**Ringette: Go Go Stop**

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| Set-up | * Ringette stick for each participant
* Ring for each participant

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| How to Play | Have all the participants start on the end line with a stick and a ring. The leader starts in the middle of the gym facing away from the participants and is the caller. When the leader yells “GO GO…” the participants move up the gym with their ring. When the leader turns around and yells “STOP” all the participants must stop and freeze. The leader sends anyone who is moving or anyone who does not have their ring back to the start line. The first player to reach the opposite end line becomes the new “leader”. |
| Learning focus/Cues**Active Participation****Movement Skills**Manipulation: how to hold a stick and carry a ring across the gym floor**SELS**Healthy RelationshipsPositive Motivation and Perseverance | WHAT: We are learning to improve our ringette skills by learning how to hold the stick and carry the ring on the floor. We are learning to listen and follow instructions.WHY: If we discover activities that we enjoy, we will be more active. Learning how to hold a stick and carry the ring will prepare them for 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 stick slightly to one side with tip on the floor
* Lower arm almost straight and upper arm bent at the elbow
* Head up and eyes forward when carrying the ring

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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 move with the ring?
* What strategies did you use to be more successful in the game?
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| Modifications | Progression/regression to increase/reduce difficult* First round play with no equipment
* Second round add the stick, keeping the tip on the ground
* Third round add the ring
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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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