**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 |
| 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. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation:  Stick position  Passing to a partner  Carrying a ring  **SELS**  Healthy Relationships  Positive 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 |
| *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? |
| 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. |
| 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 |