Floor Hockey

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1 & 2**
Length: **3 weeks**
Status: **Published**

Standards

2.1.12.CHSS.8	Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
2.2.12.MSC	Movement Skills and Concepts
2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
2.2.12.LF	Lifelong Fitness
2.2.12.LF.3	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.

Enduring Understandings

1. Understanding the history and rules in floor hockey can make the experience both enjoyable and successful. **HE.9-12.2.2.12.MSC.5** *[Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude*
2. The students will understand and utilize offensive strategies, such as give and go, v-cut, and screen shots, in game situations. **HE.9-12.2.2.12.MSC** *[Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*
3. The students will understand and utilize defensive strategies, such as man to man and zone concepts, in game situations. **HE.9-12.2.2.12.MSC** *[Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).*
4. Floor Hockey can provide an opportunity for personal enjoyment, personal challenge, self-expression, stress outlet, and social interactions. **HE.9-12.2.2.12.LF** [*Core Idea*] - *Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).*

5. Floor Hockey can contribute to overall fitness and lifetime physical activity by increasing cardiovascular/muscular endurance and muscular strength. **HE.9-12.2.2.12.LF.3** [*Core Idea*] - *Community resources can support a lifetime of wellness to self and family membe*

Essential Questions

1. How does Floor Hockey contribute to overall fitness and lifetime physical activity?
2. Why is teamwork an important component of floor hockey from an offensive and defensive perspective?
3. What are some teaching cues for stick handling, passing, shooting and goal tending in floor hockey?
4. How are learning specific skill techniques imperative to one's success in floor hockey?
5. How will understanding the basic rules and strategies allow students to interact socially and communicate with peers?

Knowledge and Skills

Performance Expectations Are:

- Describe how floor hockey contributes to overall fitness and lifetime fitness. **HE.9-12.2.2.12.MSC**
- Describe the basic rules, origin and history of floor hockey. **HE.9-12.2.2.12.MSC.4**
- Learn and demonstrate basic skills associated with floor hockey. **HE.9-12.2.2.12.MSC.1**
- Understand and implement basic offensive and defensive positions and formations. **HE.9-12.2.2.12.MSC.1**
- Develop proper safety procedures, team play and the ability to work well with others. **HE.9-12.2.2.12.MSC.5**

Transfer Goals

1. Students will be able to independently transition to life long fitness activities through the engagement of team sports.
2. Students will be able to independently incorporate teamwork, work ethic, accountability, and character education into everyday living.

Resources

- Open Phys Ed https://openphysed.org/912-highschool-mods
- PE Central https://www.pecentral.org/
- No Idea Sports https://noideasports.com/wp-content/uploads/2016/12/No-Idea-Sports-Floor-Hockey-Rules-and-Regulations-of-Play.pdf

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit