

101 
FUN 
PE GAMES

**HOCKEY
GAMES**

FOCUS



ENDURANCE



GROSS MOTOR

GROUP SIZE

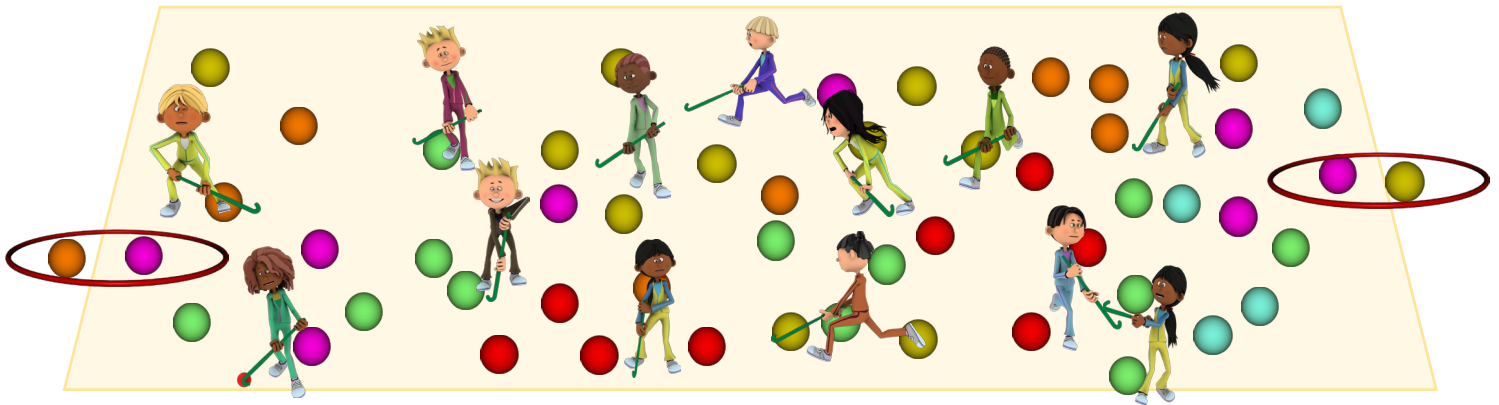


EQUIPMENT

50 small sponge balls, 2 large hula hoops, a hockey or lacrosse stick for each kid.

SETUP

Divide your class into 2 teams and spread them out all over the room. Assign a hula hoop for each team. Spread small sponge balls all over the room and give each child a hockey stick.



INSTRUCTIONS

1. On 'go' the children have to clean up the snow (balls) by shoveling them (hockey stick) to their team's hula hoop.
2. Each child may only get 1 ball at a time.
3. The contest ends when all the balls are in the hula hoops.
4. Whichever team captures the most balls wins.

MAKE IT EASIER

- Use fewer balls so the rounds go quicker. Give each team two hula hoops which makes it easier to fill up.

MAKE IT HARDER

- Use more balls and smaller hula hoops to make it more challenging.

