

Hockey

Hockey is a great team sport and will encourage young children to develop co-operation skills, self-esteem & confidence as well as strong bones, muscles, and coordination.



What you will need:

- An old cereal box
- CD discs
- A smooth floor surface.

Tape the box to the floor so it is easy to slide the disc into the goal.

Place tape on the floor to create a starting line, and distance between the goal. Move this back further to make it more difficult. This can be played in two's by adding colours to the discs. You can also challenge the children to see how many many discs they can get into the goal in 1 minute!



You will need:

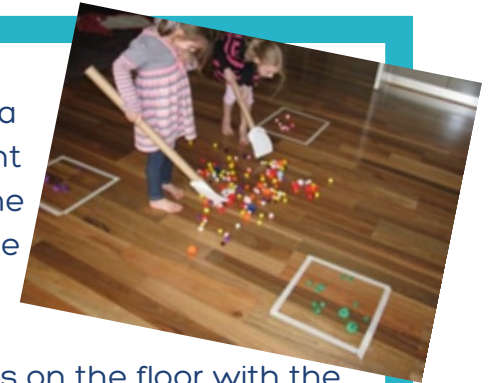
- Pool noodles
- Small and medium sized balls or balloons
- A goal net



This can be played individually or in teams of two, inside or out! The aim is to see how many balls/balloons the children can get into the goal. Dependant on skill level, use **different sized balls** encouraging the child to push the ball along the floor using both hands to steer the pool noodle. To make it more difficult why not use balloons filled with water (outside of course!) or you could try using paper plates and brushes to re-create the game.

Pompom Hockey:

To make the scoops cut a paper plate with 3 straight edges and stick it onto the end of the cardboard tube with masking tape.



Make square shape boxes on the floor with the masking tape as the goals for the pompoms.

The challenge of **Pompom Hockey** is to get as many pompoms as possible into your square! The rules of the game are to not use your hands - only the scoop can be used to move the pompoms around the floor and into the squares.

This will help to support children's core development along with a whole body work out