

**Physical Education  
Unit 12: Floor Hockey**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ Students will learn the benefits of physical activity, team work, and cooperation.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What is off sides?</li> <li>▪ What is checking?</li> <li>▪ What is a face off?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ <b>Basic Rules</b> <ul style="list-style-type: none"> <li>○ 6 players on a team including the goalie.</li> <li>○ Goalie must stand while protecting the goal. Should wear protective eye wear.</li> <li>○ Goalie must toss the ball out to the side after a glove save.</li> <li>○ Players must be spaced out on offense and defense.</li> <li>○ Start the game and after every goal with a face off</li> <li>○ A goal= 1 point.</li> </ul> </li> <li>▪ <b>Safety</b> <ul style="list-style-type: none"> <li>○ Must not bring stick above the waist.</li> <li>○ Must keep hands apart on the stick at all times.</li> <li>○ No hitting or swinging at the ball while it is in the air.</li> <li>○ No checking or contact with other players.</li> <li>○ Cannot intentionally use their feet to control, trap, stop, or advance the ball.</li> <li>○ A two minute penalty for violation of the rules.</li> <li>○ Understand the importance of proper use of equipment for safety reasons.</li> </ul> </li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ checking, off sides, goalie, face off</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Demonstrate proper dribbling, passing, and shooting.</li> <li>▪ Demonstrate good sportsmanship and ability to work with a team.</li> </ul>

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<p align="center"><b>Related Maine Learning Results</b></p>	<p><u>Health and Physical Education</u>  <b>G. Movement/Motor Skills and Knowledge</b>  <b>G1.Stability and Force</b>                  Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.                  b. Use the principle of opposition, point of contact, and point of release to change the path of an object during a game/physical activity.                  c. Adjust movements to accommodate external forces that decrease risk for injury.  <b>G2.Movement Skills</b>                  Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity.  <b>I. Personal and Social Skills and Knowledge</b>  <b>I1.Cooperative Skills</b>                  Students demonstrate collaborative skills while participating in skill activities.                  a. Accept constructive feedback.                  c. Include peers respectfully in activities.  <b>I2.Responsible Behavior</b>                  Students demonstrate responsible and ethical personal behavior while participating in physical activities.  <b>I3.Safety Rules and Rules of Play</b>                  Students predict how etiquette/rules improve games/activities.                  a. Explain how etiquette/rules contribute to productive participation.                  b. Predict how modifications to the environment can impact safety during games/physical activities.</p>
<p align="center"><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Class divided into teams of 6. Show how spacing on offense-center, 2 wings can pass the ball to create scoring opportunities.</li> </ul>
<p align="center"><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Students demonstrate proper method of holding the hockey stick.</li> </ul>

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<b>Sample Resources</b>	<ul style="list-style-type: none"><li>▪ <u>Publications:</u><ul style="list-style-type: none"><li>○ <u>Quality Lesson Plans for Secondary Education</u> - Zakrajsek, Cares and Pettigrew</li></ul></li></ul>
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