

## Physical Education Unit 7: Floor Hockey

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| <b>Essential Understandings</b> | <ul style="list-style-type: none"> <li>▪ There are benefits to physical activity, cooperation, and team work.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Essential Questions</b>      | <ul style="list-style-type: none"> <li>▪ What is a high stick?</li> <li>▪ What is a face off (center bully)?</li> <li>▪ What is a dribble in floor hockey?</li> <li>▪ What is a proper way to pass in floor hockey?</li> <li>▪ What is a power play?</li> <li>▪ What is a proper grip of stick?</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Essential Knowledge</b>      | <ul style="list-style-type: none"> <li>▪ <b>Basic Rules</b> <ul style="list-style-type: none"> <li>○ Six players on a team including the goalie.</li> <li>○ Goalie should wear a glove and protective eye wear.</li> <li>○ Goalie may toss puck out after a save, but puck must land before center line of court.</li> <li>○ Players must be spread out in offensive and defensive positions.</li> <li>○ Start the game and after every goal with a face off.</li> <li>○ No one (offensive or defensive players) may be in the goalie box. Only sticks may reach past the crease line.</li> <li>○ Any dangerous play results in a 2 minute penalty box time out.</li> <li>○ Catch high pucks and drop it to floor immediately.</li> </ul> </li> <li>▪ <b>Scoring</b> <ul style="list-style-type: none"> <li>○ A goal = 1 point.</li> </ul> </li> <li>▪ <b>Game Etiquette</b> <ul style="list-style-type: none"> <li>○ Call own violations to encourage fair play.</li> <li>○ Include all teammates in game.</li> <li>○ No “hogging” the puck.</li> </ul> </li> <li>▪ <b>Safety</b> <ul style="list-style-type: none"> <li>○ Pay attention to puck movement to prevent injury.</li> <li>○ Call violations to prevent aggressive behavior.</li> <li>○ Enforce penalty time outs.</li> <li>○ No sticks above the waist.</li> <li>○ Keep hands apart gripping stick to control wild stick.</li> <li>○ No checking.</li> </ul> </li> </ul> |
| <b>Vocabulary</b>               | <ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Hat trick; checking; crease; goalie box; high stick; face-off; power play; violation; penalty box</li> </ul> </li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Essential Skills</b>         | <ul style="list-style-type: none"> <li>▪ Demonstrate appropriate dribbling, passing, and shooting skills.</li> <li>▪ Demonstrate good sportsmanship and ability to work with a team.</li> <li>▪ Demonstrate stopping puck on a pass.</li> <li>▪ Demonstrate face-off.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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| <p><b>Related<br/>Maine Learning<br/>Results</b></p> | <p><u>Health and Physical Education</u></p> <p>G. Movement/Motor Skills and Knowledge</p> <p>G1. Stability and Force<br/>Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</p> <ol style="list-style-type: none"> <li>Demonstrate the principle of opposition.</li> <li>Demonstrate how the point of contact changes the path of an object.</li> <li>Demonstrate how the point of release changes the path of an object.</li> <li>Demonstrate lifts and actions that decrease risk for injury.</li> </ol> <p>G2. Movement and Skills<br/>Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</p> <ol style="list-style-type: none"> <li>Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</li> <li>Combine manipulative skills with motor skills during drills or modified games/physical activities.</li> </ol> <p>G3. Skill-Related Fitness Components<br/>Students explain the following skill-related components: balance, coordination, agility, speed, and power.</p> <p>G4. Skill Improvement<br/>Students explain how specific, positive, and correct Feedback affect skill improvement.</p> <p>I. Personal and Social Skills and Knowledge</p> <p>I1. Cooperative Skills<br/>Students demonstrate cooperative and inclusive skills while participating in physical activities.</p> <ol style="list-style-type: none"> <li>Work together as a team.</li> <li>Respond appropriately to peer pressure.</li> <li>Manage conflict.</li> <li>Engage peers respectfully in activities.</li> </ol> <p>I2. Students demonstrate responsible personal behaviors while participating in physical activities.</p> <p>I3. Safety Rules and Rules of Play<br/>Students describe game/physical activity rules and safety rules and their purpose.</p> <ol style="list-style-type: none"> <li>Explain the purpose for modifying playing rules in specified situations.</li> <li>Explain the safety rules and possible risks associated with specific games/physical activities.</li> </ol> |
| <p><b>Sample</b></p>                                 | <p>▪ NHL line drills requiring students to dribble the puck while weaving</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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| <b>Lessons<br/>And<br/>Activities</b>                  | <p>in and out of cones; dribble to designated line and shoot using proper grip and controlling height of stick; dribble down court to cone, control puck around cone and then pass to next person in front of your line.</p> <ul style="list-style-type: none"> <li>▪ Relay shooting contest on goals for accuracy.</li> <li>▪ Basic games stopping to teach positions; skills; safety.</li> </ul> |
| <b>Sample<br/>Classroom<br/>Assessment<br/>Methods</b> | <ul style="list-style-type: none"> <li>▪ Classroom/field observation of stick grip.</li> <li>▪ Skills checklist.</li> </ul>                                                                                                                                                                                                                                                                        |
| <b>Sample<br/>Resources</b>                            | <ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>PE Games &amp; Activities Kit for Grades 6 – 12</u>, Lumsden</li> <li>○ <u>Student-Centered Physical Education</u> – Smith, Cesaro</li> </ul> </li> </ul>                                                                                                                                |
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