**Ringette: Switch**

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| Set-up  | * Ringette stick for each participant
* Ring for each participant
* Cones to make a circle
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| How to Play  | * Create a large circle in the gym with cones and have participants stand around the circle with a stick and ring.
* On “GO” all the participants start moving around the circle carrying the ring.
* On the “Whistle” participants stop and drop their ring and change directions and pick up a different ring and carry on in that direction.
* Repeat changing the time between whistles making it longer and shorter.
* On “2 Whistles” participants stop and jump over their ring five times and then carry on. Use skip, hop, gallop around the ring.
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| Learning focus/Cues   **Active Participation**   **Movement Skills** Manipulation:  Stick position Carrying a ring and changing direction  **SELS** Healthy Relationships Positive Motivation and Perseverance      | WHAT:  We are learning to improve our ringette skills by learning how to carry a ring and change directions. We are learning to listen and follow instructions.   WHY: Learning how to move with the ring and change directions is an important part of 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 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 keeping the ring on the floor while moving?
* 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 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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