

Block Plan

Floor Hockey-3rd Grade

<p>Day 1 Skill: Warm-up: locomotor skills, stretch, core work, push-up, stick handling, dribble</p> <p>Concept: offense Activities: stick handling eyes open/closed Dribble(different speeds) general space Personal-Social: following class rules,</p>	<p>Day 2 Skill: Warm-up: locomotor skills, stretch, core work, push-up, review stick handling & dribbling-introduce defense & forehand pass/fielding</p> <p>Concept: defense Activities: hockey pirates, partner passing pass 10ft, 15ft, 20ft apart Personal-Social: supporting partner, following class rules</p>
<p>Day 3 Skill: Warm-up: fitness stations(push-ups, jump rope, core work, agility) Review passing and introduce (highsticking)</p> <p>Concept: offense/defense (high sticking) Activities: Hockey keep away, shooting practice against wall or into net Personal-Social: following class rules, supporting partner</p>	<p>Day 4 Skill: Warm-up: pacer run, core work, push-ups Concept: offense Activities: Station work (dribble, passing, shooting, defense) 4 stations with hockey and 2 stations for fitness activities. (push-ups, jump rope) Personal-Social: following class rules, supporting partner</p>
<p>Day 5 Skill: Warm-up: locomotor skills, push-ups, core work Concept: pass, dribble, shoot with proper form, rotations Activities: Station work(dribble, passing, shooting, defense)cone dribble, ground attack, circle keep away Personal-Social: fair play, following rules, teamwork</p>	<p>Day 6 Skill: Warm-up: aerobic challenge(5-8 minute jog, run) Concept: offense, defense, high sticking Activities: Floor Hockey doubles (2 on 2) NO Goalies: Students that are not playing will participate in fitness activities Personal-Social: following rules, teamwork, sportsmanship</p>