



Co-funded by the
Erasmus+ Programme
of the European Union



Physical Education lesson plan: Plying floor hockey.

Created by Krzysztof Łasiewicki.

Subject: Floor hockey – having fun and playing.

1. Objectives:

- a) Students practice speed, motor coordination, special cognition, aim and agility
- b) Improving hockey skills and team work
- c) Learning puck reception and passing.

Lesson duration

Lesson part	The practice	Timing	Organisation
Initial part	1. Getting together, welcome, explaining tasks ahead. 2. Activating games, e.g playing tag	10	1.Students standing in two lines.
Main part	1. Passing and receiving plastic ball with hockey sticks (students standing in triangles). 2. Students standing in two 5-person lines. First students from each row are holding hockey sticks. On cue they run to a cone, circle it and come back to their row where they pass the stick to another student. 3. Juggling – students bounce a plastic ball with a stick holding it in different positions. 4. The more balls... - students pass the balls from the half-way line to the starting line. 5. Students run with the sticks in one direction, on cue they change the direction. 6. On cue, student from one team runs towards the balls to makes the shot to score a goal while a student from opposite team tries to knock the ball away. 7. Two gym benches standing next to each other in front of the goal. Students standing in line bounce the ball off the bench, stop the ball with their foot and make a pass towards the goal. 8. Students stand line. One students is standing about 10 m opposite the others. He passes the ball to the students in line, they have to bat the ball back.	30	Students practise handling hockey stick and a plastic ball, teacher checks precision and accuracy of students' work methods.

	<p>9. Piłka do podającego – ćwiczący w dwóch rzędach. Podający ustawiony w odległości około 10m naprzeciwko swojego rzędu podaje piłkę każdemu zawodnikowi, ci oddają podanie i biegną na koniec swojego rzędu</p> <p>10. Gameplay 4 x 4 . Students are divided into 4-player teams, they have to attack/defence one goal which is situated in the centre of the gym. The puck can be shot from either side of the goal.</p>		
Final part.	<p>1. Stretching and breathing exercises.</p> <p>2. Summarising the lesson, naming the winners.</p>	5	