

Floor Hockey in Physical Education

Mrs. Vidakovich's class:

December 18, 2009

This is the first of several newsletters that will be sent home to first grade parents. They will be issued on Fridays on a periodic basis. The newsletters will describe some of the exciting activities that are done in Physical Education. Every child has a **special talent or attribute** that will be recognized in each newsletter. Even though many kids do well in many areas, they will be mentioned only one time throughout the year. **Everyone** will be named in a newsletter before the end of the school year.

Recently, we played three different floor hockey games. The kids' favorite is "**Clean Your Back Yard**". Several pucks are used. One team stays on one half of the gym. The other team stays on the other half. As quickly as possible, the kids find any puck and pass it to their opponent's side. The object is to have fewer pucks on your side when the whistle is blown. The team with the lesser amount has a "cleaner back yard".

I asked the kids why this is their favorite game. They said that they like to go freely anywhere they want and shoot as many pucks as they can find. I decided to play a game with them. This is a great game for exercise; it is a good aerobic workout!

We played "**Bulls-Eye Hockey**". There are two teams. The pins are set up on several circles and lines in the gym. There are different point values for each pin. I say, "ready, shoot", and both teams shoot all at once. They retrieve their pucks and run back to their lines. It is exciting to knock down a pin, especially the "bulls-eye".

There were many good shooters. **Collette** and **Todd** have power and accuracy whenever they play any floor hockey game. The points really came when they were shooting.

We learned how to do a "**face-off**", which is the way to start "**Clean Your Back Yard**." Each kid has a partner and they all do a "face-off" at one time on the center line. I say, "floor, stick, floor, stick, floor, stick". They tap the floor and their opponent's stick three times. Then they try to quickly control the puck by shooting it to the other side.

The kids learn early that there is no "high-sticking". On the follow-through swing, the stick may not go above the knees. There still may some kids who "high-stick", and if they do, they practice on the sideline and then come back into the game.

The kids were **assessed** on the "object control" skill of floor hockey **shooting**. To earn a high grade, the correct technique must be used as well as having power and accuracy.

Comments and suggestions are **welcome** regarding this P.E. newsletter. You may e-mail me at sblogg@d107.org.

Happy Holidays!
Ms. Blogg

