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| **Subject:** | Physical Education |
| **Title:** | Introductory Stick Handling |
| **Grade Level:** | 1 |
| **Purpose:** | * Students learn the necessary skills required for stick handling: how to properly hold the stick, how to control the puck/ball, and safety. |
| **Curricular**  **Connections:** | * Demonstrate ways to receive, retain and send an object, using a variety of implements, individually. * Demonstrate body awareness when performing activities. |
| **Materials:** | * Floor hockey sticks * Floor hockey sticks/balls |
| **Activity:** | 1. Demonstrate how a hockey stick should be held – dominant hand at the end (knob) of the stick with fingers in, non-dominant hand in the middle (8 to 12 inches down) of the stick with knuckles out. 2. Remind the students that the stick blade should be kept low, never going above their knees. 3. Model, then students practice stationary controlled stick handling. This consists of a series of soft taps on the forehand and backhand. The puck/ball should be kept far enough away from the feet but less than one stride ahead. 4. When students are ready, they begin to move (first walking then a slow jog) while keeping the puck in control. 5. Game of **“Change Direction”.** Students are spread out in the gym (each with a puck/ball and stick). With a loud command have them change direction (right, left or forwards). Their focus should be on puck/ball control. |
| **Extension:** | * Students work on backwards stick handling during the game “Change Direction.” * Work on speeding up their stick handling while keeping it soft. |
| **Assessment:** | * Participation and observation during class. |