FOCUS



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GROUP SIZE

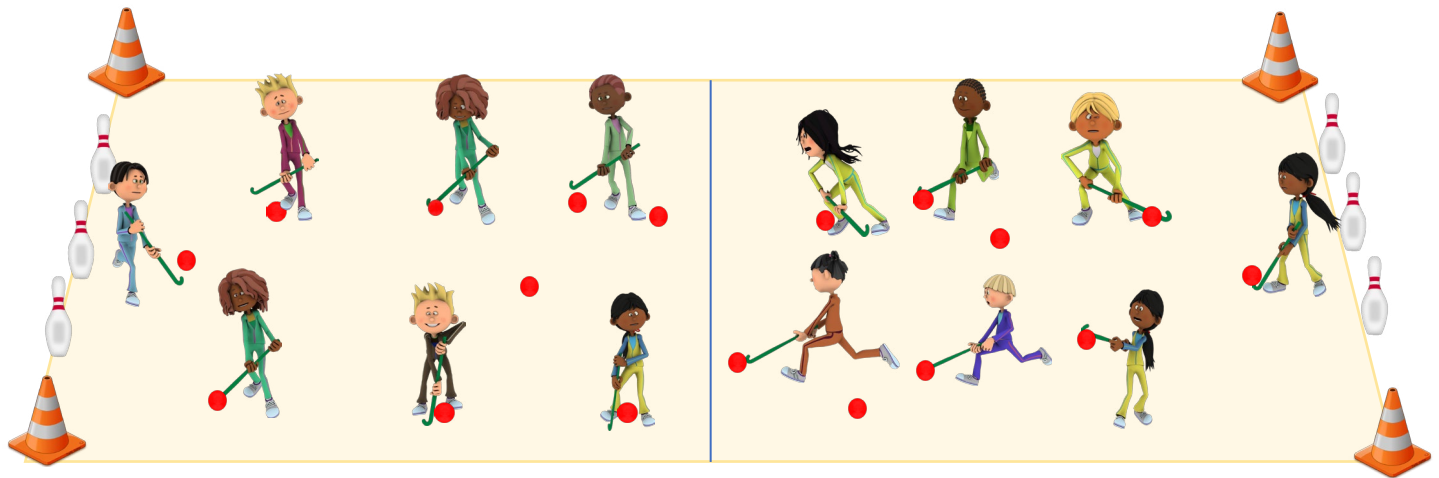


EQUIPMENT

4 cones, 6 pins, a hockey stick and soft ball for each child.

SETUP

Set up 3 pins on each end line. Divide your class into 2 teams and place each team on one half of the gym. Place a cone in each corner for the boundaries.



INSTRUCTIONS

1. Each team must stay on their half of the room.
2. On 'go' each team will begin hitting balls at the opposing team's pins.
3. The object is to knock over all 3 pins before they knock over your pins.
4. Balls must be hit low, sticks can only go ankle height when swinging them.
5. No player may cross the middle line during the game.
6. Children can hit any ball that comes their way.

MAKE IT EASIER

- Use fewer pins and do not have any goalies guarding the pins.

MAKE IT HARDER

- Use more pins and allow one child to be the goalie of all the pins.

FOCUS



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GROUP SIZE

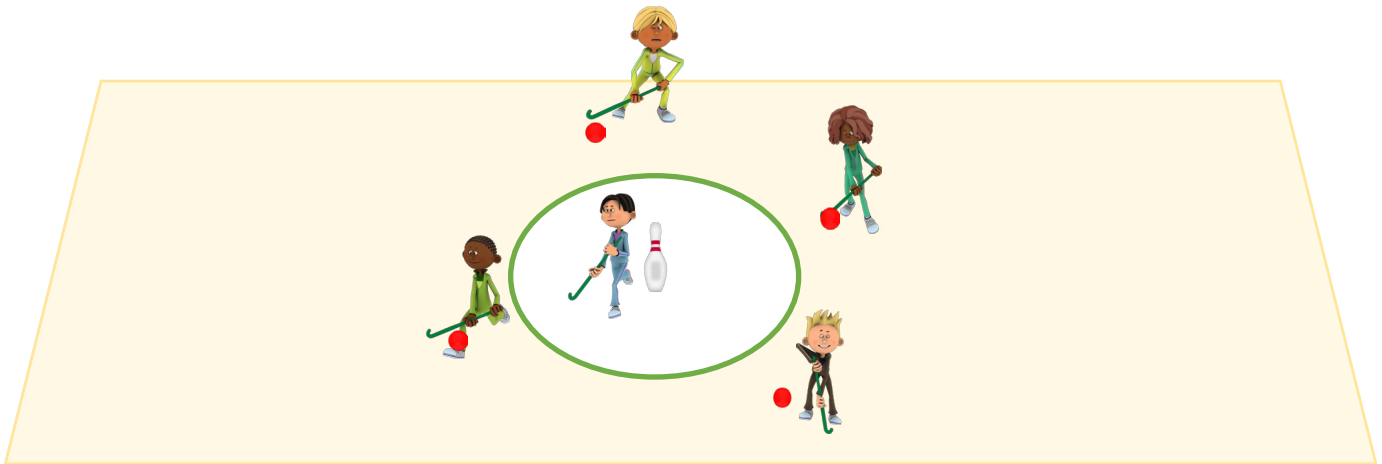


EQUIPMENT

Bowling pin, a hockey stick and ball for each child

SETUP

Set up the children in groups of 4 or 5. Use existing lines on the floor with a circle or mark one yourself. Place one child in the middle of each circle who is a goalie and the remaining kids on the outside of the circle.



INSTRUCTIONS

1. In this game it is the goalie against the other children in the group.
2. On 'go' the children on the outside of the circle will shoot their ball at the bowling pin in the middle of the circle. They are not allowed to ever enter the circle. The children shooting will be sharing all the balls.
3. The object is for the goalie to not allow the other children to knock over the pin. The goalie needs to be agile as it is 4 kids against one kid.
4. Once the pin gets knocked over, rotate in a new goalie and begin again.

MAKE IT EASIER

- Place 2 pins in the middle of the room to allow shooters to have a higher degree of success.

MAKE IT HARDER

- Place only 1 pin in the middle of the room so the shooters have to work harder to knock over the pin.

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GROUP SIZE



EQUIPMENT

Cones for goals, 20 small sponge balls, hockey sticks for each child

SETUP

Set up small goals around your room using 2 cones. Keep them about 4 feet apart. Place one child between each set of cones as seen in image below. Spread the rest of the class around the room with plenty of balls on the floor.



