**Ringette: Shoe Tag**

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| Set-up | * Ringette stick for each participant
* Ring for each participant (on the side with leader)
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| How to Play | Have all participants spread out around the gym. Have one participant as “IT”. “IT” tries to pass the ring to hit the shoe of another participant. If the player is hit by the ring on their shoe, they are given a ring from the leader to also become an “IT”. The game continues till all the participants are “IT”. Emphasize keeping the tip of the stick on the floor while moving around the gym. |
| Learning focus/Cues**Active Participation****Movement Skills**Manipulation: Stick positionPassing to a target**SELS**Healthy RelationshipsPositive 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 and pass to a target(shoe). We are learning to listen and follow instructions.WHY: Learning how to move safely with a stick by keeping the tip on the floor and passing the ring to a target is 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 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
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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 pass the ring?
* What strategies did you use to be more successful in hitting a target (shoe)?
* Why is it so important to keep the tip on the ground when moving around the gym?
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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
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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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