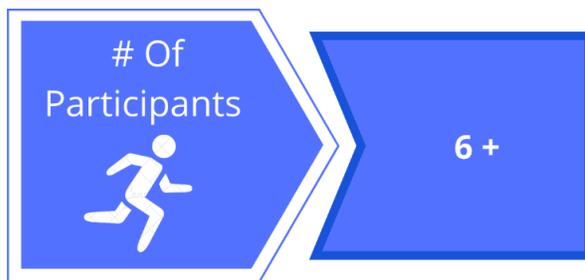


GYM RINGETTE LESSON PLAN

MODIFIED

This Gym Ringette Lesson Plan has been modified to fit the current Health Standards of COVID 19 in BC.

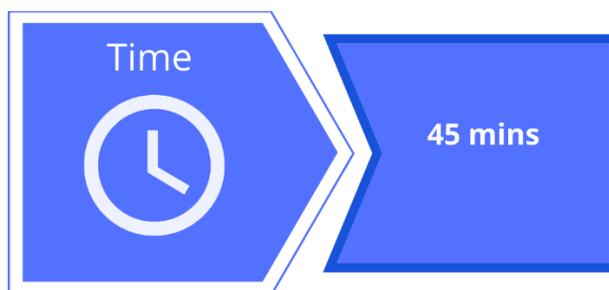


COVID-19 Safety Reminders:

1. Physical Distancing Required
2. Do not share equipment or water bottles
3. All participants need to wash their hands before and after the event



ALL INSTRUCTORS/VOLUNTEERS ARE REQUIRED TO WEAR GLOVES AND A FACE MASK WHILE LEADING THE SESSION



Modified Gym Ringette Lesson Plan

Title	Time Spent Per Activity	Equipment	Description	COVID 19 Safety Precautions
Intro	5 min		<p>Have participants stand next to their cone and designated stick that's been laid out.</p> <p>Briefly introduce yourself and the sport of Ringette.</p>	Sticks laid out 2 meters apart at each cone.
Stance	3 min	<ul style="list-style-type: none"> ● Sticks 	<p>Have children pick up their designated stick. Ensure they know which stick is theirs from the personalized identifiers. Show children how to properly hold a ringette stick.</p> <p><i>*Personal Identifiers: Can either use stickers OR a piece of white tape with a drawn symbol. Place the identifiers on each stick prior to the session and ensure each symbol is different</i></p>	<p>Ensure sticks have been sanitized.</p> <p>Ensure participants can identify their personal symbol on their stick.</p>
Ring Racer	5 min	<ul style="list-style-type: none"> ● Sticks ● Rings 	<p>Give a ring to each participant as they show you their ready position.</p> <p><i>*Remind students that their stick must stay on the ground while they're carrying the ring.</i></p> <p>Have participants practice walking around the gym with a ring on their stick making sure they keep their head up and both hands are on their stick. Can yell "stop" "jump" etc. to make the game more interesting.</p>	<p>2 meters apart.</p> <p>Ensure students are keeping their head/eyes up to keep distance.</p>

Ring Relay	5 min	<ul style="list-style-type: none"> ● 4 rings ● 8 cones ● Sticks 	<p>Set up a relay race for the participants to practice carrying a ring. Split the group into appropriate teams.</p> <p>Place one cone at one end of the gym and another cone at the other.</p> <p>Participants should carry the ring to the other cone and all the way back as fast as they can.</p> <p><i>Modify to make harder: Place cones in between as obstacles</i></p>	Place cones 2 meters apart in the lines for participants to stand beside.
Passing	8 min	<ul style="list-style-type: none"> ● Sticks ● 1 ring per partner ● Cones 	<p>Demonstrate how to execute a proper pass, using the ready position they just learnt, have the instructor demonstrate by bringing their stick backwards then moving it forwards and aiming/pointing to where they want the ring to go.</p> <p>Distribute a ring to each pair and ask them to practice their passing. Go around and help guide the participants.</p> <p>After a few minutes of passing, start a timer for 2 minutes and ask participants to count the number of times they can receive a pass without missing.</p>	Place cones 2 meters apart where participants will stand while they pass.
Clean Your Room	10 min	<ul style="list-style-type: none"> ● Sticks ● Rings ● Cones or tape 	<p>Divide the group into 2 equal teams. Have the team's line up on opposite sides of the gym. Set up all the rings in the middle of the gym.</p> <p>Explain that they are not allowed to cross the center of the gym. The goal of the game is to stab a ring on their side of the gym, take a few steps with the ring and to pass/shoot it to the other side of the gym.</p> <p>This game includes all of the skills the children have learnt so far (stance,</p>	May need to make participants take shifts to ensure there's enough room to be physically distant.

			<p>carrying the ring and passing). Once the game is over the team with the least amount of rings in their “room” wins!</p>	
Star Wars	10 min	<ul style="list-style-type: none"> • Rings 	<p>Participants will stand on a line with a ring on their stick. Instructors will line up the rings on either side of the area the kids will be using.</p> <p>When the instructor yells “may the force be with you” the participants start to run to the other side.</p> <p>As the participants are running, the instructors will gently pass rings at their feet. If a participant gets “tagged “with a ring, they must join the dark side with the instructor. The game continues until there is one participant remaining.</p>	<p>Place cones on the line so participants know where to stand.</p>