

Sample Lesson

Warm-up jog. Students jog around the gym for the length of one song.

Stretching. After the first class (during which stretches are gone over), the students take responsibility for proper stretching.

Introduction of game. When applicable, the history of the game is discussed in the first class. This is done to show the students how games develop, how they affect our culture, and how the games adapt to changes in our society.

Skills practice. Basic skills are taught for each game (i.e. stick handling and passing in street hockey) and practiced for the first few minutes of class.

Game mechanics. At the beginning of each unit, basic positioning and strategy are discussed. This may continue into the unit if rules are adapted. For example in street hockey, we would begin basic positioning. As play progresses, off-sides is introduced as a rule and enforced. A few classes later, icing is introduced and enforced. This approach allows the students to develop both skills and an understanding of the game throughout the unit. It also allows the students to see how individual rules affect strategy and game mechanics.