



CANADIAN OLYMPIC ACTIVITY CHALLENGE



HOCKEY

Canadians love their hockey! The history of playing stick and ball games on skates dates to Europe in the late 1700s, but the formal rules were drafted in the mid-1870s in Montreal. Since then, the game has captured the hearts of Canadians. Now close to 640,000 players are registered in various hockey leagues across Canada.

The sport was included in the first Olympic Winter Games in 1924, where the Canadian team struck gold. Canada's winning ways continued, taking home the gold in three of the next four Games. But the golden streak ended after 1952, and it would take Canada a full 50 years to climb to the top of the Olympic podium. Both the men's and women's team broke the losing streak in 2002, and since then team Canada has won 5 golds. GO CANADA!

The game of hockey involves skill and strength. On each team, there are five players who are trying to score by shooting the puck past the opposing team's goalie and into the net. An Olympic regulation game has three 20-minute periods. Since it is a round robin tournament, there can't be a tie game. Ties are broken by playing an overtime period and potentially a shootout.

The countries play against the teams in their group. The top teams move on in the tournament to the quarter finals, semi-finals, and then the medal rounds.

To learn more about hockey, visit www.hockeycanada.ca/en-ca.



HOCKEY TRIVIA

HIGHLIGHTS



Sidney Crosby

- At the Vancouver 2010 Olympic Winter Games the Canadian men and women won gold. Sidney Crosby scored the winning goal against the US in overtime. This is considered one of the greatest moments in Canadian hockey history.
- Hayley Wickenheiser is Canada's most decorated Olympic hockey player. She has four golds and one silver medal. Hayley was the first woman to score in a professional men's league.
- Canada's first gold was won at the Antwerp 1920 Olympic Games. Canada's Winnipeg Falcons beat Sweden in the gold medal match 12-1. From 1920-1960, local teams were selected to represent Canada.

FEATURED ATHLETE



SHANNON SZABADOS

OLYMPIAN, VANCOUVER 2010 AND SOTCHI 2014

Shannon Szabados started playing hockey against the boys at 5 years old. Her goaltending skills were obvious from a young age, and she was drafted as a teen to play in the Alberta Junior Hockey League (AJHL). She was the first female to ever play in the league, and was named the league's top goaltender. Shannon was the starting goaltender for the final game at both the Vancouver 2010 and Sochi 2014 Olympic Winter Games. Look for Shannon to play a key role as Canada seeks its fifth straight Olympic gold in PyeongChang 2018!

Learn more about Shannon Szabados at www.shannonszabados.com or www.olympique.ca.

HOCKEY

ACTIVITIES

Described below are hockey daily physical activities that can be used in the classroom and gym. Have fun!

CHANGE DIRECTIONS

One of the key skills for hockey players is being able to control the puck and get it to go where they want. The players hold the stick with their dominant hand at the top (knob) of the stick with fingers in, and their non-dominant hand in the middle (20-25 cm down) of the stick with knuckles out. They use a series of soft taps on the forehand and backhand. The puck is kept far enough away from the feet, but less than a stride ahead. This activity practices puck control, and is a good warm up game before a game of floor hockey.



Participants: whole class



Space: gym or playground



Equipment: a stick and ball/puck for every student

SET UP:

Students are spread out in the gym, each with their puck/ball and stick.

ACTIVITY DESCRIPTION:

- With a loud command, have them change direction (right, left, forward and backward).
- Their focus should be on puck/ball control.


ACTIVITY EXTENSION:


- Score the game by having them race to a wall controlling the ball/puck as they go. The first 5 to the wall get a point.
- Test the students' skills by having them keep their heads up and their eyes off the ball/puck.

FOOSBALL HOCKEY

To win at hockey, your team must be able to accurately pass to move the puck down the ice and keep it away from the opposing team. This game helps develop your passing skills.

