

Hockey Race

Keeley Waters



Equipment required

- Swimming Noodle/Cardboard tube/Long stick
- Hose/String/Pencils
- Stopwatch/Phone/Timer
- Hula hoops
- Ball/orange/apple

How to play

- 1)Select a start point for the course and stand at the start point
- 2)Have someone ready to begin the timer when you are ready to start
- 3)Travel round the course without touching any of the obstacles in the course with the ball
- 4)If the players ball touches any part of the course they must return to the start
- 5)When at the end of the course raise hand to signal that you have finished and to stop the timer **COMPETE FOR THE BEST TIME!!**

Did you show the School Games values?

Determination – Players must keep going to complete the course even if they have to return to the start multiple times

Honesty – Players must be honest if their ball touches any part of the created course

How can the activity be changed (STTEP)?

To make the hockey race easier:

- Shorten the length of the course so that there is less distance to travel

To make the hockey race harder:

- Increase the length of the course or add different obstacles to the course i.e. Move ball into a hula hoop before picking it up and completing 3 spins

