**Curriculum**

**8th Grade Physical Education – Floor Hockey**

**Course Overview**

SPORT TYPE: Team, hand eye, invasion, extended lever

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

1) Develop ability to perform a variety of stick control & passing techniques

2) Develop a variety of 1v1 skills and apply them in game situations

3) Develop good movement techniques

4) Develop tactical understanding to outplay opponents both individually & in a team

6) Develop from 1v1 to 4v4 games

7) Develop an understanding of the ideals of sportsmanship

**Performance Indicators**

1) Display good first control & passing techniques

2) Display good 1v1 skills,

3) Display the ability to create individual & team space, & create & recognize an ‘extra’ player, 2 v 1etc

4) Work cooperatively, safely & show evidence of sportsmanship

5) Display team tactics for attack using width and depth

6) Display the ability to analyse your own play, that of your teammates & the opposition

7) Display ability to develop from small-sided to larger-sided games

8) Display a recognition of the transition between attack & defence

9) Display respect for all players and honesty whilst playing competitive games.

**Assessments**

Teacher observation

Peer evaluation

**Core Topics**

**Specific Content**

Warm-up related to floor hockey including movement & dynamic flexibility, (PI )

Develop movement & footwork patterns relevant to floor hockey (stopping, accelerating, fast feet, 3 planes of movement), tag games(PI )

Develop techniques to beat a player 1v1 (PI 1,2)

Develop pass control & accuracy in SSGs & progress to passing ball to spaces in SSGs (PI 3,6,8,4)

Develop use of width and depth in attack (PI 3,5,8)

Use conditioned SSGs such as 4 corner goals, long & short goal game, zone game( PI 1, 2, 3,4,5,6,7,8,9).

**Resources**

Floor Hockey stick per person of appropriate size

Airflow balls, variety of size and colours

Small goals, Bibs

Cones