack, penalty corner). • defending (challenging, shadowing, man to man, zonal). 	Techniques and decision making under pressure during practices and competitive situations: <ul style="list-style-type: none"> • Interception (pass, shot). • Restarts (attack, defence, corners, free hits). • Contribution to open play (keeping possession, regaining possession, support in attack and defence). • Contribution to set plays/moves (free hits, corners, side line hit in attack and defence). • Demonstrating communication and influence on team performance. • Applying team strategy in open play and set play. • Ability to adapt to the environment and changing circumstances (e.g. weather, loss of a player). 	
9 8	Extensive knowledge and understanding of hockey. Comprehensive understanding of the principles of safe exercise and its impact on health and performance.	Application of an extensive range of skills and techniques with great refinement, precision, control and fluency. Demonstration of a vast range of solutions to challenges and an excellent ability to make decisions.	Excellent ability to critically analyse and evaluate your own and others' performances. Excellent ability to identify priorities for improvement and plan progressive practices.
7+ 7-	Detailed knowledge and understanding of hockey. Thorough understanding of the principles of safe exercise and its impact on health and performance.	Application of a wide range of skills and techniques with refinement, precision, control and fluency. Demonstration of a wide range of solutions to challenges and an ability to make successful decisions.	Detailed ability to critically analyse and evaluate your own and others' performances. Detailed ability to identify priorities For improvement and plan fairly progressive practices.
6 5	Good knowledge and understanding of hockey. Good understanding of the principles of safe exercise and its impact on health and performance.	Application of a good variety of skills and techniques with refinement, precision, control and fluency. Demonstration of a good variety of solutions to challenges and a good ability to make decisions.	Good ability to critically analyse and evaluate your own and others' performances. Good ability to identify priorities for improvement and plan practices.
4+ 4-	Sound knowledge and understanding of hockey. Sound understanding of the principles of safe exercise and its impact on health and performance.	Application of a sound range of skills and techniques with precision, Control and fluency. Demonstration of a sound range of solutions to challenges and an ability to make sound decisions.	Sound ability to analyse and evaluate your own and others' performances. Sound ability to identify priorities for improvement and plan practices.
3+ 3-	Some knowledge and understanding of hockey. Some understanding of the principles of safe exercise and its impact on health and performance.	Application of some skills and techniques with some control. Demonstration of some solutions to challenges and an ability to make a few decisions but these are not always successful.	Some ability to analyse and evaluate your own and others' performances. Some ability to identify priorities for improvement and plan practices.
2+ 2-	Can remember and communicate some knowledge	Application of a small range of skills. Demonstration of a small	Can provide a good assessment of your own and others' performances.

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2-	and understanding of hockey and of the principles of safe exercise and its impact on health and performance.	range of solutions to challenges and an ability to make decisions but these are not always successful.	Can identify some strengths and weaknesses and offer practices to help improve.	5
1+ 1	Can communicate only the important things about hockey and of the principles of safe exercise and its impact on health and performance.	Application of a very small range of skills. Demonstration of a very small range of solutions to challenges and an ability to make decisions but these are mainly unsuccessful.	Can provide a basic assessment of your own and others' performances. Can identify some strengths and weaknesses and offer practices to help improve.	4
1 1-	Can communicate only the very basic things about hockey and of the principles of safe exercise.	Demonstrate a very small amount of control and skills.	Can make limited comments about your own and others' performances. Can sometimes suggest some ways to improve performance.	3
H+ H H-	<ul style="list-style-type: none"> • I can warm-up fairly effectively for a PE lesson. • I understand how to very perform basic skills in hockey. • I can spot if a basic skill is performed incorrectly and suggest one way to improve. • I understand basic tactics and I'm beginning to apply them. 			
I+ I I-	<ul style="list-style-type: none"> • I can travel in a variety of ways often alternating speed and direction with a hockey stick in my hand. • I can use more than one sentence to describe the performance I have just seen. • I know how to stretch different parts of my body. • I understand very basic tactics but don't always apply them. 			
J+ J J-	<ul style="list-style-type: none"> • I can travel in a variety of ways often altering speed with a hockey stick in my hand. • I use simple sentences to explain why I like or dislike a performance. • I can recognise one or two immediate signs of exercise. 			
K+ K K-	<ul style="list-style-type: none"> • I use simple sentences to explain why I liked a performance. • I can recognise one immediate sign of exercise. 			
L+ L L-	<ul style="list-style-type: none"> • I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it. • I am beginning to link simple skills together although this often goes wrong. • I can slowly get changed into my PE kit. 			
M+ M M-	<ul style="list-style-type: none"> • I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform and I often need support. • With support I can get changed into my PE kit. 			