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| **Subject:** | Physical Education |
| **Title:** | Passing Practice |
| **Grade Level:** | 1 |
| **Purpose:** | * Students will learn how to properly send and receive a pass.
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| **Curricular****Connections:** | * Demonstrate ways to receive, retain and send an object, using a variety of implements, individually and with others.
* Perform locomotor skills through a variety of activities.
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| **Materials:** | * Floor hockey sticks.
* Floor hockey pucks/balls.
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| **Activity:** | 1. Go over how to properly hold a stick - 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. Demonstrate.
2. Students find a partner.
3. Each pair lines up directly across from each other (approximately 7 to 10 feet apart to start).
4. Partners begin passing the puck to each other.
5. Encourage students to keep the puck/ball flat on the floor and to pass and receive under control.
6. The receiving player is given a target – the hockey stick blade touching the floor.
7. The player passing the puck/ball is aiming for their target – their partner’s hockey stick blade.
8. As students improve their passing and receiving skills, they each take a step back – completing three to five blade-to-blade passes while under control. Repeat.
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| **Extension:** | * Make it into a game! The pairs that miss a pass are ‘out’ of the competition until the last pair is standing.
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| **Assessment:** | * Participation and observation during class.
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