INSTRUCTIONS

1. On 'go' the children who are not in the goals must dribble their ball around the room with the objective of hitting it between 2 cones being guarded by a classmate.
2. Each time they can hit the ball between 2 cones, they get a point, and must keep track of how many goals they get within 2 minutes.
3. After 2 minutes, whichever child made the most goals wins that round.
4. After the 2 minutes, switch the goalies.
5. For safety, no child can take a slap shot or swing the stick higher than their ankle.

MAKE IT EASIER

- Use fewer balls but make the goals bigger.

MAKE IT HARDER

- Use more balls and make the goals smaller.

FOCUS



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GROUP SIZE

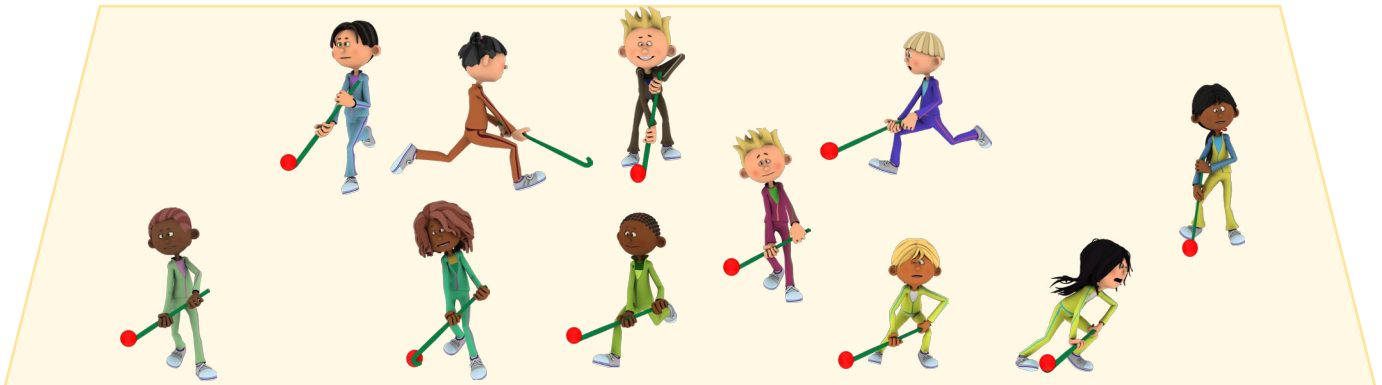


EQUIPMENT

A hockey stick for each child, small balls for every child (except for one)

SETUP

Spread the children out around the room. Give each child a hockey stick and ball. One child will not have a ball.



INSTRUCTIONS

1. On 'go' the children will begin to run around the room dribbling their ball with their hockey stick.
2. One child will not have a ball.
3. The child without the ball must try to gently steal a ball from a child with a ball. When that ball is stolen, the new child without the ball will now try to steal a ball from another child.
4. This pattern will continue for a few minutes until the teacher stops to give the students a period of rest time.

MAKE IT EASIER

- Use larger balls for better control.

MAKE IT HARDER

- Use smaller balls.

FOCUS



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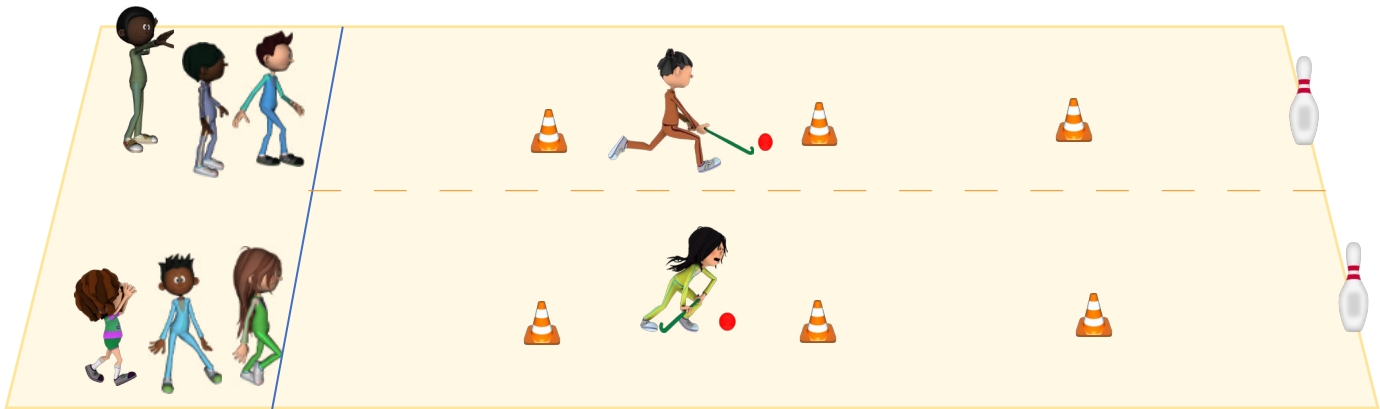


EQUIPMENT

2 hockey sticks, 2 small balls, 2 bowling pins, 6 cones

SETUP

: You can do this as a relay race or have the kids compete against each other individually. Each team gets 1 hockey stick and 1 ball. Place 3 cones in front of each team and a bowling pin at the far end line.



