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| **Subject:** | **Physical Education** |
| **Title:** | **Developing Hockey Skills - Part 1** |
| **Grade Level:** | Grade 1, 2, 3 |
| **Purpose:** | To break hockey skills into steps and make it accessible to Grade 1 to 3 students of all levels. |
| **Curricular**  **Connections:** | * Students will acquire skills through a variety of developmentally appropriate movement activities, such as ball hockey * Students will interact positively with others. |
| **Materials:** | * Hockey Sticks * Nets * Felt Pucks, dodge balls (as bigger, softer option) * Cones, pylons |
| **Activity:** | Depending on where the students are in their skill level and maturity, some activities can progress more quickly. These steps will be performed over several classes.   1. **Introduce the basics:**   Safety rules (Use of equipment, maintaining awareness of surroundings and others).  How to hold a stick/Proper stance (Shake it’s “hand”. The blade must be kept below their waist at all times)   1. Have the students move around the gym with the stick held properly in their hands. Have them practice moving in different directions (forward, backwards, diagonally, zigzag) and at different speeds safety. 2. Play a game of red light-green light to build awareness for the equipment and students around them. (Red light=Stop, Green Light=forward, Yellow Light=backward). 3. **Introduce stick handling:**   Give the students a felt puck. With the stick and puck, have the students follow the lines on the gym floor. Once they are ready, you can play another game of red light green light, this time moving the puck around.   1. Set lines of cones on the gym floor. Demonstrate moving the puck by directing it with the hockey stick back and forth. Stick handle around cones. When they are comfortable stick handling, put the students in teams and have a relay race where they have to stick handle around the cones to the end of the gym and then race the puck back. For a challenge, get the students to weave through the cones in different patterns. 2. **Introduce passing:**   Demonstrate how to guide the direction of the puck with the stick. Remind students that the stick is not allowed to rise above knee level. The strength and direction of a pass will come from the puck and stick meeting on the floor. Have the students pick a spot on the wall next to the ground and have them practice passing to it.   1. Once they are able to get their puck within the general area have them find a partner. Standing across from one another have everyone make a line down the length of the gym (see Figure A). Standing about 5 feet away from each other start passing back and forth. Once they have successfully received 3 passes from their partner they may take a step back to increase the distance they are passing. 2. Set up 2 staggered rows of pylons 5 feet apart down the length of the gym (see Figure B). With their partner have students move from one end of the gym to the other, passing at the pylons. 3. To extend this skill, set up a net at the end and allow students to take turns passing to the net and shooting. 4. Once they can control the puck enough have them move freely around the gym passing in between other partners. |
| **Extension:** | Connect the level of the activity to terms like Novice, Atom or Peewee so students can learn how hockey programs progress. |
| **Assessment:** | Student:   * Shows a desire to participate. * Works cooperatively with other students. * Demonstrates the ability to perform the locomotor skills demanded for the various activities. |

Figure A: 

Figure B: 

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

**X**

Start

Start

Pass at the pylons