



Newspaper hockey

Using rolled-up newspapers to hit a soft ball, 2 small teams try to score goals.

What to do

Setting up

- > Select teams of up to 4 players.
- > Make bats out of rolled-up newspaper (rolled diagonally for longer bats), stuck together with tape.
- > Use a soft ball and narrow goals.

Playing

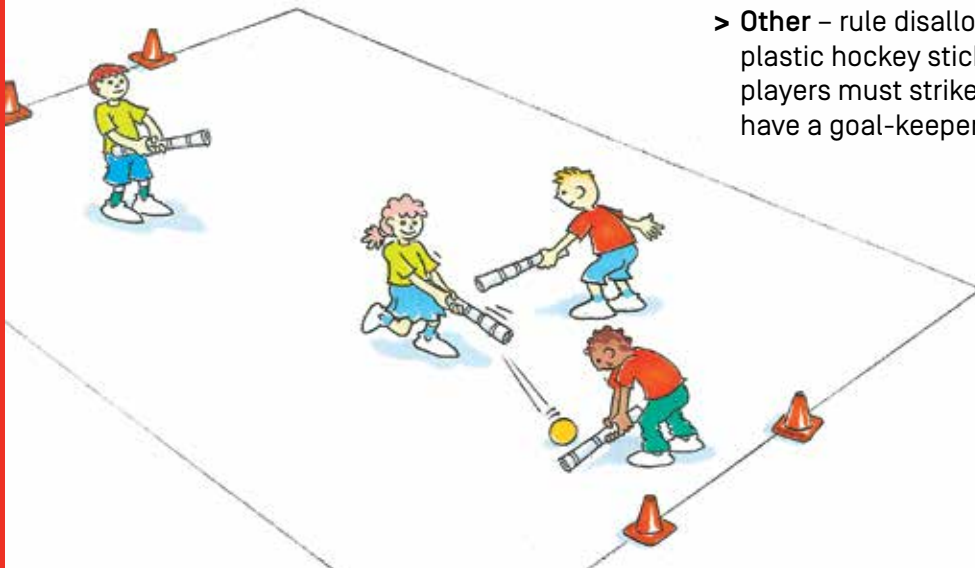
- > Pass, trap, hit and score – that's it!
- > Introduce rules as required with *Change it*.

Change it

- > Vary team sizes. For example, 4 v 2, to cater for varying ability and fitness levels.
- > Introduce zones for mobility restricted players, which are out of bounds for opposition players, to help students learn to pace themselves and include all members of the team.
- > Ask the players for ideas to ensure the game is fair for all.

Game rules

- > **Other combinations** – 1 v 1, 2 v 3, 2 v 4.
- > **Interceptor** – play as an interception game [see Interceptor activity card].
- > **Other** – rule disallowing forward passing, use plastic hockey sticks, scoring zones – attacking players must strike for goal outside of the zone, have a goal-keeper.



Safety

- > Choose an area away from walls and other obstructions.
- > The ball must be hit below waist height.
- > Encourage players to call 'mine'.
- > Use *Change it* to accommodate different player abilities.

Scoring

- > How many consecutive passes can players make without the ball touching the ground?
- > Number of goals scored.
- > Not scoring is an option.

Ask the players

- > How does your body feel after 5 minutes of play?
- > What strategies could you use so you can participate more actively in the game and not take rest breaks?

LEARNING INTENTION

Newspaper hockey is a fun modified hockey game which develops key invasion game concepts such as teamwork, moving into space and anticipation.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION
CARDIOVASCULAR ENDURANCE

MUSCULAR ENDURANCE
SELF-REGULATION (PHYSICAL)

COLLABORATION
PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43
ACPMPO45
ACPMPO61
ACPMPO63