

Hockey Assessment

Level Descriptors

<p>LEVEL 3</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can move with the ball under control <input type="checkbox"/> I can <i>change direction (dribble)</i> with the ball using the reverse stick. <input type="checkbox"/> I can <i>stop the ball</i> on most occasions with an <i>open</i> stick. <input type="checkbox"/> I am able to push the ball accurately through cones to a partner. <input type="checkbox"/> I understand why physical activity and warm ups are good for you.
<p>LEVEL 4</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I am beginning to demonstrate knowledge of some of the rules in hockey. <input type="checkbox"/> I am able to hit the ball using the correct technique. <input type="checkbox"/> I can perform a <i>dodge</i>, which beats a player. <input type="checkbox"/> I understand when a "<i>Hit Out</i>" is performed. <input type="checkbox"/> I understand the importance of space when playing hockey <input type="checkbox"/> I understand how exercise effects the body and am able to apply it. <input type="checkbox"/> I understand the importance of exercise for a healthy lifestyle.
<p>LEVEL 5</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can pass the ball to a player <i>during a game</i>. <input type="checkbox"/> I can receive the ball with the reverse stick on most occasions. <input type="checkbox"/> I understand the roles of <i>attackers, defenders</i> and <i>midfield</i> players. <input type="checkbox"/> I understand a basic <i>penalty corner</i>. <input type="checkbox"/> I can perform suitable warm up for the activity. <input type="checkbox"/> I can explain why exercise is important to my health and fitness.
<p>LEVEL 6</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can use a variety of hitting techniques. <input type="checkbox"/> I can analyse the performance of others and myself. <input type="checkbox"/> I have basic knowledge of tactics, particularly in long and short corners. <input type="checkbox"/> I can lead a warm up for others.
<p>LEVEL 7</p>	<ul style="list-style-type: none"> <input type="checkbox"/> You show a high level of performance within a game. <input type="checkbox"/> I can describe and use tactics used within a game. <input type="checkbox"/> I can plan a drill to improve faults in a player. <input type="checkbox"/> I can focus the warm up to specific areas of the game <input type="checkbox"/>
<p>LEVEL 8</p>	<ul style="list-style-type: none"> <input type="checkbox"/> You show excellent performance within a game. <input type="checkbox"/> I can describe and use tactics used within a game. <input type="checkbox"/> I can plan and coach a hockey lesson that improve faults in a player. <input type="checkbox"/> I can focus the warm up to specific areas of the game
<p>LEVEL EP</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I compete to a level above County standard. <input type="checkbox"/> I can the whole group for all the lesson, using progressive skills/ drills and finishing with a game. <input type="checkbox"/> I show excellent leadership skills