**Ringette: Clean Up**

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| Set-up | * Ringette stick for each participant * 16-20 rings |
| How to Play | Divide participants into two teams with each team on a side of the gym with a center line dividing them. Give each team the same number of rings. On “Go” each team tries to send the rings onto the other team’s side. The object of the game is to clear all the rings off your side of the gym or have the least number of rings on your side when the time is up. Give participants a time limit per round. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation:  passing a ring across the gym floor and receiving the ring  **SELS**  Healthy Relationships  Positive Motivation and Perseverance | WHAT: We are learning to improve our ringette skills by learning how to do a strong quick pass to an open space and receive the ring. We are learning to work together as a team and have a healthy competition.    WHY: If we discover activities that we enjoy, we will be more active. Learning how to do a quick pass and receive the ring is an important part of the game of ringette. It also introduces participants to healthy competition.    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 stick slightly to one side with tip on the floor * Lower arm almost straight and upper arm bent at the elbow   Passing the ring:   * Head up, eyes forward * Tip in ring, pull ring slightly back * Using a sweeping arm motion and wrist action to send the ring forward * Follow through to target keeping the stick low. Transfer weight from backward to forward   Receiving the ring:   * In ready position, eyes on ring * Stick held slightly off the ground in front of the body * Tip of ring follows the middle of the ring to spear the ring in the center |
| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it   * What cues did I think of when I went to receive the ring? * What strategies did you use to be more successful in the game? * Why is it important to apply strength to your pass? |
| Modifications | Progression/regression to increase/reduce difficult   * Start the game with less rings * Start by having participants try to see if they can pass to an open space with no competition |
| Safety | * Check area for other obstacles on the floor * Remind participants of the boundaries and to be aware of their space * Keep the tip of the stick on the floor |