**Ringette: Introduction to Ringette – Stick and Ring**

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| Set-up | * Ringette stick for each participant * A ring for each participant |
| How to Play | * Explain how to hold a stick and the importance of stick height (around chest height) * All participants start with just a stick. * Keeping the stick tip touching the floor participants move around the gym. If the tip comes off the gym floor the participant must stop fully and then start again. * Have participants look and move to an open space in the gym. * Once they have the concept of keeping the tip on the floor, give each participant a ring. * Participants move around the gym keeping the stick tip in the ring looking for open spaces to move to. * If you lose the ring you must come to a complete stop and then start again. * Leader circulates around the gym watching for stick safety – tip on the floor. * Leaders can also play music and have students start when the music is on and freeze when the music is off. |
| Learning focus/Cues    **Active Participation**    **Movement Skills**  Manipulation:  Moving with a stick and a ring  **SELS**  Healthy Relationships  Positive Motivation and Perseverance | WHAT: We are learning how to hold a stick and keep the tip to the floor and move around the gym. We are also learning to move around the gym while carrying a ring. These are important skills that introduce us to the game of Ringette.  WHY: Ringette is an exciting game to learn. Learning how to hold a stick and carry a ring are important skills in the game of ringette.  Skill Cues:  Basic Stance and holding the stick:   * Feet shoulder width apart, knees slightly bent * Head up, eyes forward * Stick height – around chest level * 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   Circulating with the Ring:   * Keep the tip of the stick inside the ring as it slides on the floor * Keep your head up and eyes forward * Two hands on the stick – one high and one mid stick * Stick slightly to the side * Move to an open space |
| *Assessment (optional)* | Participants Self Assess themselves as Got it or Still Working on it   * Were you able to keep the ring and stick on the ground so you did not lose it? How many times did you lose your ring? * What strategies did you use to be more successful at keeping the stick and ring on the floor? |
| Modifications | Progression/regression to increase/reduce difficulty   * Have less participants moving around the gym at a time to get used to moving to an open space – 2 groups * Have participants move at a controlled speed |
| 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 |