

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Pool Noodle Hockey

Game Description:

A modified version of hockey. Playing with noodles as hockey sticks levels the playing field for those who do not have much experience playing hockey.

Objective:

To score goals on your opponents net and to prevent the ball from going into your net.

Game Rules:

Played similar to traditional hockey. 1 point awarded per goal.

Adaptations (optional):

For younger ages, put out a bunch of balls and tell them to strike the ball into the nets to score a point.

AGE:

4 to 6 years
7 to 9 years
10 to 12 years

TYPE OF ACTIVITY:

Multi-skill game

SPACE NEEDED:

Large Space (Gym, Multipurpose Room, Playroom)
Medium Space (Classroom, Empty Room)
Small Space (Hall, Furnished Room)

HOW MANY LEADERS ARE NEEDED:

Only 1

HOW BIG OF A GROUP IS NEEDED:

Pair
Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Agility
Balance
Coordination
Run
Strike
Track