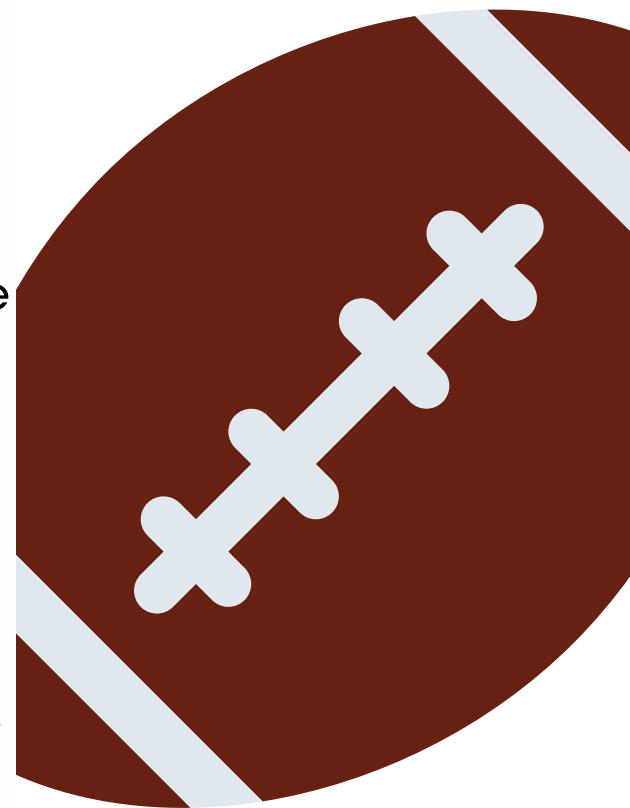
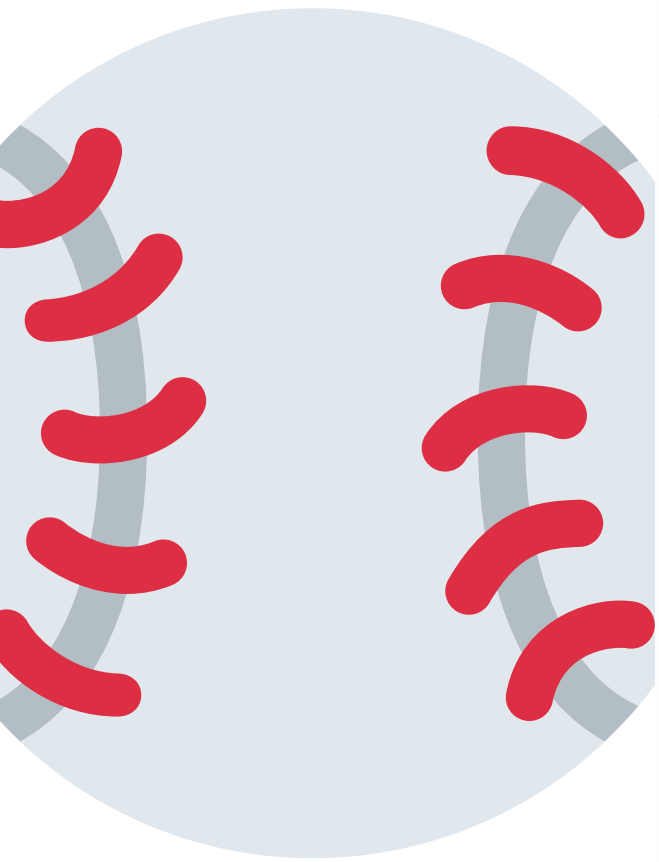


Hockey With True North (Ages 4-7)

Activity: Penny Hockey

Equipment: 3 coins (the smaller the better) and a table

Description: Players sit across a table from one another as opposing teams. Each team takes turns using three pennies to work their way across the board to score in the opponents goal. The goal is created by the defending team placing two fingers (both index and pinky) against the side of the table creating a goal for the offense to score in. The offense moves across the table by setting the coins in a tight triangle position and flicks the rear most coin through the other two coins. The flicked coin must pass through the other two and play continues by flicking a coin in play between the other two continually without disturbing either one until a goal is scored (by getting a penny in the goal). Possession changes hands if; a coin goes off the table, the coin fails to make it through the other two, or the coin contacts one of the other two. Play continues to a predetermined score (suggest 5 or 10).



Activity: Fly Swatter Hockey

Equipment: 2 fly swatters, 2 boxes and a small ball or balloon

Description: Place a cardboard box on each side of the designated "playing field" (use your discretion based on the space available to you) as goals. To play, use a fly swatter as a hockey stick to swat the ball into your opponents goal. Feel free to add more players and more balls as you please for extra excitement.



Activity: Hockey Bowling

Equipment: A hockey stick, a ball and 7-10 empty water bottles or paper towel rolls

Description: Stand a set of bowling pins in front of a net. To keep with the hockey theme, paint the bowling pins (empty water bottles or paper towel rolls) in your favourite team colours, and then attach hockey labels to them. Use these as your bowling pins. Have kids try to knock down the pins by shooting a puck at them with a hockey stick. Keep score just like in a standard game of bowling.

