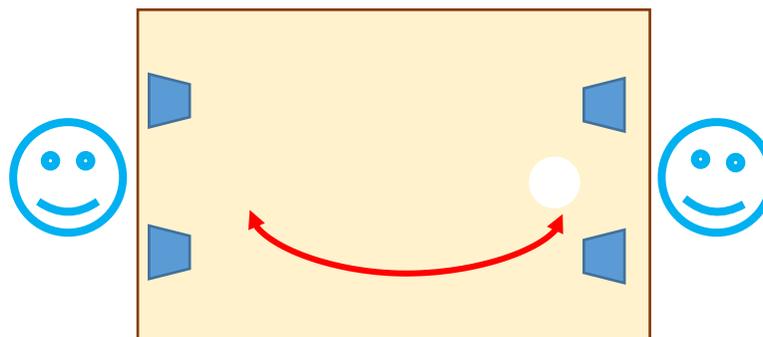


# Table Hockey

## How to set up:

- ✓ Arrange a table so there is enough space to move around it.
- ✓ Play in pairs, facing each other at opposite sides of a table.
- ✓ Create a goal at each end of the table with the marker cones or other items.



## Equipment:

- ✓ A small ball, such as table-tennis ball (or a scrunched-up piece of paper).
- ✓ Marker Cones (2 per player).
- ✓ If no cones, use other objects such as books or pencil cases.

## How to score:

- ✓ Score 1 point each time they roll the ball through their opponents' 'goal'.
- ✓ Play the game to 5 points to see who wins.
- ✓ If a player rolls the ball off the table, their opponent can take a penalty shot. Alternatively, use books or other items to create a guard around the sides of the tables.
- ✓ Penalty shots are taken from half way.

## How to Play:

- ✓ One player starts the game by rolling the Table Tennis Ball to their partner.
- ✓ The partner must attempt to block the ball and **push** it back with the palm, or back of their hand.
- ✓ THE BALL MUST NOT BOUNCE.
- ✓ Players are only allowed to use 1 hand.
- ✓ Players must attempt to rally the ball back and forth, keeping the ball on the table.
- ✓ When players are confident with this, they can progress to a competitive game.
- ✓ Points are scored when one player scores in their opponents' 'goal'.
- ✓ To progress – only allow 1 touch.

# Table Hockey

## The National Curriculum

**By practicing this activity, your child will develop the following skills:**

- ✓ Sending and receiving skills
- ✓ Accuracy
- ✓ Ball control
- ✓ Hand-eye coordination
- ✓ Attacking & defending tactics
- ✓ Competing with others

**National Curriculum Criteria:**

**Key Stage 1 (Years 1 & 2)**

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Participate in team games, developing simple tactics for attacking and defending.

**Key Stage 2 (Years 3 to 6)**

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.