

## PLANKING HOCKEY

### STUDENT TARGETS

- **Skill:** I will demonstrate and hold the correct plank position.
- **Cognitive:** I will identify major muscles used for holding plank position.
- **Fitness:** I will discuss the connection between core strength and overall physical health.
- **Personal & Social Responsibility:** I will demonstrate safe behaviors and good sportsmanship.

### TEACHING CUES

#### PLANK

- Elbows Below Shoulders
- Arms Straight, Not Locked
- Feet Together, Toes Down
- Legs, Back, Head Aligned

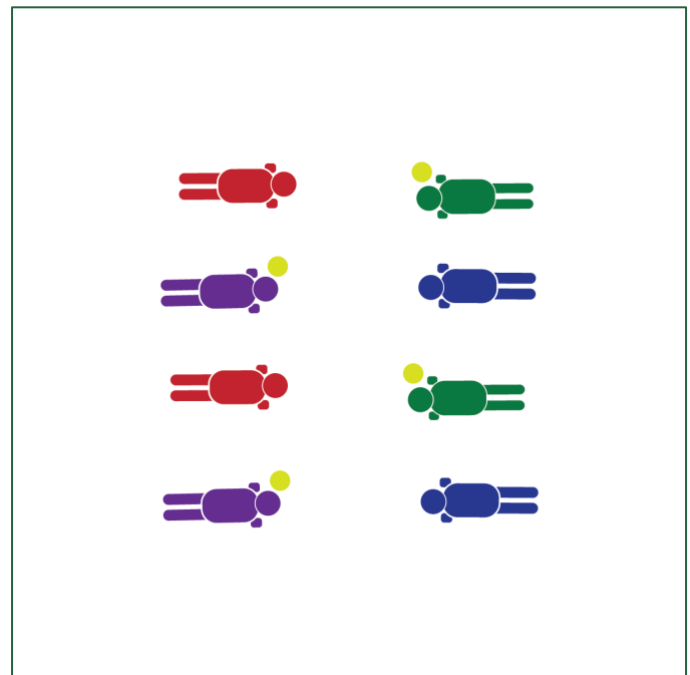
### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

- 1 coated foam ball per 2 students

#### Set-Up:

1. Pair students, each pair with a ball.
2. Students start out facing each other in plank position with 6 feet of space between them.



#### Activity Procedures:

1. It's time to work on muscular fitness and endurance with Planking Hockey. The object of the activity is to score points by rolling the ball between your opponent's hands. If a point is scored, the defender must do 1 push-up and then restart play as the offense.
2. Hands must be kept shoulder-width apart. Shots on goal must roll on the floor. If the ball bounces or comes off the floor, shots do not count.
3. If the ball rolls between the hands, then a point is scored.
4. In round 1, students defending their goal must keep both hands on the floor (no defense).
5. In round 2, students can use 1 hand to defend their goal (play defense).
6. Allow students to choose full plank or modified plank position.

#### Grade Level Progression:

**6<sup>th</sup>:** Play the activity as described above.

**7<sup>th</sup>–8<sup>th</sup>:** Play the activity in teams with teammates in plank position side-by-side. Goals can be scored between the hands of any player on the opposite team.

**PLANKING HOCKEY**

UNIVERSAL  
DESIGN  
ADAPTATIONS

- Provide plank modifications and allow students to choose their level of participation.
  - Level 1: Standard plank with hands and toes as points of contact.
  - Level 2: Modified plank with hands and knees as points of contact (core firm, legs and back aligned)
  - Level 3: Table position with hands and knees as points of contact (knees at 90 degrees, upper leg perpendicular with the floor)
- This activity can be played on a raised surface, like a table or desk.

ACADEMIC  
LANGUAGE

Health-Related Fitness, Mental Health, Muscular Endurance, Muscular Fitness, Muscular Strength, Plank

STANDARDS  
& OUTCOMES  
ADDRESSED

- **Standard 3 [M1.6, 8]** Describes how being physically active leads to a healthy body (6); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, CV endurance, body composition) and explains the connections between fitness and overall physical and mental health (8).
- **Standard 3 [M14.6]** Identifies major muscles used in selected physical activities (6).
- **Standard 5 [M1.6-8]** Describes how being physically active leads to a healthy body (6); Identifies different types of physical activities and describes how each exerts a positive impact on health (7); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, cardiovascular endurance, and body composition) and explains the connections between fitness and overall physical and mental health (8).

DEBRIEF  
QUESTIONS

- **DOK 1:** What is core strength?
- **DOK 2:** What do you know about core strength?
- **DOK 3:** How is core strength related to physical health?

TEACHING  
STRATEGY  
FOCUS

**Help students review content.** Providing a variety of planking games and activities sets the instructional stage for content review, concept expansion, and deeper discussion as it relates to the importance of muscular fitness to enjoyable activity participation. Emphasize the importance of modifying the activity to meet the needs of all participants, as well as the progressive nature of improving personal fitness.