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| **Subject:** | Physical Education |
| **Title:** | P.E. - Going For Gold |
| **Grade Level:** | 5 |
| **Purpose:** | * Interact positively with others in a small area game situation |
| **Curricular**  **Connections:** | * Demonstrate etiquette and fair play * Identify and follow rules, routines and procedures for safety in a variety of activities. |
| **Materials:** | * Mats * Mini floor hockey sticks * Mini sticks * Pylons * Balls (the softer the better) |
| **Activity:** | 1. The teacher decides on how to make teams of 3.  * Number kids 1-6, then decide which numbers will make up the teams * Use birthdays – i.e. all students born in December  1. Each team needs 4 mats placed together. 2. Warm up - On their mats have the students do 10 jumping jacks, 10 sit-ups, 10 pushups, and run around their mats 5 times. 3. Place a stick for each player, a ball and 4 pylons on each mat. 4. Assign one student as goalie and the other 2 are players. 5. Take time to review the rules.  * All players must remain on their knees, laying down and rolling around are acceptable. * Only goalies can use their hands. * Sticks must be kept low. * A goal is scored when the ball passes between the pylons. * When the ball leaves the mat the last player to touch the ball must retrieve it and hands it to a player on the opposite team to start play. * Start the game with a faceoff. * Play 5 minute games. Then have one team from each mat move to another mat to start a new game. * Keeping score is optional, keeping it fun is mandatory! |
| **Extension:** | * Put more mats together for a larger game. * Have competitive and non-competitive games. |
| **Assessment:** | Gather as a large group. Pose the questions:   * What is working well? * If things aren’t working well, what should we change? |