

ROCK PORT HIGH SCHOOL PHYSICAL EDUCATION

UNIT PLAN: FLOOR HOCKEY		
Day 1: <u>INTRODUCTION TO:</u> <ul style="list-style-type: none"> • Expectations/ Safety Concerns • Equipment • Partner Passing <ol style="list-style-type: none"> 1. Wrist Shot/Pass 2. Snap Shot 3. Backhand 4. Slap Shot • Receiving Passes • 5 on 5 Game Play w/ Goalies 	Day 3: <ul style="list-style-type: none"> • WARM-UP/REVIEW of Day 1 & 2 <u>INTRODUCTION TO:</u> <ul style="list-style-type: none"> • Skill Assessments • Shooting on Net w/ Goalie • One Timers • 5 on 5 GAME PLAY w/ GOALIES 	Day 5: <ul style="list-style-type: none"> • WARM-UP/REVIEW SKILLS • Make-Up tests • Skill implementation/strategy assessments • Complete all assessments <u>INTRODUCTION TO:</u> <ul style="list-style-type: none"> • GAME PLAY
Day 2: <ul style="list-style-type: none"> • WARM-UP/REVIEW of Day 1: 1-2 <u>INTRODUCTION TO:</u> <ul style="list-style-type: none"> • Stick handling • Stick handling on the Move • Passing on the Move • Shooting on Net • GAME PLAY w/ GOALIES 	Day 4: <ul style="list-style-type: none"> • WARM-UP/REVIEW of Day 1,2,3 <u>INTRODUCTION TO:</u> <ul style="list-style-type: none"> • SKILLS TEST 1. Speed Skate 2. Skate and Handle (Stick Handling) 3. Accuracy Shooting 4. Power Shooting (Radar Gun) <ul style="list-style-type: none"> • GAME PLAY w/ GOALIES 	Assessment: <ul style="list-style-type: none"> • Quiz (Day 4) • Skill Assessments: 1. Stick Handling 2. Passing 3. Forehand Shooting 4. Backhand Shooting <ul style="list-style-type: none"> • Skill Implementation/Strategy Assessments (Day 4 & 5)