**Grade Level:** 9th

**Subject Area:** Physical Education

**Materials needed:** 1 hockey stick for every student. 10 balls/hockey pucks. Poly spots.

**Standards:**

S1.H1.L1\* Demonstrates competency and/or refines activity-specific movement skills. S4.H2.L1\* Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance (e.g., respect for self and others, knowledge of rules, avoidance of inappropriate language, anger management, etiquette, fair play).

S4.H3.L1 Uses communication skills and strategies that promote team or group dynamics.

S4.H5.L1\* Applies best practices for participating safely in physical activity, exercise and rhythmic activities/dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection).

**Objectives:**

Students will show respect for all peers while working cooperatively with others to strengthen abilities. (Affective domain- Students have a positive attitude to work together and they have vales to work together with their peers)

Students will be able to apply stickhandling and passing techniques to a game setting. (Cognitive domain-Student will transfer knowledge and skills)

Students will be able to hold the hockey stick correctly (Psychomotor Domain involves neuromuscular skills) This will be assessed by observation.

Students will be able to stick handle a ball/puck. (Psychomotor Domain involves neuromuscular skills) This will be assessed by observation.

Students will be able to use proper technique to catch and receive passes from a partner (Psychomotor Domain involves neuromuscular skills) This will be assessed by observation.

**Learning Activities:**

Warmup: Dynamic Warmup

1. Heel to butt
2. Knee to chest
3. High knees
4. Single leg RDL
5. Sprints

Anticipatory set: First I will show students what the parts of the hockey stick are. Ex (Blade, shaft, handle, forehand, backhand.) I will then have a student model the proper way to hold the hockey stick. I will point out things such as hand placement and posture. Next I will demonstrate 3 stickhandling drills. 1. Center 2. Wide 3. Gretzkys ( I will turn this last one into a fun competition) Theses drills will be done for 30 seconds each repeated until I feel that the students have the skills mastered. DI I will challenge the advanced students to stand on one leg and stick handel. If that’s to easy I will challenge the students to hop and stick handle. After this the students will be split in to in groups of 4-5 and they will line up on the baseline of the gym. I will have poly spots in front of the lines of students. I will tell the students different patterns to run through the cones while stick handling a ball. This will be a relay race.

1. Weave between the cones
2. Full circle around cones
3. Run to first cone backpedal to base line run to second cone back pedal to baseline and so on.

These patterns will be drawn on the board for smooth transitions

Main Activity: **World Cup hockey** I will have the students pair up. When the students are in pairs I will tell them to pick a country to represent for world cup hockey. How this game works is it’s the pair of students against the entire class. The two students work together to score a goal. When a group of students scores a goal they advance to the next round and sit out until only one team is left. The last team to score is eliminated. I will have an obstacle course and shooting targets setup in the gym for the teams that are eliminated to practice their skills.

**Cool Down:**

I will have the students walk 2 laps around the gym while stick handling the ball. After this I will instruct the students to put the hockey stick and balls away. I will have the students circle up and have a student lead stretching session.

1. Student (A) pick a hamstring stretch
2. Student (B) Pick a calf stretch
3. Student (C) pick a quad stretch
4. Student (D) pick a hip flexor stretch
5. Student (F) pick a shoulder stretch

**Assessment:**

* + - 1. Did the student hold the stick correctly? Y/N
      2. Could the student perform the stick handling skills?1-5
      3. Did the student communicate in a team setting? 1-5
      4. Did the student practice safe hockey habits? 1-5
      5. Did the student participate? 1-5
         1. 1- Not at all
         2. 5 excellent

**Reflection:**

What did I do well? What could I do better? How could I adapt the activity so that all students can have success?

**Adaptation:**