



Learning Plan 3		Subject/Pwnc: Health and Wellbeing Hockey	Year/Blwyddyn: 7
<p><b><u>The Four Purposes in Health and Wellbeing:</u></b></p> <p><b>Ambitious, capable learners, who:</b> Set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p><b>Enterprising, creative contributors, who:</b> Connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p><b>Ethical, informed citizens, who:</b> Find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p><b>Healthy, confident individuals, who:</b> Build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p>			
<p><b>Knowledge focus/what matters:</b></p> <ul style="list-style-type: none"> <li>• Developing basic skills of controlling of the ball using the stick to include, stopping the ball, dribbling the ball and striking the ball</li> <li>• Developing an understanding of the game using specific game style scenarios</li> <li>• Learning the basic rules of the game in order for the game to be played in an appropriate manner.</li> </ul>			
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)	Homework/Gwaith cartref to support progress
<p>Week 1: 6/01/26 Keeping control of the ball</p>	<ul style="list-style-type: none"> <li>• Be able to hold the hockey stick correctly</li> <li>• Demonstrate close control of dribbling the ball</li> <li>• Demonstrate how to do a basic slap pass.</li> <li>• Understand the difference between the dribble and Indian dribble</li> </ul>	<ul style="list-style-type: none"> <li>• I will observe the teacher demonstrating what the dribble looks like</li> <li>• I will learn to control the ball by moving the ball around in a space, keeping the ball close to the stick.</li> <li>• I aim to dribble the ball between cones ensuring I keep control of the ball</li> <li>• I will be challenged by a defender trying to take the ball of me</li> </ul>	<p>Wk 1</p> <p>Homework: Research and plan one goal that's SMART for improving their own fitness.</p> <p>Set:3/11/25</p> <p>Due:10/11/25</p>
<p>Week 2 13/01/26</p>	<ul style="list-style-type: none"> <li>• Re-cap from previous learning the importance of a warm-up</li> <li>• I will know a variety of passes in order for my team to keep possession.</li> <li>• I can accurately pass to a team member.</li> </ul>	<ul style="list-style-type: none"> <li>• I can use oracy skills to describe why a warm-up is important.</li> <li>• I can lead a small group through a warm-up (e.g.high knees, heel kicks)</li> <li>• I can explain what proper form and technique to the following moves: squats, press ups, planks, lunges and one partner resistance exercise.</li> <li>• I can transfer this knowledge and demonstrate the above exercise using proper form and technique.</li> </ul>	<p>Wk 2</p> <p>Homework: Practice these core moves at home and create a diary log.</p> <p>Set:10/11/25</p>

		<ul style="list-style-type: none"> <li>I have knowledge of the proper form and techniques to coach my partner giving them feedback on WWW and EBI.</li> </ul>		Due:17/11/25
Week 3		<ul style="list-style-type: none"> <li>I can explain what cardiovascular endurance/fitness is.</li> <li>I can demonstrate teamwork through relay races (shuttle runs, obstacle courses etc).</li> <li>I can complete interval training individually (e.g. 30 sec jogging, 30 sec of fast running – repeat 5 to 8 times).</li> <li>I can confidentially explain the main cardio benefits to the heart and lungs.</li> </ul>	Wk 3	Homework: Create a spider diagram of the benefits of cardio to the heart and lungs.  Set:17/11/25  Due:24/11/25
Week 4 24/11/25 Flexibility and Mobility (Yoga)	<ul style="list-style-type: none"> <li>Recall / Discuss the meaning of flexibility and mobility.</li> <li>Develop my knowledge of different yoga movements and poses and its links to injury prevention and improving movement.</li> <li>Understand the importance of sleep and hygiene.</li> </ul>	<ul style="list-style-type: none"> <li>I can confidently explain flexibility and mobility.</li> <li>I can demonstrate different yoga poses and movements with good posture.</li> <li>I can discuss the benefits of yoga and how this links to injury prevention and improvements in movement.</li> <li>I can explain to another why sleep and personal hygiene is important.</li> </ul>	Wk 4	Homework: Give a link of a yoga video to complete at home.  Set:24/11/25  Due:1/12/25
Week 5 1/12/25 Team Sports and Cooperation	<ul style="list-style-type: none"> <li>Develop my understanding of the importance of working as a team to improve well-being.</li> <li>Demonstrate my teamwork skills, communication and cooperation through a sport.</li> <li>Understand what sportsmanship means.</li> <li>Assist in leading small games.</li> </ul>	<ul style="list-style-type: none"> <li>I can confidently explain why teamwork helps to improve and individuals' health and well-being.</li> <li>I can demonstrate teamwork through playing mini games of benchball / volleyball etc).</li> <li>I can identify some people in my group that demonstrate sportsmanship.</li> <li>I can develop strategies within a team of how we can work even better together.</li> </ul>	Wk 5	Homework:  Set:6/10/25  Due:13/10/25

<p>Week 6 8/12/25 Gong bath &amp; Mental Health</p>	<ul style="list-style-type: none"> <li>• Understand the importance of self-care</li> <li>• Understand the different strategies that can be used to help be more mindful.</li> <li>• Understand what a gong bath is.</li> <li>• Explain the positives from a gong bath.</li> </ul>	<ul style="list-style-type: none"> <li>• I can describe what self-care is and give a few examples of mine.</li> <li>• I can explain what a gong bath is and its benefits to individuals.</li> <li>• I can make links to mental health and the importance of looking after the mind as well as the body.</li> </ul>	<p>Wk 6</p>	<p>Homework: Create a list of all the self-care habits they personally enjoy (e.g. listening to music, bath, walking etc)</p> <p>Set: 8/12//25</p> <p>Due:15/12/25</p>
<p>Week 7 15/12/25 Well-being Walk &amp; Mental Health (Ongoing assessment through each lesson).</p>	<ul style="list-style-type: none"> <li>• Understand the power of a well-being walk and connecting with nature.</li> <li>• Explain how the well-being walk has made them feel.</li> <li>• Recap all the different HWB lessons for them to choose an activity to complete as homework the Christmas break.</li> </ul>	<ul style="list-style-type: none"> <li>• I can explain the benefits of well-being walk to others as well as the importance of connecting with nature.</li> <li>• I can discuss different feeling that come about from a well-being walk and walking around nature.</li> <li>• I can orally review the unit's work with opinions on my favourite types of HWB activities.</li> </ul>	<p>Wk 7</p>	<p>Homework: Carry a HWB activity over the Xmas period and bring evidence to school in the new year.</p> <p>Set:15/12/25</p> <p>Due:5/1/25</p>