**Ringette: Cat and Mouse**

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| Set-up | * Ringette stick for each participant
* Ring for each participant
* Nets to shoot on

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| How to Play | * Have all the participants (Mice) start with a ring (Cheese)
* Designate 2 students as Cats and they have no ring
* Cats chase the participants (mice) and try to steal their ring (cheese)
* If a cat steals a ring (cheese) they go and shoot it into a net and the ring (cheese) remains in the net
* Once your ring (cheese) is stolen, you become a cat and help steal the rings (cheese)
* Nets can be placed on the outside of the gym lines, not in the way of the participants running around.
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| Learning focus/Cues**Active Participation****Movement Skills**Manipulation: Holding the stick and moving with a ringShooting the ring**SELS**Healthy RelationshipsPositive Motivation and Perseverance | WHAT: We are learning to explore different ways to be active and to enjoy being active. We are learning to improve our ringette skills by learning how to move and dodge with a ring on the floor and shoot. We are learning to listen and follow instructions.WHY: If we discover activities that we enjoy, we will be more active. Learning how to move and dodge with a ring and score is an important part of the game of ringette. Skill Cues:Basic Stance and holding the stick:* Feet shoulder width apart, knees slightly bent
* Head up, eyes forward
* Stick held with both hands- one high and one mid stick
* Hold sticks slightly to one side with tip on the floor
* Lower arm almost straight and upper arm bent at the elbow
* Head and eyes up when moving with the ring

Shooting the ring:* Draw the ring back further than a pass and release with power
* Press the tip of the stick into the floor during forward motion and lift the tip to release
* Look at target and follow through to target. Keep your stick low
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| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it* What cues did I think of when I went to shoot?
* What strategies did you use to be more successful at hitting my target?
* What was a strategy you used to steal the ring?
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| Modifications | Progression/regression to increase/reduce difficult* Start with moving around the gym with the ring – fast, slow, slow motion
* Add cats after everyone can move safely around the gym
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| Safety | * Check area for other obstacles on the floor
* Check sticks to make sure the tip in on
* Keep the tip of the stick on the floor, eyes up
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