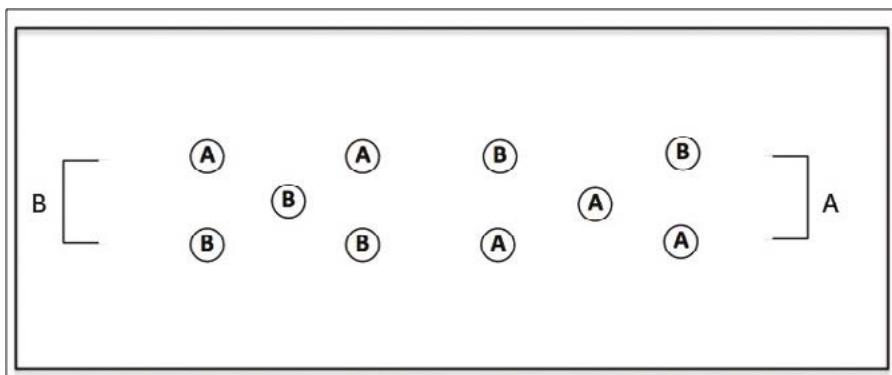
 **Participants:** whole class

 **Space:** gym or playground

 **Equipment:** Two hockey nets, 10 floor hockey sticks, 10 pylons and a floor hockey puck. It helps to label the pylons with either an A or a B.

SET UP:

- Set up the gym according to this diagram:



- Divide the class into two teams: A and B or any other names you assign.
- Each team can have five students on the floor at any one time.
- All the students are assigned a pylon that corresponds to their team.

ACTIVITY DESCRIPTION:

- The students must always keep one foot on their pylon. They must pass to their teammates to move the puck down the gym and into the opposing team's net.
- The teacher kicks the stray pucks back into play.
- Alternate players every 2 minutes.
- The team with the most goals wins.


ACTIVITY EXTENSIONS:


- Assign each student to one pylon. When it comes time to alternate students, yell "line change". The first team to replace all their students gets a bonus point.
- Increase the number of pylons and students playing at once.

SHARKS AND MINNOWS

In the fast-paced game of hockey, the players need to be able to control the puck and keep it away from the opposing players. By practicing their puck control, hockey players can retain the puck when challenged by the other team.

 **Participants:** whole class

 **Space:** gym or playground

 **Equipment:** enough pylons to mark out an area equal to approximately half a gym. A floor hockey stick and ball/puck for all the students and the teacher.

SET UP:

Mark off half of the gym with pylons. Inside the marked off area is the “shark tank”.

ACTIVITY DESCRIPTION:

- The students (the minnows) push their ball/puck with their hockey sticks and keep it within the shark tank.
- The teacher (the shark) challenges random students, using their stick in a slow windshield wiper motion to contact the student’s ball/puck and knock it out of the shark tank.
- If the teacher contacts the student’s ball/puck and forces it out of the shark tank, the minnow must stay outside the shark tank and perform a specified fitness blast (e.g., 10 jumping jacks, 5 burpees, etc.) before returning to the shark tank with their ball.

ACTIVITY EXTENSIONS:

- Play elimination Sharks and Minnows. Once the minnow’s ball/puck leaves the shark tank, they are out of play until all the minnows are eliminated.
- Let the students take turns being the shark.
- Decrease the size of the shark tank.

BRINGING IT TO THE CLASSROOM

Canada is represented at the Olympic Winter Games by a collection of the best players from different teams. But it wasn’t always this way. It used to be that the best team in Canada became our Olympic hockey team. Use the Internet to learn about one of these gold medal teams. Write a couple of paragraphs to describe the team you chose to research. Where were they from? Who were their star players?

Write a fan letter to a player on Canada’s women’s hockey team from Sochi 2014. Ask them three difficult questions. Trade your letter with a classmate. Use the internet to research the player your new letter is addressed to. Write a reply letter, pretending that you are the player, and include the answers to your fan letter based on the research.

INSTANT ACTIVITY:

Only have a minute of classroom time to get up and be active? This activity will get the heart pumping. Leg circles help hockey players develop strength, balance, and flexibility.

Standing with both legs together, take a giant step forward with your right foot. You should now be in a lunge position. Your right foot is forward, and your left foot is extended backwards. Squat forward on your right leg, and lift your left foot off the ground. Once you have your balance, make large circles with your left foot. Can you do 5 circles on both feet?