Year 3 - QuickSticks - HT2

Prior Learning: In Year KS1, children were introduced to invasion games. They learned some basic attacking and defending skills. They also moved a ball with a tennis racket and a throw down strip - these skills can be easily transferred to quicksticks.



Physical Me

Agility

Balance

Key Skills

One team is given a centre pass

Restart the game:

Centre pass is taken by the team who has not scored

Quicksticks Rules:

A free pass (the ball must be taken from where the offence took place)

If a ball crosses the sideline, a push-in is taken by the team that did not touch the ball last.

- You can pass or dribble onto the court from a sideline

FREE PASS to the other team:

- If a ball crosses the back line, off an attacker, a free push is taken by the defending team from the top of the shooting circle/area
- If a ball crosses the back line off a defender: the free pass shall be taken by the attacking team from the corner
- If a stick is raised above waist/knee height
- The rounded side of the hockey stick is
- If you obstruct attacking players with the body
- Contact with another player
- Intentionally uses any part of their body to play the ball

Co-ordination

Value Me - Teamwork

Start of Game:

Thinking Me

- Select and apply my skills
- Evaluate performance

Strength

Reaction

Passing

Running

Speed

- Communication
- Encourage



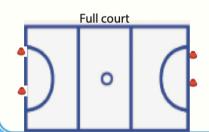
- Collaboration

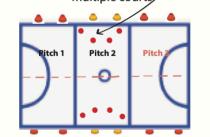
Key Knowledge

Flat side of the stick - refer to this as the STRONG side, when the stick is inverted it's called REVERSE - you must use the flat side to pass, dribble or score

Quicksticks pitch:

The field of play is rectangular, and based on the size of a standard netball court. Areas referred to as 'shooting areas' can either be based on lines already in place (e.g the shooting circles on a netball court), or can be marked out using Semi circle with throwtemporary markers (such as throw down markers). Multiple courts





Key Vocabulary

Control

Passing

Dribble

Tackle

Push Pass

Sideline

Communication

Free Pass

Rules

defending Perform a pass and look for a space in an adatped game to recieve the ball

I can

statements

Dribble the ball

correct position

ball with some

Adapted games, with variations of

apply some basic

rules, begin to

principles for

attacking &

control

holding the stick in

Pass and receive a

Begin to tackle a player safely- when stationary and movina

Score whilst the ball is stationary. Adapted games to focus on accuarcy

Anything else you have learnt? What have you enjoyed?