



Hockey Highway: Physical Activity Lesson

Purpose

The purpose of the Hockey Highway lesson is for students to demonstrate mastery of fundamental skills for a lifetime of sport and recreational activities. Children will learn cognitive concepts and will enjoy playing the game. Through participating in the lesson, children will increase their physical activity levels.

Objectives

By participating in this activity, students will develop and acquire:

- Skills associated with balance and stability
- Skills associated with controlled body movement
- Skills associated with hand-eye coordination
- Skills associated with gross motor movements
- Skills associated with language development, number recognition, consciousness of self, and social/emotional development
 - Including, but not limited to, imaginative play, cooperative play, self-esteem development, leadership development, relationship building (with peers and teachers), and team building.

Materials

- 5 Pool Noodles—cut in half (extra noodles and balls for free play)
- 5 Balls
- 12 Cones
- Cone Covers (1-5)
- Painters Tape
- Free play music (at least 3 songs)

Lesson Steps

1. Introduce yourself
2. Introduce the Hockey Highway
3. Demonstrate proper use of materials in the Hockey Highway
4. Deliver game instructions
5. Model the game





Game Instructions

- Before the game
 - Scan the playground for safety
 - Set up the Hockey Highway lanes
 - Create 5 lanes side by side using cones and painter's tape
 - Create lanes as long as possible
 - Label each lane with a number (1-5) using cone covers or painter's tape
 - Place balls and pool noodles next to cone covers (one per lane)
 - Ensure that the balls and pool noodles are the same color, if possible
 - Pair off the children and introduce the game
 - Count the children off 1-5, twice.
 - At the end of the count, there should be five groups of 2 students each
 - Once partners are established, have the children line up behind their corresponding cone covers
 - For example, group 1 lines up behind cone cover 1
 - To understand the boundaries of the lane, have the children walk up and down their lane
 - To reinforce sportsmanship and the partnership between the two partners, have them shake hands before the game begins
 - Have one child walk to the opposite end of the lane and wave to their partner
 - Model the game
 - Use words such as gentle, soft, controlled, slow
 - Make sure students know how to use the lanes and the importance of staying in their own lane
 - Model mistakes (ex. ball goes in other lanes) and how to fix them
 - Recognize the children's desire to hit the ball hard, but encourage the kids to practice safe, controlled use of the pool noodle and ball
 - All children will have a chance to hit the ball hard at the end of the game
- During the game
 - Encourage the children to move down the lane in a safe, controlled motion
 - Ensure that partners wait their turn
- After the game
 - At the end of the game, every student should put down their pool noodle and ball
 - Encourage the children to hit the ball with all of their might.

Modifications

- Game play
 - After using the pool noodles to push the ball down the lane, have the children try gently rolling the ball down their lane, like a bowling ball.
 - After rolling the ball down the lane, have the children try gently tapping the ball with their feet, like a soccer ball.
 - Add music! Play fun and energizing music while the children play the game.