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| Learning Objectives | Skills | |
| * Learn how to hold the hockey stick correctly whilst maintaining the correct posture. * Develop dribbling skills including stopping the ball and making a bridge to change direction). * Understand basic passing techniques and develop passing skills using the push pass effectively. * Develop receiving skills by making a barrier to receive a pass. * Develop tackling skills using block and jab tackles effectively. * Find and use space and communicate with teammates. * Choose positions in their team. | Warm-up  Dribble  Receive and control  Jab tackle  Block tackle  Bridge  Push pass  Shoot | Defend  Positional play |
| Key Vocabulary | |
| SAFETY  GRIP  FLAT-SIDE  BRIDGE  INVASION  PUSH PASS  BARRIER  ATTACKING  DEFENDING |  |