INSTRUCTIONS

1. On 'go' the first child in line will start to dribble the ball towards the bowling pin on the opposite end line.
2. On the way, they must weave (figure 8's) through all the cones in front of them.
3. When they get to the pin, they must go around it and come back.
4. If they accidentally knock over the pin, they must stand it up and start over.
5. Once they get back to the start line, they hand the stick and ball off to the next student in line.
6. The next student follows the same process. The first team to finish wins the race.

MAKE IT EASIER

- Use fewer cones and take away the bowling pin.

MAKE IT HARDER

- Substitute all the cones with bowling pins.

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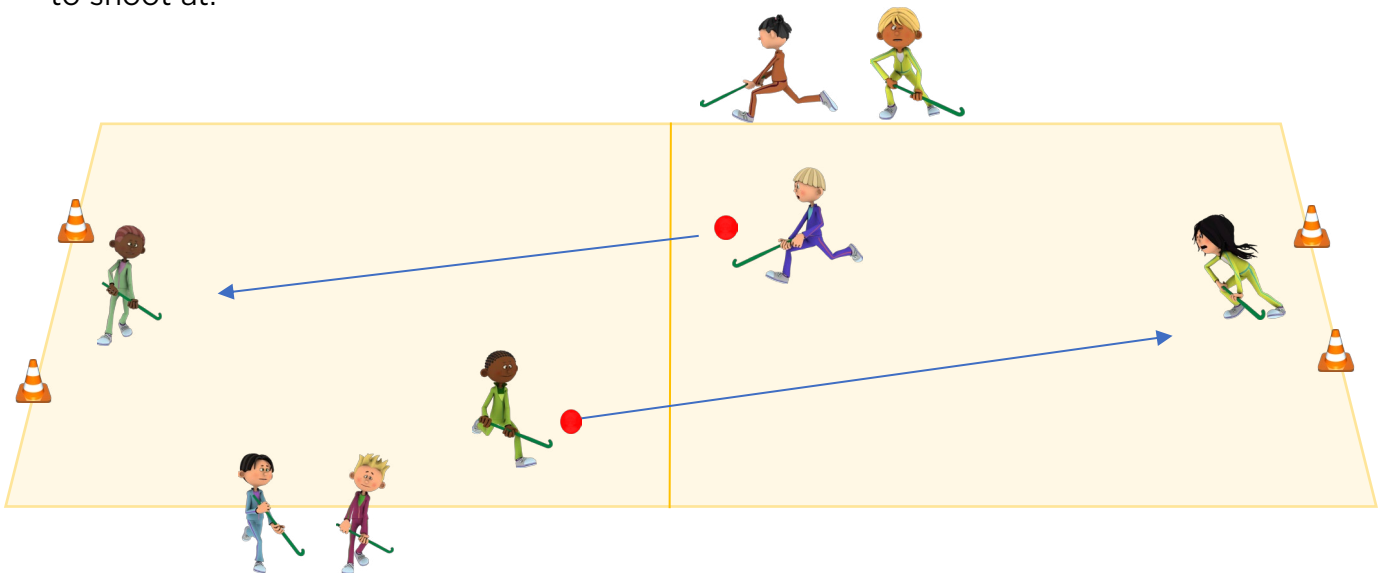


EQUIPMENT

Hockey sticks, balls, cones

SETUP

Divide the class into 2 teams. Give each child a number on each team. Set up cones on each end line for goals. Give each child a hockey stick. Let each team know which goal is the one to shoot at.



INSTRUCTIONS

1. Each team will wait on the sideline. The teacher will randomly call out 2 numbers for each team.
2. The first number the teacher calls out is the goalie, the second number called is the shooter. These numbers must come out and set up in their position.
3. On 'go' the shooters will dribble their ball and then try to shoot on the opposing team's goalie. They only get one shot per round.
4. The first team to get the goal gets a point, then new numbers are called. If both kids miss, no points are awarded.

MAKE IT EASIER

- Do not play with goalies. Just play to see who can make a shot first.

MAKE IT HARDER

- Play with goalies to make it harder for the shooter.