

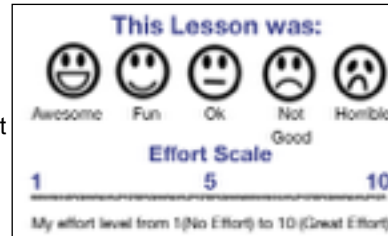
<b>Title:</b> Floor Hockey (Stick Handling & Ball Control)		<b>Date:</b> Nov. 1, 2013	<b>Session:</b> PE Gr. 2-4
<p><b>Objective: General Outcome A:</b> Students will acquire skills through a variety of developmentally appropriate movement activities; <b>General Outcome C:</b> Students will interact positively with others. Specifically Outcomes A2-5, A2-7, A2-9, and C2-5 from Alberta Education Program of Studies (Physical Education).  <b>Students will use floor hockey-like skills to develop locomotor, non locomotor and manipulative skills including spatial awareness, hand-eye coordination, and balance while participating in healthy activity and games. Students should learn proper hand placement on stick for controlled movements as well as increase ability to manipulate sports equipment in controlled movements.</b></p>			
<p><b>NOTE:</b> Each transition requires the teacher to call out the name of the next activity accompanied by two handclaps. The students recite the name of the activity audibly to confirm hearing of new tasks. Teacher may need to remind students of this auditory response at the beginning of class, however, this would be a consistent PE classroom expectation as its a valuable coaching tool.</p>			<p><b>RESOURCE NOTE:</b> Whiffle balls are used to encourage control and minimize potential injuries.</p>
<p><b>Alternative options:</b> if a student has a physical disability they can find a modified way to move the puck. Wheelchair students can use a longer stick or larger ball. The base skill set of this lesson is universal in application for students with most mental or physical disabilities.</p>			
Time	Instructor Activities	Learner Activities	Resources
5 mins	<p><b>Freeplay:</b> Invite kids to explore the gym space using hockey sticks and whiffle balls. Instruct that they can use these sports items individually or in small groups in a safe way (no hitting, slapshots, or out of control).</p>	<p>Kids find their equipment and familiarize themselves with the sports equipment in any way they feel inclined.</p>	<p>Hockey sticks (appropriate size) and Whiffle balls.</p>
5-10 min	<p><b>Individual response “to task”:</b> Add floor hockey-like tasks by instructing students to “take there ball for a walk” by using their sticks to guide the ball along the lines of the gym floor. Ball must remain within stick reach at all times.  Increase difficultly by adding: starts and stops (by whistle/clapping), changing direction (audibly), adding pylons/cones to weave through, and vary the speeds (audibly).  While doing these tasks, teacher moves through class to look for teachable skills one on one such as: holding the stick properly, ensure stick blade curve is correct, accurate side to side movement of stick to maintain control, accuracy of task response.</p>	<p>Kids begin to adjust to task structure by moving the whiffle ball along the gym floor lines using their sticks.</p> <p>Kids respond to the additional task requests made by the teacher while remaining in control of the ball with the stick. Control of the ball is the priority skills development.</p>	<p>Gymnasium space, Pylons/cones.</p>
10-15 min	<p><b>One with One:</b> Students are instructed to partner with the person nearest to them. As a pair they are instructed to pass the ball to each other using their sticks. They can challenges themselves by moving further part after successful passes, or by receiving passes on their forehand and backhand.</p>	<p>Students encouraged to pass with one partner and try to find creative ways to pass the ball (moving, forehand/ backhand, between legs)</p>	

Time	Instructor Activities	Learner Activities	Resources
10-15 min	<p><b>One with One (cont):</b> Pairs can also stand a distance apart (two line) and stick hand across the space and pass while moving.</p> <p><b>One with Two :</b> In groups of 3, students are instructed to play “tick tac toe” where each player passes to another while moving in the same direction.</p> <p>Students can set up a “net” using two pylons/markers and rotate turns being forwards and goalie. Sticks are expected to remain under control and sticks remain on the floor for shots.</p> <p>Teacher moves through class to ensure safety, fairplay and cooperation.</p>	<p>Students continue to work on passing skills with 2 others. Students also have opportunity to play goalie and forward while passing the ball and taking controlled shots on net (target).</p>	<p>pylons or net markers (sticks, tape on wall, posters, any visual marker), hockey nets</p>
10-15 min	<p><b>Two with two:</b> Groups now add a fourth member and continue to pass and stick handle. Have the group of 4 design their own stick handling relay using pylons, cones or obstacles. Relay race must have 2-4 major direction changes (forward/backward, sharp left/right), 1 speed change and at least 1 pass to a teammate.</p> <p>Teacher’s role is to move through class to view relay’s and help any group struggling with relay design. Teacher may choose to use a stopwatch to help groups set and beat team time goals.</p>	<p>Students design a relay that uses all of the skills exposed in the lesson (passing, movement, shooting, control and balance). Following the relay race design expectations they create their own unique relay and attempt to complete it.</p>	<p>Pylons, sticks, balls, space</p>
15-20 min	<p><b>Cooperative Activities:</b></p> <p><b>Pirates:</b> This game requires everyone to have a stick but only have the students to have a ball. The students without sticks are attempting to steal the ball from another student while they are travelling from opposite ends of the gym towards each other. Once a ball is stolen, or a player loses control of their ball, they become a pirate and the former pirate gets the opportunity to stick handle. <u>Variation:</u> Players who lose pucks join Pirates.</p> <p><b>Million Dollar Shot:</b> Two goal nets are set up, back to back in the center of the gym lengthways. Students are divided in two groups with sticks and balls (extra balls need to be available). Students are given a set time by the teacher to shoot as many balls into the net from the baseline. The team with the most goals wins. Students can retrieve missed shots but must stick handle back to baseline before shooting.</p>	<p>Students are divided in half by teacher. One group places their balls in the ball bin. Students play several rounds of pirates either attempting to steal control of another player’s ball or to retain control of their ball.</p> <p>Students use shooting skills and stick handling to score long distance shots on an open net. Students can stickhandle up to half court to retrieve missed shots but must return to baseline before shooting.</p>	<p>Hockey sticks and 1 ball for every 2 players</p> <p>2 Floor hockey nets (or equivalent objects - i.e. large overturned bins)</p> <p>Extra whiffle balls.</p>

**Assessment:** Teacher may take formative assessment notes while observing each sequence of the PE lesson paying attention to hand placement and stick control as well as development of fine motor skills, cooperation, creativity, attentiveness to instructions and participation.

**Students Complete Self-Assessment Cards:**

These cards are issued following every PE lesson. Students circle the face representing their enjoyment of the lesson as well as place an “x” on the Effort Chart to express the level of effort they put out.



**What Worked Well/What needs Revision:**

- transitions from each stage of the lesson sequence pattern were smooth.
- the 1 on 2 and 2 on 2 activities were interactive, creative and built on the practiced skills
- Cooperative games were accessible to all players and had numerous variations that could be added if needed