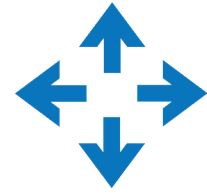




**BODY CONTROL**  
NON-LOCOMOTOR SKILLS

- Agility
- Body Awareness
- Balance (Stability)
- Coordination
- Landing
- Rhythm (Introduction)
- Starts & Stops
- Twists & Turns
- Ready Position
- Spinning
- Stretch & Curl



**MOVEMENT SKILLS**  
LOCOMOTOR SKILLS

- Hop
- Roll
- Run
- Skip
- Jump
- Walk
- Gallop
- Leap
- Slide
- Tip-toe
- Glide
- Directions (Backwards, forwards and Sideways)



**SKATING SKILLS**

**Introduction**

- “V” Starts
- Fall and Stand (Static & Dynamic)
- Basic Stance
- Balance
  - 360 turn (Static)
  - Touch knees/toes, 1 foot hop, 2 foot hop (Static & Dynamic)
  - Glide on a curve
  - Slalom Glide
- Snowplow stops (2 foot, 1 foot on both sides)
  - Scrape inside edge
- Marching (forward & backward)
- Stroking (push, glide sequence)
- Introduction to T-Push
- Lateral side-steps

**RINGETTE SKILLS**



**Player Skills**

- Stick safety & grip
- Carry ring on stick (forehand and backhand)
- Forehand pass
- Stab/Receive the ring
- Forehand, on-ice shot
- Checking
  - Body position
  - Sweep Check
  - Intro to Rainbow check

**Goalie Skills**

- Stick Safety & Grip
- Intro to ring throwing



**MANIPULATION SKILLS**

- Catch, trap & stop
- Throw & Roll
- Push & Pull
- Kick
- Strike with a stick
- Use objects of different sizes and weight



**ETHICAL AND SOCIAL SKILLS**

- Go for it!
- Give it a try!
- Listen, Share & Celebrate
- Be Creative
- Be Helpful & encourage others



**GAMES LITERACY**

Children learn best when they are having fun and playing games! Minor games are fun and teach children game concepts used in sport. Use games with few rules and no elimination to maximize participation. Children in this stage love imagination games.

**Examples**

- Introduce tag games
- Piggy in the Middle
- Mr. Wolf
- Simon Says
- Target Games



**TEACHING TIPS**

Help to increase children’s confidence by offering positive, specific praise and feedback. An increased confidence will encourage and motivate children to try new things, helping to build their competency in fundamental movement and ringette skills.

- “Show & Try” Instruction Technique
- Allow children to explore and discover
- More touch time = more opportunities to learn
- Increase participation – avoid elimination games or activities that require waiting in line
- Ask questions – engage participants as active thinkers
- Involve children in set-up and clean-up
- Encourage vigorous play (elevated heart rates, fast breathing, and pink cheeks)