



PE learning journey

Y10 Hockey

Half term 4

Core knowledge	Reference number
- Recap on knowledge from Y9 hockey (Indian dribble, jab tackle, clip hit, reverse stick).	
- Knows how to perform the V drag and lifts to attack the weak side of an opponent.	Coaching card 8
- Knows how to apply the fundamental hit and passing skills to a penalty corner scenario.	Coaching card 9

Learning Checkpoints

Table tennis practical assessment	
Knowing and performing hockey skills, techniques and tactics in practice and competitive situations.	Self and peer assessment, video analysis, teacher feedback, 1-minute skills tests

Key Vocabulary	
Open stick Reverse stick V drag	Penalty corner Weak side Open side