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

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| Set-up | * Ringette stick for each participant
* A ring for each participant
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| 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.
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| Learning focus/Cues**Active Participation****Movement Skills**Manipulation:Moving with a stick and a ring**SELS**Healthy RelationshipsPositive 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
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| *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?
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| 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
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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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