

Hockey Shuffleboard

Grade Level: 4-6

Skills: The skills involved are manipulating an object using hockey skills.

Objective: **Standard 6.HF.5:** Describe how to build and maintain healthy relationships through positive habits, friendships, honesty, and respect. Describe how to end unhealthy relationships.

Equipment: It's preferred to have each student share a hockey stick with a partner. Use "pucks" or easily maneuverable objects. Hula hoops, grids or markings will be needed for their targets.

Organization: Have the students pair up and work with another group of two students. Depending on equipment and numbers, each group may have more than four students total.

Activity: The object of this activity is similar to shuffleboard. The students take turns trying to place their "puck" inside of the goal, hula hoop, or shuffleboard type grid. Once they get an object inside of a goal or scoring area, they can keep track of the points if they wish. Their "puck" may also be knocked out and points could be subtracted if you're keeping score. First team to a specified number of points moves to the "I Did It" side, while the other team moves to the "Try Again" side. Each team finds a new pair and repeats the activity.

Closure: How can you modify this activity to participate without hockey sticks?
How did working in a pair help you accomplish the goal of the game? What positive attributes did your partner, or another team show that helped encourage you?

Health: Why is it important to build relationships that are honest and positive from the beginning?
What would be a valid reason to end a relationship? What are some ways to do this?
Is there a trusted adult you can talk to if you have relationship questions?

Piloted at: Fremont