

## equipment:

- Cones or floor markers
- Hockey sticks
- Goals, benches or cone
- Plastic hockey pucks or light beanbags

## how to set up:

- Split the class into small teams. Each team lines up behind a starter cone with 2 hockey sticks and 2 pucks.
- Place goals, benches, or cones at one side of the hall, opposite each team's starter cone.
- Between each starter cone and goal, place a shooting zone.



## how to score:

- 1 point is scored for stopping the puck inside the shooting zone.
- 2 points are scored for hitting the puck into the goal.
- 3 points for stopping the puck inside the shooting zone and scoring.
- The team with the highest score after 3 minutes wins.

## how to play:

- One pupil per team dribbles the puck towards their goal, with the aim to stop their puck in the shooting zone, and score a goal from there.
- Once the player reaches the scoring zone, the next player can set off.
- Once the shot has been taken, the player collects their puck in their hand, and runs back to their team carrying the puck and stick.

**Differentiation:** Alter the size of the shooting zone and the distance between the zone and the goal to increase/decrease difficulty.

**Progression:** Add a goalkeeper to add more challenge.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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