

# Unit 10: Floor Hockey

Content Area: **Health & PE**  
Course(s): **Health 1**  
Time Period: **Generic Time Period**  
Length: **3 Weeks**  
Status: **Published**

## Standards

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HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

## Essential Questions

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What do I need to do in order to master skills used in Floor Hockey?

What strategies should be implemented in order for me to be an effective teammate?

Why do I have to show good sportsmanship and follow the rules?

How can I become more mentally prepared for competition and sports performance?

## Content / Skills

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1. Skills- stick/puck handling, passing, shooting
2. Drills
3. Rules
4. Game Situations

## 5. Tests