

K-2 PHYSICAL EDUCATION NEWSLETTER

APRIL 2022

Intro to Hockey Skills

Welcome to Physical Education. K-2 has just finished their Basketball Skills unit. The students really enjoyed learning how to dribble, pass, and shoot a basketball. This month all students in K-2 will be working on their Floor Hockey skills.

So, what skills will Kindergarten, 1st, and 2nd grade be working on? They will be learning how to hold a hockey stick, how to use the forehand and backhand of the stick, how to stick handle, how to pass, and how to shoot to a target. All these skills will help them as they get to the upper grades where they will be learning more advanced Hockey skills.

Here is one of the activities they will learn during the unit called “Freeze Stick Handle”;

During this activity each student will have a Hockey Stick and their own puck (a puck is what is used to score, just like a ball in soccer). This activity is similar to the popular game “Freeze Dance.” So when the music starts, students will stick handle the puck around the gymnasium. When the music stops, students will freeze with their equipment. When the music starts back up, students will again be on the move with their equipment.

Types of Hockey

Floor Hockey- played on a gym floor or outside on asphalt.

Roller Hockey- played while wearing roller blades or skates.

Ice Hockey- played on ice while wearing ice skates.

Field Hockey- played on grass or artificial turf.

Grade Outcomes

-Use the forehand and backhand of a hockey stick to move the puck

-Pass a puck using a hockey stick

-Shoot a puck towards a target



Key Terms

Hockey Stick- Stick used to move a ball or puck in Hockey.

Puck- Similar to soccer ball in soccer, it is a small disc used to score goals.

Stick Handling- Moving the puck with the Hockey Stick.

Pass- Hitting the puck to a teammate.

Shoot- Hitting the puck towards the goal.

Coming up Next Month

Field Day Training -Relay Races-



Videos on Hockey and the Skills taught this Month

Hockey: <https://www.youtube.com/watch?v=0fUY3xx9BYg>

Stick Handling: <https://www.youtube.com/watch?v=111h9nW2iRk>

Passing: <https://www.youtube.com/watch?v=Ozx-lBF9CBc>

Shooting: <https://www.youtube.com/watch?v=DY1Q9yXhwPI>