

**COLONIAL INTERMEDIATE UINT 20**  
**6 Danforth Drive**  
**Easton, Pennsylvania 18045-7899**

**LESSON PLAN**  
**Floor Hockey**

**TEACHER: Amanda Sechrist**

**STATE STANDARDS:**

Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

Identify and engage in physical activities that promote physical fitness and health.

Recognize positive and negative interactions of small group activities.

- roles (e.g., leader, follower)
- cooperation/sharing
- on task participation

A. Recognize and use basic movement skills and concepts.

- locomotor movements (e.g., run, leap, hop)
- non-locomotor movements (e.g., bend, stretch, twist)
- manipulative movements (e.g., throw, catch, kick)
- relationships (e.g., over, under, beside)
- combination movements (e.g., locomotor, non-locomotor, manipulative)
- space awareness (e.g., self-space, levels, pathways, directions)
- effort (e.g., speed, force)

**GOAL:**

- The students will increase their flexibility.
- The students will increase their gross motor movements.
- The students will increase their stick handling skills.
- The students will increase their puck handling skills.
- The students will increase passing skills in floor hockey.
- The students will increase their shooting skills in floor hockey.
- The students will participate in a modified floor hockey game.

**ACTIVITY:**

The students will enter the gymnasium and stand on a colored spot. The students will participate in a group stretching activity. The students will perform arm circles, toe touches, the sit and reach, leg lifts, balance activities, and the twist. The students will then perform the following locomotor skills the length of the gymnasium: running, galloping and skipping. The students will then stand back on their spots and each student will receive a floor hockey stick. The students will stand in a spot away from other students and practice moving the stick like a wind shield wiper. The teacher should review the safety rules for the floor hockey sticks. The teacher will then give each student a puck and have them practice moving or pushing the puck with gentle taps around the gymnasium floor. The teacher will set a modified floor hockey game. The teacher will have five spots on the floor marked 1, 2,3,4,5 and have five students stand on those spots. The students who are let over will stand in line and feed into the game at spot 1. The game will have spot 1 pass spot 2, spot 2 pass to spot 3, spot 3 pass to spot 4 and spot 5 will shoot into a goal. Then the students will rotate to the next the spot. This can be done until each student has had three or four turns at each spot. For the Floor Hockey Special Olympics please follow these rules:

Team Relay- students (team) stand in a single-file line, each player with a stick. The first player in line takes the puck and carries it with the stick down and around a cone, approximately 15 yards away. When the first person returns to the start of the line, they pass the puck to the next person in line who proceeds around the cone, etc. When the last person crosses the start/finish line the team is done. This is a timed event-start/stop when the first/last person crosses the line.

Shoot on Goal- Each student will shoot, from around the goal cage, at the net. For each puck that goes in to the net it is a point-five shots total. This event should also be timed.

Passing- the student will stand on the start line and pass the puck between the cones approximately 15-20 feet away. They will get three attempts, one point for each success.

Shoot for Accuracy- the player will stand on the start line and pass the puck towards the pins, attempting to knock over the pins. The distance will be determined. Five (5) points will be given for each pin knocked down.

Stickhandling- the athlete moves the puck from a starting line through a course (weaving pattern), defined by cones, for a set amount of time.(usually 30-60 secs.) Scoring is counted by how many times the athlete goes through the course.

## **FUNCTIONAL DOMAIN:**

Pushing a puck with a hockey stick  
Receiving a puck with a hockey stick  
Passing a puck with a floor hockey stick to a partner  
Shooting a puck into a goal with a hockey stick

## **OBJECTIVE(S): STUDENT WILL DEMONSTRATE**

Given a verbal request, the students will perform locomotor skills including running galloping and skipping the length of the gymnasium with visual prompts in the correct sequence four out of five attempts.

Given a verbal request, the students will perform a stretching routine including arm circles, toe touches, the sit and reach, the twist, leg lifts and the butterfly stretch with verbal and visual prompts four out of five attempts.

Given a hockey stick, the students will hold the stick using the proper hand grip and be able to keep the foot of the hockey stick on the gymnasium floor four out of five attempts.

Given a hockey stick and a puck, the students will push the puck around the gymnasium floor with the hockey stick using the proper hand grip seven out of ten attempts.

Given a hockey stick and a partner, the students will be able to catch or receive a hockey puck by stopping the puck with their hockey stick seven out of ten attempts.

Given a hockey stick and a partner, the students will be able to pass a hockey partner to a partner three feet away six out of seven attempts.

Given a hockey stick, a puck and a goal, the students will shoot the hockey puck into the goal five out of ten attempts from various distances and directions.

Given a request, the students will participate in a modified hockey game 80% of time allotted for the game.

## **EQUIPMENT/MATERIALS**

Hockey sticks  
Hockey pucks  
Cones  
Spots  
Lesson Plans  
Stickers

## **MODIFICATIONS/ADAPTATIONS**

The teacher can vary the size of the hockey stick for each student.

The teacher can vary size of the puck.

The teacher can vary the space between the students during the passing and receiving skill of the game.

The teacher can vary the distance and the direction of the goal.

The teacher may vary the width of the goal.

