**Ringette: Cat and Mouse**

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| Set-up | * Ringette stick for each participant * Ring for each participant * Nets to shoot on |
| 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. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation:  Holding the stick and moving with a ring  Shooting the ring  **SELS**  Healthy Relationships  Positive 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 |
| *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? |
| 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 |
| 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 |