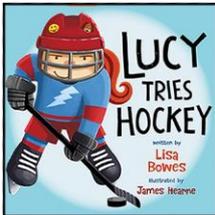


# Activity Plan



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*Lucy tries hockey*

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Orca

Age: 0-5 years old

**Abstract :** Lucy and her family are skating on an outdoor rink when she sees a game of hockey going on. It looks like fun, but maybe too challenging. Supported by her parents, Lucy enrolls in an introductory hockey clinic. And thanks to an encouraging instructor, she and her friends learn basic hockey skills, have fun on the ice and decide to add hockey to their list of favorite sports!

## Activities :

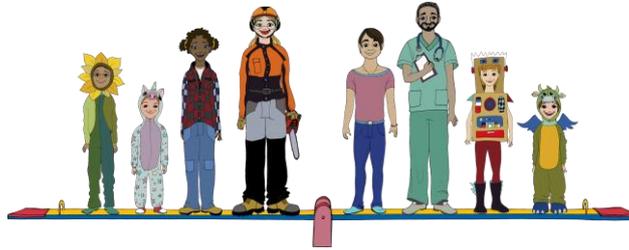
### **Before reading the book**

1. Ask children who have already tried hockey among them? With whom do you usually play hockey?
2. Then, ask the ones who never tried if they would like to try one day and why.

After reading the story, invite the children to take part in a game of indoor hockey! The aim of this activity is to promote physical activity, enhance gross motor skills, practice colour recognition and encourage team work.

1. Using the painter's tape, stick the coloured paper to the floor in various places around the room.
2. Put all of the coloured balls in the centre of the room.
3. The aim of the game is to use the makeshift hockey stick to get all of the balls onto the piece of paper of the corresponding colour.
4. The children must work together to succeed in the shortest time possible. Depending on the size of your group, you may want to divide the children into separate teams.
5. As well as colour recognition, you could also use this game to practice basic counting skills. On each sheet of paper, write a number. This is the number of balls of that colour that have to be placed there.





### **Important!**

In the Gaspé and Magdalen Islands (GMI) region, at age 5, **girls are more vulnerable in the gross motor skills area of development** than boys are. Since hockey is still strongly associated with boys, there's a chance that most boys in your group have already tried hockey. On the opposite, **boys of the GMI are more vulnerable in the area of development that is related to social skills**. Therefore, in order to balance various areas of development for all children, while facilitating the activity, make sure you pay attention to the girls who are struggling more with gross motor skills and to the boys who are struggling with collaboration to better support them.

The goal isn't to act differently with children according to their gender, but to balance out the effects of gendered socialization.

### **Included material :**

- *Lucy tries hockey* Book

### **Material required (not included):**

- Multicoloured plastic balls
- Sheets of paper or cardstock, the same colours as the balls
- Painters tape
- Long cardboard tubes (like empty wrapping paper tubes), or small plastic hockey sticks