|  |  |
| --- | --- |
| **Subject:** | P.E |
| **Title:** | Shoot for the Net! |
| **Grade Level:** | K |
| **Purpose:** | * To learn how to take a wrist shot.
 |
| **Curricular****Connections:** | * Experience and develop ways to receive, retain and send an object, using a variety of body parts and implements and through a variety of activities.
 |
| **Materials:** | * Floor hockey sticks
* Floor hockey pucks/balls
* Hockey nets
 |
| **Activity:** | 1. Place hockey nets around the gym, with a number of hockey pucks/balls at each net.
2. Review 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.
3. Demonstrate how to take a wrist shot – weight on back leg, transfer weight to front leg (and stick) as you carry through with shot.
4. Have students mimic the movement without equipment numerous times.
5. Provide students with hockey sticks and allow them to further practice the movement.
6. Model how to take a wrist shot again, this time with a puck shooting at the net. Point out how the stick and ball/puck are already in contact as you take the shot. There is no slapping action for this type of shot.
7. Divide students into groups (the number of groups depends on how many hockey nets you have). Send each group to a net.
8. Students take turns taking wrist shots at the net.
 |
| **Extension:** | 1. Repeat activity varying the distance students are shooting from.
 |
| **Assessment:** | 1. Participation and observation during class.
2. Are students able to hold a hockey stick and use a wrist shot to shoot the puck toward the net?
 |