

TITLE: Ice hockey

Aim:	To Encourage the development of a patrol spirit
Suggested Time:	10 - 15 mins
Resources Needed:	Rolled up newspaper hockey sticks, chairs for goals, pre-frozen plastic cup of frozen slightly salted water.
Directions:	<p>Empty ice block out of cup and use as a puck.</p> <p>Two teams with one player at a time of the field. Teams can swap players at anytime.</p> <p>Two players stand either side of the puck in the middle of the plying area. they “bully-off” when the referee calls play - sticks touch the ground each side of the puck then touch each other three times before trying to hit puck. Aim is to score a goal.</p> <p>Keep playing until the puck melts.</p> <p>Can be played with 2 or 3 players at once.</p> <p>Safety: Mop the floor after if there are wet patches to ensure no-one slips.</p>
Author and State, or Source	<i>Helen Eggleton NSW 2013</i>