**Ringette: Follow the Leader**

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| Set-up | * Ringette stick for each participant
* Ring for each participant
* Cones to weave around or objects on the floor to go around (mats, poly spots...)
* Can use a whistle or music as a cue to stop and start
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| How to Play | * Have participants start in a group of 2 and then increase the group size.

Round one: * Have participants in groups of 2 each with a ring
* One participant is the leader, and the other participant is the follower.
* On “GO or start the music” the leader moves around the gym while the follower follows whatever they do.
* On the “Whistle or music stops” switch and the leader now becomes the follower.
* Place objects on the floor that they can go around.
* Can increase the group size.

Round two: * Have participants in groups of 2 with one ring
* Participants pass back and forth
* On the “Whistle or music stops”, the participant with the ring is the leader and the other participant must follow without a ring, practicing keeping their stick on the floor while they move.
* On “GO or music starts” participants go back to passing back and forth.
* Can increase the group size.
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| Learning focus/Cues**Active Participation****Movement Skills**Manipulation: Stick positionPassing to a partnerCarrying a ring**SELS**Healthy RelationshipsPositive Motivation and Perseverance | WHAT: We are learning to improve our ringette skills by learning how to be safe with the stick by moving with the tip on the floor carrying a ring and passing to a partner. We are learning to listen and follow instructions.WHY: Learning how to move safely with a stick by keeping the tip on the floor while carrying a ring and passing the ring to a partner are an important part of the game of ringette. We are also learning to circulate around the gym while watching out for other participants in all directions.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 the stick slightly to one side with tip on the floor
* Lower arm almost straight and upper arm bent at the elbow
* Keep head up and eyes forward when moving around the gym

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
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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 pass the ring?
* What strategies did you use to be more successful in following the leader?
* Was it more fun being the leader or the follower?
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| Modifications | Progression/regression to increase/reduce difficult* Have participants start the game by just being able to walk
* Increase or decrease the size of the playing area and the size of the groups.
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| 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
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