**Ringette: Ring Robber**

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| Set-up  | * Ringette stick for each participant
* Ring for each participant (except 3-4 participants)
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| How to Play  | * Have all participants spread out around the gym.
* Have 3-4 participant as “Robbers” who have just sticks with no rings.
* All other participants have a stick and a ring.
* On “GO” all the participants circulate around the gym trying to stay away from the “Robbers”.
* “Robbers” will go after other participants trying to get their ring.
* Once a “Robber” steals another participant’s ring, the player who has lost their ring is now a “Robber” and goes off to try to get another participant’s ring.
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| Learning focus/Cues   **Active Participation**   **Movement Skills** Manipulation:  Stick position Carrying a Ring  **SELS** Healthy Relationships Positive Motivation and Perseverance      | WHAT:  We are learning to improve our ringette skills by learning how to safely move around the gym carrying the ring with our head and eyes up moving into open space.  WHY: Learning how to move safely around the gym carrying the ring is an important part of the game of ringette. It is also important 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

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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 keeping the ring on the floor with your stick?

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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 number of “Robbers”
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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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