**Ringette: Switch**

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| Set-up | * Ringette stick for each participant * Ring for each participant * Cones to make a circle |
| 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. |
| 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 |
| *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? |
| 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 |
| 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 |