



[3-4] Week 22

3-4

Equipment Needed for Lesson Plan:

None

[Jump ropes](#) for Jackpot Fitness

Music

[Hockey sticks](#) and [pucks](#) (or [yarn balls](#))

[Cones](#)

[Tumbling Mats](#) for goals

[Hockey sticks](#) and [pucks](#) (or [yarn balls](#))

[Marking spots](#)

[Cones](#)

[Tumbling Mats](#) for goals

1. INTRODUCTORY

4

Run, Stop and Pivot

Outcomes:

I can follow directions when my teacher gives them.

Instructions:

Students run, stop on signal, and pivot. Vary the activity by having the class pivot on the left or right foot and increase the circumference of the pivot. Movement should be continuous. Students pivot and then continue running.

Teaching Hints:

Relate the pivot to a sport such as basketball and explain how it involves rotating around one foot.

2. FITNESS DEVELOPMENT

3

Aerobic, Strength, & Flexibility Jackpot Fitness

Outcomes:

I can distinguish cardiovascular, muscular strength, and muscular endurance.

I can accept all members of a small group.

Instructions:

Three different "jackpots" (boxes) are filled with fitness exercises and activities are placed around the teaching area. One jackpot is filled with a variety of strength development activities written on small index cards. A second jackpot is filled with flexibility activities. The third jackpot contains aerobic activities. Students can work individually or with a partner. They begin at one of the jackpots of choice and randomly pick out an activity to perform. If with a partner, they take turns selecting the card from the box. The only stipulations are that they must rotate to a different box each time and cannot select an activity they previously performed. If they pick an activity they performed on a previous stop, they return it to the jackpot and select another.

Aerobic Jackpot

1. Carioca around the basketball court.
2. Perform a "mirror drill" with your partner for 30 seconds.
3. Jump rope using both slow and fast time.
4. Tortoise and Hare/Running in place.
5. Marching with high steps around the area.

Strength Jackpot

1. Perform Abdominal Challenges.
2. Perform Push-up Challenges.
3. Do the Treadmill exercise.
4. Do as many Power Jumpers as possible.
5. Perform as many Crab Kicks as possible.

Flexibility Jackpot

1. Perform the Bend and Twist exercise.
2. Stretch using the Sitting Stretch.
3. Stretch using the Lower Leg Stretch.
4. Do the Standing Hip Bend.
5. Perform the Body Twist.

Teaching Hints:

Allow students to adjust the workload to their level. This implies resting if the rope jumping is too strenuous. A music interval of 30 seconds signals the duration of fitness activity followed by 10-15 second interval used for selecting a new activity from a different jackpot. Students perform as many repetitions as they can while the music is playing.

3. LESSON FOCUS

1

Hockey Skills - Driving, Tackling, Goalkeeping



Outcomes:

- I can pass a yarn ball using three of four cues.
- I can receive a yarn ball demonstrating two of four cues.
- I can explore shooting a yarn ball using a hockey stick.

Instructions:

Skills:

Review and practice skills introduced last week:

1. Gripping and carrying the stick
2. Controlled dribble

3. Front field
4. Forehand pass

Introduce new skills:

1. Driving

Driving is used to hit the ball moderate to long distances and to shoot at the goal. It differs from other passes in that the hands are brought together more toward the end of the stick. This gives the leverage necessary to apply greater force to the ball and results in more speed and greater distance. The swing and hit are similar to the quick hit. Stick control should be stressed so that wild swinging does not occur.

2. Tackling

The tackle is a means of taking the ball away from an opponent. The tackler moves toward the opponent with the stick held low. The tackle is timed so that the blade of the stick is placed against the ball when the ball is off the opponent's stick. The tackler then quickly dribbles or passes in the direction of the goal. Throwing the stick or striking carelessly at the ball should be discouraged. Players need to remember that a successful tackle is not always possible.

3. Goalkeeping

The goalie may kick the ball, stop it with any part of the body, or allow it to rebound off the body or hand. He may not, however, hold the ball or throw it toward the other end of the playing area. The goalkeeper is positioned in front of the goal line and moves between the goal posts. When a ball is hit toward the goal, the goalie should attempt to move in front of the ball and to keep his feet together. This allows the body to block the ball should the stick miss it. After the block, the ball is passed immediately to a teammate.

Review the drills presented last week:

1. Dribbling
2. Forehand Passing and Front Fielding

Introduce new drills:

Passing and Fielding drills

1. The shuttle turn-back drill, in which two files of 4-5 players face each other, can be used. The first person in the file passes to the first person in the other file, who in turn fields the ball and returns the pass. Each player, when finished, goes to the end of the file.
2. The downfield drill for passing and fielding skills for on the move. Three files of players start at one end of the field. One player from each file proceeds downfield, passing to and fielding from the others until the other end of the field is reached. A goal shot can be made at this point. The players should remain close together for short passes until a high level of skill is reached.
3. Practice driving for distance and accuracy with a partner.

Dodging and Tackling Drills

1. Players spread out on the field, each with a ball. On command, they dribble left, right, forward, and backward. On the command "Dodge," the players dodge an imaginary tackler. Players should concentrate on ball control and dodging in all directions.
2. Players work in pairs. One partner dribbles toward the other, who attempts to make a tackle. If the tackle is successful, roles are reversed. This drill should be practiced at moderate speeds in the early stages of skill development.

4. CLOSING ACTIVITY

1

Modified Hockey; Lane Hockey

Outcomes:

- I can stick control a ball with good personal space during a modified game.
- I can pass a yarn ball to a teammate during a modified game demonstrating three of four cues.

Instructions:**Modified Hockey**

The teams take any position on the field as long as they remain inside the boundaries. The object of the game is to hit the puck through the opponent's goal. No goalies are used. At the start of the game and after each score, play begins with a face-off. Each goal is worth one point. The distance between goal lines is flexible but should be on the long side. If making goals is too easy or too difficult, the width of the goals can be adjusted accordingly.

Lane Hockey

The field is divided into eight lanes. A defensive and an offensive player are placed in each of the 8 lanes. A goalkeeper for each team is also positioned in front of the goal area. Players may not leave their lane during play. A shot on goal may not be taken until a minimum of two passes has been completed. This rule encourages looking for teammates and passing to someone in a better position before taking a shot on goal. Encourage players to maintain their spacing during play. The purpose of the lanes is to force players to play a zone rather than swarming to the puck. Rules used for regulation hockey enforce situations not described here. A free hit (unguarded) is awarded a team if a foul occurs. Players should be rotated after a goal is scored or at regular time intervals.
