

**Physical Education
Unit 8: Field Hockey**

<p align="center">Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, team work, and cooperation.
<p align="center">Essential Questions</p>	<ul style="list-style-type: none"> ▪ How does an individual move the ball on the field? ▪ How does a team move the ball down the field? ▪ How do you “dodge” a player? ▪ How can you “tackle” a player? ▪ How do you keep score? ▪ When is a goal scored? ▪ What is a free hit?
<p align="center">Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Basic Rules <ul style="list-style-type: none"> ○ Cannot play the ball with any part of the body. ○ Must play the ball with flat side of stick only. ○ Ball can not be lifted in the air. ○ You can not use your body to block a defender from playing the ball. ○ A goal is worth one point and is scored when the ball completely crosses the goal line. ○ During class play you can only use a push pass, not striking of the ball. ▪ Fouls <ul style="list-style-type: none"> ○ Playing the ball on the wrong side of the stick. ○ Playing the ball with any part of the body. ○ Placing the ball out of bounds ○ The opposing team receives the ball for a free “push” pass when a foul occurs. ▪ Safety <ul style="list-style-type: none"> ○ Cannot lift the ball. ○ Must play stick to stick defense when tackling offensive player.
<p align="center">Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ dribbling, push pass, tackling, stick side, obstruction, free hit, advancing, dodging
<p align="center">Essential Skills</p>	<ul style="list-style-type: none"> ▪ Demonstrate proper passing, receiving, dodging, tackling and dribbling skills. ▪ Demonstrate good sportsmanship and ability to work with a team.

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<p>Related Maine Learning Results</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G1.Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities. b. Use the principle of opposition, point of contact, and point of release to change the path of an object during a game/physical activity. c. Adjust movements to accommodate external forces that decrease risk for injury. G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity. G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills. I. Personal and Social Skills and Knowledge I1.Cooperative Skills Students demonstrate collaborative skills while participating in skill activities. a. Accept constructive feedback. c. Include peers respectfully in activities. I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities. I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities. a. Explain how etiquette/rules contribute to productive participation. b. Predict how modifications to the environment can impact safety during games/physical activities.</p>
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Group students into teams and play field hockey against each other.
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Ask students to demonstrate proper passing skills with a partner. Students will be assessed on their ability to follow directions and demonstration of appropriate technique.

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Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew
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